

March Comes In Like a Lion and Out Like a Lamb!

A friend forwarded this message to me and I thought it's worth sharing.

A Fine Lady's Advice

The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window.

"I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mrs. Jones, you haven't seen the room -- just wait."

"That doesn't have anything to do with it," she replied. "Happiness is something you decide ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged, it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice. I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away, just for this time in my life.

"Old age is like a bank account -- you withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling my Memory bank. I am still depositing.

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

In every situation God's love is never ending. Whether we're still young or up in years, we never lose the love of God. We can always make a choice, a positive choice when His love is overflowing in us. *"For the Lord is good; His lovingkindness is everlasting, And His faithfulness to all generations."* (Psa. 100:5)

Treating life positively draws people to us. Having joy in our spirit no matter how bad we might feel at the time will manifest in our facial expression. This will bring joy and peace to someone around us. We just need to commit every situation to Jesus and He will take care of the rest for us. How good it is to dwell in the presence of God. How wonderful to be close to Him. Problem or no problem, He's the One to be with. Joy unspeakable and full of glory will surround our whole being and we will be a source of joy to others as well.

This is true for His word says: *"Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory."* (1 Pet. 1:8)

Information on Foods:

Once again, it's been proven that eating the right kind of foods helps diminish wrinkles on the skin. Dr. Jonathan V. Wright, in his newsletter, "Nutrition & Healing," says that we don't need to have cosmetic injections such as "Botox" to be rid of wrinkles. Also,

injections of calcium hydroxyapatite, suspended in gel form, actually have the possibilities of forming hard lumps under the skin. Bad! The best way to fight wrinkles is to prevent it from happening in the first place. One of the best ways is to eat the right kind of foods. Certain food can affect skin wrinkling on the face, neck, hands, arms, and other areas exposed to light. It was found that milk, meat (especially processed meat), potatoes, soft drinks, cakes, pastries, and sweetened fruit drinks were all associated with enhanced or accelerated risk of wrinkles in light-exposed areas.

On the other hand, researchers found that legumes (especially broad beans and lima beans), spinach, leeks, garlic, nuts, olives, cherries, melons, dried fruits, prunes, apples, pears, eggs, yogurt, tea, and water significantly helped to prevent wrinkles.

If you already have wrinkles, it is reported that a **regular application of a 10% Vitamin C topical solution** (rubbed in, not swallowed) can actually reverse fine skin wrinkles and can *"turn back the hands of time"* for skin. Topical Vitamin C oxidizes (turn brown) more easily at room temperature and loses some of its effectiveness. It lasts longer if it's kept refrigerated.

Note: As a former beautician (graduated from a Cosmetology school in the Philippines) I'd like to share here a few steps on how to keep facial skin clean before going to bed:

- 1) Remove make-up with a natural cleansing cream. Wash well with water.
- 2) Apply skin freshener with a 100 % cotton ball.
- 3) Apply topical Vitamin C and other natural antioxidants like Vit. A & Vit. E (all topical)

In the morning:

- 1) Wash off with natural glycolic acid using a soft wash cloth.
- 2) Use skin freshener before applying topical Vit. C, A, & E.
- 3) Use favorite make-up, if desired.