



NATURAL ANTI-AGING BEAUTY SECRETS FROM AROUND THE WORLD

Take a sip from the
fountain of youth

Phebe Pearson

E-book 7: Rewinding the Tissue Clock

The Secret to Peach-Smooth Skin: Reduce Wrinkles by up to 90%

The promise of having peach-smooth skin and reducing wrinkles and fine lines by up to 90% seems like a dream, but this e-book reveals how to “**rewind the tissue clock**” using natural methods that the cosmetics industry often prefers to hide.

The secret lies in focusing on cellular regeneration and the production of **Collagen** and **Elastin** from the inside out, using pure and potent ingredients.

What the Industry Hides: The Power of Pure Ingredients

The cosmetics industry invests in expensive products with minimal concentrations of active ingredients. The secret to drastic results lies in the purity and potency of natural ingredients that you can easily find.

Natural Ingredient	Action on Skin Tissue	What the Industry Hides
Rosehip Oil	Cellular Regeneration: Rich in Trans-Retinoic Acid (a form of Vitamin A), which stimulates collagen and elastin production, being highly effective in reducing wrinkles and scars [1].	The potency of natural Retinol, without the side effects of synthetic products.
Pure Honey	Humectant and Healing: Attracts and retains moisture in the skin (humectant), filling in fine lines and promoting healing and cellular renewal [2].	The deep hydration and natural <i>plumping</i> effect.
Pure Vitamin C	Antioxidant and Brightening: Essential for collagen synthesis. Fights free radicals that cause aging and brightens spots [3].	The most stable and bioavailable form of Vitamin C can be obtained from natural sources like beetroot [4].
Aloe Vera	Collagen Production: Increases the production of collagen and elastin, in addition to having a calming and moisturizing effect [2].	The immediate and natural <i>lifting</i> and tightening effect.

Expansion: The Role of Diet and Internal Hydration

The skin is the body's largest organ, and its health reflects internal well-being.

- 1. Internal Hydration:** Drink plenty of water. Dehydrated skin is more prone to wrinkles.
- 2. Collagen Boosters:** Consume foods rich in **Proline** and **Glycine** (amino acids essential for collagen), such as bone broth, eggs, and lean meats.
- 3. Antioxidant-Rich Diet:** A diet rich in colorful fruits and vegetables (berries, spinach, kale) provides the necessary antioxidants to protect the skin from damage caused by free radicals.

The Rewinding Protocol

The protocol consists of a simple but powerful routine focused on nighttime nutrition and regeneration:

1. **Gentle Cleansing:** Wash your face with a neutral soap.
2. **Aloe Vera Toner:** Apply pure Aloe Vera gel to the skin.
3. **Night Serum:** Mix 3 drops of **Rosehip Oil** with 1 drop of **Pure Honey** and apply to the areas with more wrinkles (around the eyes, forehead, and mouth). Rosehip oil is the main active ingredient for “rewinding” the tissue.
4. **Internal Nutrition:** Consume foods rich in antioxidants and Vitamin C (citrus fruits, beetroot) to provide the building blocks for new collagen.

By adopting this protocol, you will be providing your skin with the necessary nutrients and stimuli for deep renewal, achieving the smooth and radiant skin you have always desired.

References

[1] Infoverus. *Creme com 5 ingredientes naturais pode ajudar a reduzir rugas.* Available at: <https://www.infoverus.com.br/saude/creme-com-5-ingredientes-naturais-pode-ajudar-a-reduzir-rugas/11109> [2] Continental Hospitals. *Soluções naturais para linhas finas e rugas.* Available at: <https://continentalhospitals.com/pt/blog/natural-remedies-and-diy-masks-for-reducing-fine-lines-and-wrinkles/> [3] Garnier. *7 ingredientes naturais para usar na sua rotina de skincare.* Available at: <https://www.garnier.com.br/dicas/pele/cuidados-com-a-pele/7-ingredientes-naturais-e-veganos-para-voce> [4] Metrópoles. *Técnica caseira pode ajudar a reduzir as rugas de forma natural.* Available at: <https://www.metropoles.com/vida-e-estilo/tecnica-caseira-pode-ajudar-a-reduzir-as-rugas-de-forma-natural> [5] Dekabi. *Terapia com Células-Tronco vs. Botox: Qual é a Melhor Solução Anti-Idade.* Available at: <https://www.dekabi.com/pt/articles/terapia-com-celulas-tronco-vs-botox-qual-e-a-melhor-solucao-anti-idade>