

Toned

IN

Ten

The #1 Secret to Looking
Younger in as Little as
8 Hours



ERIN NIELSEN, P.T., CPI, PBCE

Disclaimer

You should consult your physician prior to starting this program particularly if you have any medical condition or injury that could prevent you from following this program. This program is designed for healthy individuals 18 years and older only.

The recommendations in this guide are not medical guidelines and are for educational purposes only. The author advises readers to take full responsibility for their safety and know their limits. The dietary program in this book is not intended as a substitute for any dietary regimen that may have been prescribed by your physician or dietitian.

If you are taking any medications, you must talk to your physician before starting this program. If you experience any lightheadedness, dizziness, consult a physician. If you are sedentary, have high cholesterol, high blood pressure, or diabetes, and/or if you are overweight before beginning this guide, it is recommended that you receive a physical examination prior to starting this program. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this program, please follow your doctor's orders.

No part of this Publication may be reproduced, transcribed, transmitted, or translated in any language without written permission and signature of the author.

The # 1 Secret to Looking Younger in Just 8 Hours Is Getting 7 - 8 Hours of Quality Sleep

The only time your body can truly restore itself, including your skin - is when you're asleep. If you do not sleep enough (at least 7- 8 hours) - you are robbing your skin of vital time to repair and replenish. The result? Your skin will age faster.

For many, this is not an easy task due to busy schedules, stress, and distractions. No wonder so many of us look tired and older each day.

The following list will help you remove some of the obstacles getting in the way of a good night's sleep and also a few ways to maximize your skin's natural healing activity at night when you do finally fall asleep. Here's to a great night's sleep and younger looking skin in the morning!

A Few Tips to Maximize Your Sleep

Eat Animal Fat And/Or Olive Oil

At dinner (and lunch, and breakfast). They are excellent sources of oleic acid, a precursor to the sleep-inducing oleamide.

Stop Alcohol Consumption At Least Two Hours before Bedtime

If you plan on drinking alcohol, do so earlier in the evening. Alcohol consumption too close to bedtime can impact sleep. It will be poor quality sleep with frequent disturbances.

Dim the Lights When Darkness Falls

If it's dark outside, your body needs to start winding down, and excessive artificial lighting will get in the way of that.

Don't Check Your Email before Bed

Whatever you read will only keep you awake, worried, or distracted.

Turn off All Screens an Hour or Two before Bed

Smartphones, laptops, computers, TVs, tablets – they all emit melatonin-disrupting blue light directly into your eyes. We need melatonin to start the process of getting sleepy. If you disrupt melatonin production with artificial light you will have a much tougher time falling asleep. Read a book instead.

Clear Your Mind

Meditation or prayer can help clear your mind, or you could make a to-do list for the following day so that you don't lie awake thinking over everything.

Use White/Brown Noise

Or nature sounds before bed. Falling rain is a good sound to fall asleep to.

Set Your Environment for Maximum Sleep

Make Sure Your Room Is Dark and Cool

(The ideal temp for sleep is 65°F). To transition into sleep mode, don't watch TV or go online for an hour before bedtime.

Eliminate, Remove, or Cover Up Any Sources of Light In Your Bedroom

Even the tiny blinking ones and be sure to have black-out blinds over your windows. Complete dark allows melatonin production from being disrupted - melatonin helps you sleep.

Transition to Sleeping On Your Back

Lying on your stomach or on the same side every night can cause permanent sleep lines into your skin. If you can't transition to your back, switch to a satin pillowcase to prevent skin friction.

Raise Your Head

Stack a few pillows beneath your head to avoid puffy eyes. If you keep your head above your heart, it will prevent fluid from accumulating in your face that causes you to look puffy and older.

A Few Tips to Maximize Your Skin Repair during Sleep

Wash Your Face Before Bed

3 reasons:

1. **Research shows cleansing before bed is essential to looking younger.** Your skin ages every day so the process of washing your face before bed is crucial to slow down the external factors associated with aging and to stimulate your skin's natural processes that fight aging. Research has shown that certain physiological changes in the skin occur overnight. Some evidence shows that cells divide to replenish dead ones - the natural process by which a cell regularly detoxifies itself. Overnight, the skin needs oxygen to allow this repair and sleeping with your makeup on deprives it of this vital nutrient.
2. **Helps keep pores smaller-** if you forgo nighttime cleansing regularly it will give you larger pores. Excess sebum (oil), dead skin cells, makeup and pollution are sitting on your face. Washing your face at night will dissolve all of these and remove them from the surface of your skin. Otherwise makeup, toxins from the day, and oil seep deep down, clogging pores. Studies show that once your collagen levels start to decline (due to aging), your pores do not snap back as easily once they become enlarged. And, leaving makeup on can lead to inflammation that can generate free radicals and collagen breakdown. No thank you!
3. **Prevents skin dehydration** - Skin loses a significant portion of water at night. Thus, if you don't wash your face, you can't apply a moisturizer which will help hydrate your skin while you sleep.

Moisturize Before Bed

Nighttime blood flow in the skin is higher. And when blood flow is increased, so is absorption and penetration of anti-aging and good for skin ingredients.

Invest In A Humidifier

Dry, hot air sucks moisture from skin. A humidifier puts water in the air, for soft and supple skin.

*Enjoy waking up to beautiful,
hydrated, and more youthful skin
in just 8 hours.*

Please visit:

www.TonedInTenFitness.com/blog

To deepen your understanding on fat loss and youth boosting tips.