

FULLY UPDATED FEATURED RE-RELEASE

# THE TRUTH ABOUT BEAUTY

TRANSFORM YOUR LOOKS AND YOUR LIFE FROM THE INSIDE OUT

"This book is a  
masterpiece."

—Oz Garcia, multiple  
winner, *New York*  
magazine Nutritionist  
of the Year

Winner of the 2009  
Silver Nautilus Book Award  
for Health/Healing/  
Energy Medicine



KAT JAMES

FOREWORD BY OZ GARCIA

**Antiwrinkle Supplements by Ferrosan, Injuv, CosmedeX**

[www.imedeen.us](http://www.imedeen.us) • [www.dermasilk.org](http://www.dermasilk.org)

Imedeen's Time Perfection and Prime Renewal supplements by Ferrosan are clinically proven to improve structure, density, and moisture levels while diminishing fine lines and wrinkles, unwanted pigmentation, and dilated capillaries, and it features its Biomarine Complex from deep sea fish protein, as well as a proprietary grape seed extract and lycopene blends. Prime Renewal increased skin density an average of 20.9 percent in post-menopausal women after six months of use. Injuv hyaluronic acid supplements may actually build up the skin's inner "moisture sponge"—and do the same for joints. The ingredients in DermaSilk Anti-Wrinkle by CosmedeX were shown to promote skin firmness and elasticity and increase collagen production via SOD, algae extract, tocotrienols, collagen, carnosine, and benfotiamine.

**Beauty Supplements (Specialty) by Santica Beauty Recipes and Lane Labs**

[www.nutritionwholesalers.com](http://www.nutritionwholesalers.com) • [www.compassionet.com](http://www.compassionet.com)

The Santica Beauty Recipes Line is a truly impressive, Italian-researched array of cutting-edge supplements (and some topicals) for acne, wrinkles, and even cellulite and couperose. The acne formula, for example, addresses DHT (a form of testosterone found to play a part in treatment-resistant acne). The blueberry bioflavonoids and horse chestnut in the couperose formula work to desensitize capillaries. Each is backed by solid research. Clinical research shows that Toki from Lane Labs, a lemon-flavored "skin" drink, increases collagen levels in the blood and significant reduction of lines and age spots. Also, anecdotal evidence is compelling for its effects in plumping up the skin. Takes approximately forty-five days to show effects. Toki Color from Lane Labs has been shown to support melanocyte production, which is responsible for forming pigment in the hair color.

**Beauty Injectibles and Homeopathics by GUNA Biotherapeutics**

[www.gunainc.com](http://www.gunainc.com)

A leading homeopathic company in Italy, Guna expanded its cutting-edge offerings in both homeopathy and mesotherapy into the United States in 2000, with the latter soon to be offered through doctors and medical spas. These treatments target beauty- and antiaging-specific conditions, chronic and acute. Learn more at its website.