Here are some sample pages from the Face Lift Yoga book.
Chapter 2 The Two Key Ingredients for Face Lift

To be honest with you, if you appear to have facial sag you need to give yourself the best, balanced nutrition. Oxygen is your most vital and important nutrient, then water, then food. Vital nutrients are carried to your cells by your bloodstream, so well chosen, simple exercise is the first and most important thing you can do to achieve a high class of nutrition, which gives you a high class of wellness so that you can celebrate life.

You and I both know that most exercises are too blisteringly hard. You need easier, more enjoyable exercises that you can do for short periods of time, so that you can gently rebuild and boost your self esteem.

Believe it or not, a blend of Shivershaking™ and Superstretching™ is best. You Shivershake™ by consciously shivering your body, and you Superstretch™ by relaxing your muscles and genuinely stretching them with comfort and joy, like a cat waking up.

For your own benefit, “tune in” to your body. This is for joyful warming up, warming down, healing and recovery. Stay within your capability and personal comfort zone. Just do it every day, and your whole body including your facial tone will improve.

Under chin sag before … and after two days

“This beautiful lady came to my seminar and was photographed at 10am on Saturday morning. At the end of the seminar she was photographed at 3.15pm on Sunday afternoon. I saw and felt the sag underneath her chin lift in those two days.” D R More, BA, (Australian National University), Dip Biochem (Sch), Dip Mass, Dip ID, TFH, Dip Mbiol, Dip Mphys, Dip Mpsych, Dip MMass, Dip Back Pain Relief Reflexology, Dip Spinal Reflexology, Dip Face Lift Massage, Dip Skeletal Reflexology, Dip Energy Booster Massage, retired naturopath, international author, speaker and singer/songwriter with over 47 years of experience in profound meditation, nutrition and natural health.
If you could take a minute, while gently shivering your body, glide your tongue into the Baby’s Natural Tongue Position and laugh openly. This pulls vital oxygen into your starving cells, peaking your energy to burn fat. Do this for seven open breaths, then move into fruitful, detoxifying Superstretching™.

Coincidentally, stretch spontaneously, like a cat or dog waking up. This releases the carbon in your bloodstream. While stretching, guide the tip of your tongue onto the left of your left lip corner and hold it there. This is impressively called the Superstretching™ Tongue Position.

Why do you need to do Shivershaking™ and Superstretching™?

Intriguingly, fat is made of carbon and other elements. You use oxygen to burn fat as fuel. Then it becomes a rancid waste product, causing acidity in your bloodstream. Then you need to actively eliminate it from your body – before it settles back into your hungry cells again. This exquisite two step process is called detoxification and elimination.

How do you do it?

I suggest that you laugh and Shivershake™ exuberantly using your Baby’s Natural Tongue Position, then yawn audibly and Superstretch™ gently using your Superstretching™ Tongue Position.”

What does that do?

“This under eye sag reduced completely in two days. And my skin improved dramatically. This really works! I’m so glad I tried it.”

D R More, BA (Aust Nat Uni), Dip Biochem (Sch), Dip Mass, MD of the Back Pain Relief Association, who has had over 47 years of experience in deep relaxation, nutrition and natural health.
TIGER SPINE

Results speak for themselves. Now repeat this brilliant Lazy Tiger exercise, this time placing the tip of your tongue in your right, cheek hollow.

Please understand that this tongue position activates your Skeletal System, assisting you to align your beautiful facial bones.

Interestingly, facial misalignment may cause over 100 different unpalatable symptoms, many of which may seem unrelated to your face, such as digestive and sexual difficulties. That’s because, like Foot Reflexology, there is a map of reflex points on your face. Each point relates to a different part of your body. Face Reflexology™ is not the topic of this book, but it’s a wonderful modality of natural healing.

'Miracles happen not in opposition to nature but in opposition to what we know of nature.'
St. Augustine.

“This is the same lady as in the previous photo. See how her eyes have brightened dramatically giving a much younger, more vital look.” D R More.
I need to tell you also to massage the soft points on the centre of the soles of your feet. The one on your left foot relates to your lungs if massaged in clock-wise, Yin circles, and to your large intestine if massaged in anticlockwise, Yang circles. The one on your right foot relates to your skin glands and kidneys if massaged in clockwise, Yin circles. As well, learn to relax deeply into an exquisite state of bliss.

**Especially, because your lungs release 70% of your toxins, it’s important for you to do the Breath of Happiness for at least 7 minutes three times a day.**

This beautiful lady came to my seminar and was photographed at 9am on Saturday morning. At the end of the seminar she was photographed at 3.23pm on Sunday afternoon. I saw and felt her **face lift, her fine lines vanish and her skin smooth** in those two days.”

Chapter 6 The Secret Test

You may have heard it said that numbing pain and tension often cause sag by overtiring you. Use long, thin straws which are suitable for easing back, neck and joint pain. Breathe in and out through one straw to make your diaphragm work hard to improve your breathing. Your diaphragm is your largest, most powerful muscle in your body. Strikingly, it massages your spine from the inside. Yes, pain is directly correlated with poor breathing.

Wrinkles down cheek before … and after two days

“This beautiful lady came to my seminar and was photographed at 10am on Saturday morning. At the end of the seminar she was photographed at 3.08pm on Sunday afternoon. I saw and felt her deep, vertical cheek wrinkles smooth and disappear in those two days.” D R More, BA, (Australian National University), Dip Biochem (Sch), Dip Mass, Dip ID, TFH, Dip Mbiol, Dip Mphys, Dip Mpsych, Dip MMass, Dip Back Pain Relief Reflexology, Dip Spinal Reflexology, Dip Face Lift Massage, Dip Skeletal Reflexology, Dip Energy Booster Massage, retired naturopath, international author, speaker and singer/songwriter with over 47 years of experience in profound meditation, nutrition and natural health.