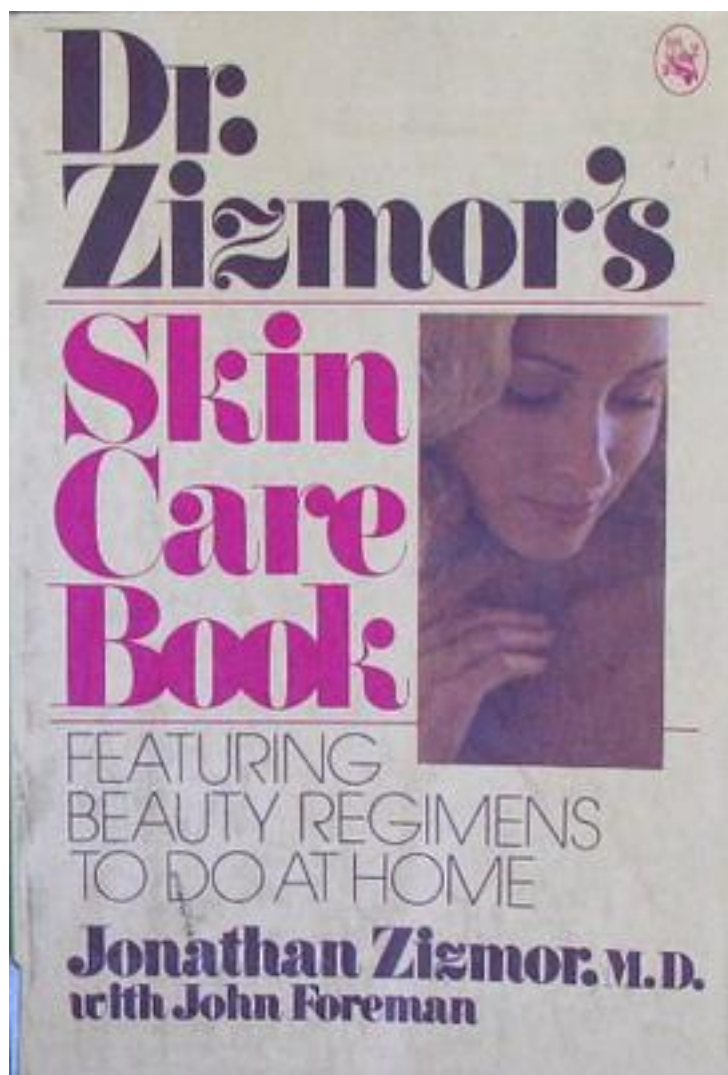


Dr. Zizmor's Skin Care Book



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Great Skin Secrets of Yesterday and Today
 I thought it would be interesting to start with a few
 beauty secrets from the pastï¼ particularly since the an-
 cients had some pretty innovative ideas about personal
 appearanceï¼ although admittedlyï¼ they were mostly in-
 terested in good makeup. Today we live longer and
 we re naturally more worried about wrinkles and aging.
 And whereas our forebears lived in more natural sur-
 roundings and ate more natural foodsï¼ we live in over-
 heated housesï¼ sit in the sun too muchï¼ and consume
 quantities of chemicals (added to prepared and dietetic
 foods) undreamed of in earlier ages.
 This is not to say that the practices and remedies of
 ancient or vanished cultures aren t applicable today.
 Y~u fi be surprised how many things have cropped up as

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