

Facelift at Home?

Do you know an *adult* (man or woman) who wants to look older than their calendar age? Not likely. Fair or not, our careers, social interactions and confidence all seem to fare better when we appear younger, more vibrant and cheerier. Unfortunately, typical cosmetic surgery procedures for turning back the clock are both scary and expensive. That's why I was thrilled to discover *Ezzi-lift*, an innovation in natural energy medicine available for home use. This affordable hand-held device quickly makes impressive visible changes that are long-lasting and cumulative. Unlike creams that just temporarily *disguise* wrinkles, *Ezzi-lift* actually stimulates *real improvements in tissue*. I'll also explain how it does that and offers some fringe benefits for the rest of the body as well, but first a little background.

The forces working to make us look old are formidable. For example, our skin accumulates damage from a lifetime of routine sun exposure even if we don't invite trouble by tanning. Normal chemical processes in the body create free radical damage to cells, causing them to function poorly and accumulate wastes that show up as discolorations. Gravity is constantly pulling tissues down, creating sags, bags and those dreaded jowls. As we age, we make less of the structural compounds, *collagen* (which adds curves) and *elastin* (which allows our tissues to spring back from the pull of gravity). It is no wonder that creams alone aren't sufficient help.

Health seekers understandably shy away from cosmetic surgery. Too often, even when those expensive and potentially dangerous procedures go smoothly, the result does not look natural. (Google "Kenny Rogers' facelift" for a high profile example.) The cost of injections of collagen, various fillers or Botox averages \$400 a pop. And, to get the age-reversing look we want, several uncomfortable injections may be needed. Since the effect may only last a matter of months, the procedures need to be repeated fairly frequently. Botox concerns me the most because it is an injection of a bacterial poison that, in sufficient quantities, can be lethal. Search for "cosmetic botulinum toxin side effects" on the PubMed.org database and see how serious some of them can be. (Although not very common, I won't risk muscle paralysis, double vision, etc.)

A natural approach to "freshening" the face is a much better option. Of course, exercise, drinking sufficient water and eating a healthy diet are important to reduce the speed of visible aging. But, I don't want to stop there when I can actually *reverse* the age-related decline with a simple natural process. Among the reasons *Ezzi-lift* provides such dramatically visible and cumulative improvements is that it stimulates the creation of collagen and elastin. Collagen is a connective tissue that keeps the face looking full. With age we lose collagen and our face can become rather sunken. Elastin is also a connective tissue. It gives tissues the ability to resist gravity and bounce back. Without enough elastin, tissue sags and that can make us look a bit unhappy.

The manufacturer does not make claims beyond those (impressive enough), but the warm glow my skin feels after using *Ezzi-lift* tells me that it is also improving circulation. Circulation is important because blood delivers nutrients and oxygen. *Ezzi-lift* also somehow stimulates lymphatic flow to carry away toxins and give skin a more luminous translucent glow. The combination of effects also results in smaller pore size and improved skin color. Over the years, the muscles in our face begin to weaken and lose

tone. It is my personal belief that an *Ezzi-lift* treatment also stimulates muscles to strengthen because I sometimes actually feel them twitch during a treatment. And the strength of the lift effect tells me that muscles must be helping to pull my features upward. (When my management-by-exception engineer husband notices and compliments my appearance and skin quality, you know something *very obvious* is happening.)

The little hand-held battery-operated *Ezzi-lift* device offers many more benefits than the filler injections or various surgical procedures. And it is safe, convenient, comfortable and *much* less expense. (You can buy a basic device *Ezzi-lift* for the cost of just one spa cosmetic treatment. Upgrading to a device that adds light therapy or adding various accessories can increase the cost but probably still to less than the cost of 2 or certainly 3 injection treatments.) There is also no downtime—no redness or puffiness. In fact I try to do a quickie treatment right before I leave for a party!

Although *Ezzi-lift* is a very high tech device, the way it works is elegantly simple. Let me back up a minute to review a couple of important basics that are often over-looked. The business of the body is conducted by our cells. The cells perform (or fail to perform) functions according to the instructions they receive (or fail to receive). *Energy* is the language cells understand. *Ezzi-lift* uses pulses of tiny electrical currents (energy) of specific frequencies to send revitalizing messages to cells. For example, the current can tell the appropriate cells to make collagen or elastin. (Using the device on scar tissue achieves remarkable results.) Incidentally, I mentioned there were fringe benefits elsewhere in the body. That is because the pulsed currents stimulate acupuncture points on the face and thereby send a relaxing and rejuvenating signal down all the body's meridians.

Although I usually complete *Ezzi-lift* treatments on my face, neck and hands while I'm watching television, I wish I had a second device near the shower to remind me to use it on my chest, under-arm flab and other tissues that could use perking up. Why wouldn't it be good for cellulite too? By the way, there is an optional hair brush attachment that I find makes my hair thicker, especially at the temples. Using the *Ezzi-lift* device is quite simple. After turning it on, you choose whether to treat either the face or eye area. Then you select "stimulate" for deeper action or "smooth" for closer to the surface. After adjusting the strength of impulse to one that is discernible but still comfortable, you are ready to go. A methodical by-the-book treatment can take an hour, but I'm here to tell you that even the shorter haphazard treatments that I often do still have a powerful effect.

Despite amazing testimonials that the company receives, the manufacturer's literature is very conservative in regard to benefit claims because Avazzia was founded as a medical device company and is regulated by the US Food and Drug Administration. See www.avazzia.com. The company makes a variety of devices that they market simply for pain relief. (As a journalist, I believe the 1st Amendment allows me to tell you that I've seen dramatic before and after photos taken of patients by doctors who employ the devices for off-label uses such as nearly instant healing of frozen shoulders and quick resolution of bruises and swelling from accidents.) Most of those "pain" devices are used by physicians and veterinarians, but they are also available for home use with a prescription. *No prescription is required for the Ezzi-lift device.*

If the *Ezzi-lift* device only smoothed the appearance of fine lines and wrinkles safely rather than just disguising them as creams do, that alone would be pretty cool. But, they actually do help erase them and the improvement is visible with the very first treatment. The effects are much more substantial, accumulative and lasting. The devices are professional quality and were designed for the estheticians who use them, but they are also available for home use. Learn more; see before and after photos; and link to videos at www.ezzi-lift-kit.com. I just recently discovered a surprising use for my *Ezzi-lift*. As soon as I get a mosquito bite (if there is one in the zip code it will find me) I run the device over it. The itch immediately goes away.

I don't work for the company and I'm not paid by them for singing their praises.* And, since my goal is simply to provide benefit readers and listeners to my radio show, I'd tell you about *Ezzi-lift* competitors, but as far as I can tell, they really have none that come close in quality or effectiveness.

I should point out that we are grateful that Avazzia does periodically provide some support for our mission on the radio show, but I am not paid by Avazzia or the Healthy by Nature show.