

Simply Skin Cream are two organizations "The U.S. National Council on Radiation Protection and Measurements" and the "International Commission on Radiological Protection". They both have established the radiation tolerance for air crews and the general public. A week's worth of natural background radiation is about 2.4 mSv a year. The group goes on to say that one single long international flight will expose you to a weeks' worth of natural background radiation. But airline employees definitely exceed the groups recommend limits.

The advertisement for Simply Skin Cream features a woman's face on the left, looking towards the camera. To her right is the product packaging, including a box and a jar. The text 'simplyskin' is prominently displayed at the top left. Below it, it says 'AS FEATURED IN marie claire VOGUE COSMOPOLITAN'. The main headline reads 'JOIN THE AGELESS SKIN REVOLUTION ENJOY VISIBLY YOUNGER LOOKING SKIN'. Below this, it lists benefits: 'REPAIRS + RESTORES + REVITALIZES + REJUVENATES'. A 'DERMATOLOGIST RECOMMENDED' seal is shown. Three key benefits are highlighted with icons: 'Clinically Proven Ingredient Matrix' (Delivers whole collagen molecules to nourish the dermal matrix on the inside, and reduce signs of aging on the outside), 'Boosts Hydration & Nourishment' (to repair & revitalize damaged skin), 'Restores Elasticity & Firmness' (lifting and plumping sagging skin), and 'Eliminates Wrinkles & Fine Lines' (for an instantly smooth and flawless finish). A green banner at the bottom says 'GET YOUR DISCOUNTED BOTTLE! ORDER NOW WHILE SUPPLIES LAST'. On the right side, there is a 'TELL US WHERE TO SEND YOUR ORDER' form with fields for First Name, Last Name, Address, Zip, City, Select State, Phone, and Email Address. A 'RUSH MY ORDER' button is at the bottom of the form. The form also includes a 'Secure 256 Bit Encrypted Connection' notice and logos for 'TRUSTSAFE', 'McAfee SECURE', and ' Norton | Secured by Norton |'. At the bottom of the ad, there are three award seals: '10 MILLION BOTTLES SOLD', '2019 MOST TRUSTED BRAND', and 'MOST VOTED BEAUTY BRAND'.

What can we do? Well airline personnel certainly cannot quit or stop flying, first it's just what they do, its their job and second its the way the general public gets around. But the price to pay could be our health. So how can we protect our health?

Since I obviously travel regularly here is what I do to keep my health while flying and being exposed to radiation. Remember the highest mountain in the world is 28,000 feet yet most of us think nothing of spending **Simply Skin Cream** hours at 35,000 feet, an altitude that we humans were never designed to be exposed to. And in addition to radiation exposure while flying, radiation and radioactivity are everywhere, in the air we breathe, the water we drink and the food we eat. Our toxic overload just keeps getting greater.

Metabolism means the way the body converts and uses the food that we eat. A person who finds it hard to lose weight would have a low metabolic rate. People who have a tendency to lose weight easily are those who have a high metabolic rate. As we grow older this rate decreases. This is one main reason for people gaining weight more easily and quickly as they grow older.

There are different ways to raise the metabolic rate. This can be done by eating the right foods and doing the right physical activities that would burn calories quickly. We need to understand that there is basal metabolism, i.e. about 60% to 65% of the calories we eat are spent on keeping us alive and giving us the basic energy. 25% of our calories are spent on physical activity and 10% calories are spent on eating and digesting our food. Based on this we must make sure that we do sufficient amount of physical activity to burn 25% of our calories. It can be increased by increasing the muscle through fitness and exercise programs.

The advertisement for Simply Skin Cream features a woman's face on the left, with her hand resting on her chin. The product packaging, including a box and a jar, is shown below her. The text 'simplyskin' is at the top left, and 'AS FEATURED IN marie claire VOGUE COSMOPOLITAN' is at the top right. The main headline reads 'JOIN THE AGELESS SKIN REVOLUTION ENJOY VISIBLY YOUNGER LOOKING SKIN'. Below this, it lists benefits: 'REPAIRS + RESTORES + REVITALIZES + REJUVENATES'. A 'DERMATOLOGIST RECOMMENDED' seal is present. The benefits listed are: 'Clinically Proven Ingredient Matrix' (Delivers whole collagen molecules to nourish the dermal matrix on the inside, and reduce signs of aging on the outside), 'Boosts Hydration & Nourishment' (to repair & revitalize damaged skin), 'Restores Elasticity & Firmness' (lifting and plumping sagging skin), and 'Eliminates Wrinkles & Fine Lines' (for an instantly smooth and flawless finish). A green banner says 'GET YOUR DISCOUNTED BOTTLE! ORDER NOW WHILE SUPPLIES LAST'. At the bottom, there are three award seals: '10 MILLION BOTTLES SOLD', '2019 BEST SKIN CARE PRODUCT', and 'MOST VOTED DOCTOR'. On the right, there is a form titled 'TELL US WHERE TO SEND YOUR ORDER' with fields for First Name, Last Name, Address, Zip, City, Select State, Phone, and Email Address. A 'RUSH MY ORDER' button is at the bottom of the form. The form also includes an 'Internet Exclusive Offer Available to US Residents Only' and a 'Secure 256 Bit Encrypted Connection' notice. Logos for TRUSTSAFE, McAfee SECURE, and Norton are at the bottom right.

Foods that are natural metabolic boosters are cocoa, nuts, green tea, peppers, green vegetables such as spinach, bitter gourd and broccoli; including these in our daily diet regime will help enhance our metabolic rate and consequently burn more calories. We should ensure that we do not exceed more than 1200-1500 calories per day during weight loss and never more than 2000 calories per day otherwise. Saturated fats, sugar, desserts and cakes should be excluded from the diet.

Exercises help in boosting metabolism. Aerobic exercises such as cycling, swimming, basket-ball, skating, brisk-walking [Simply Skin Cream](#) are extremely helpful. Following a fitness program with a professional trainer is an effective way to discipline oneself into a daily exercise regime. Visiting the gym and doing lifts, walking on the tread-mill and doing push-ups not only increase ones stamina, but also assist in burning the excess calories and converting excess fat into muscle.

The diet industry is a multi-billion dollar industry and the irony of it is that most of it doesn't even work! When I say work, I mean permanent, positive weight loss through changing your

relationship with food. Even though people know most of it doesn't really work, there's obviously a huge need because people are still willing to try diet plan after diet plan which sells hope to desperate people.

Then you've got the "boring brigade" that tell you the only way to lose weight is to eat healthily and exercise regularly - no sh*t Sherlock, but we're not doing it! We know what we're supposed to do and if it really were that simple we would all be doing it right.

The reason why most of these weight loss solutions do not work is because they are totally focussed on the food. An unhealthy relationship with food is not really about the food and more likely to be about an unhealthy relationship with YOU. Bad eating habits are symptoms of a deeper underlying issue and until you address the underlying issue you will continue to have an unhealthy relationship with food. Address the real issues and positive change becomes easy and enjoyable.

The advertisement for Simply Skin Cream features a woman's face on the left, looking towards the camera. To her right is the product packaging, including a box and a jar. The background is a light blue with a grid pattern. Text on the right side includes 'simplyskin S', 'AS FEATURED IN marie claire VOGUE COSMOPOLITAN', 'JOIN THE AGELESS SKIN REVOLUTION', 'ENJOY VISIBLY YOUNGER LOOKING SKIN', and 'REPAIRS + RESTORES + REVITALIZES + REJUVENATES'. Below this is a 'Clinically Proven Ingredient Matrix' section with three bullet points: 'Boosts Hydration & Nourishment', 'Restores Elasticity & Firmness', and 'Eliminates Wrinkles & Fine Lines'. A green banner at the bottom says 'GET YOUR DISCOUNTED BOTTLE! ORDER NOW WHILE SUPPLIES LAST'. On the far right is a 'TELL US WHERE TO SEND YOUR ORDER' form with fields for First Name, Last Name, Address, Zip, City, Select State, Phone, and Email Address. A 'RUSH MY ORDER' button is at the bottom of the form. Logos for '10 MILLION BOTTLES SOLD', '2019 MOST VOTED DOCTOR', and 'McAfee SECURE' are at the bottom.

For many of us eating is an unconscious act we are so used to eating while watching TV or reading a book or magazine that it actually feels alien to just sit there and solely focus on eating. Try being present while eating, [Simply Skin Cream](#) notice what the food you are eating tastes like, its texture, how you feel while eating it and how you are eating, are you wolfing it down or savouring it. You may find you feel satisfied with less food or realise how much more you tend to eat after you are actually full. Whatever you notice, just notice it without judgement but with curiosity. This is a massive step towards your transformation.

I'm a big believer that we all know what's best for ourselves so it is extremely beneficial to get more in tune with your body. Your body is always communicating valuable information to you but because we are socially conditioned to believe the answers lie outside ourselves we miss a lot of this information. Take the time to cultivate a relationship with your body where you are sensitive to what it tells you. You will become more aware of what it wants and the effect certain food have on you so you can use this to your advantage.

In nature animals mostly eat for survival but we don't. There are a whole myriad of reasons behind people's motivations to eat and most of them are emotional. Instead of feeling our emotions we stuff them down with food. Becoming more conscious of why you are eating is key to getting to the underlying issue fuelling your unhealthy relationship with food. Next time you reach for that chocolate bar, stop and ask yourself "What do I really want? Why am I really eating it?" and then address the real issue.

The advertisement for Simply Skin Cream features a woman's face on the left, looking towards the camera. To her right is the product packaging, including a box and a jar of cream. The background is a light blue with a grid pattern. Text on the page includes the brand name 'simplyskin S', 'AS FEATURED IN marie claire VOGUE COSMOPOLITAN', and 'JOIN THE AGELESS SKIN REVOLUTION ENJOY VISIBLY YOUNGER LOOKING SKIN'. Below this, it lists benefits: 'REPAIRS + RESTORES + REVITALIZES + REJUVENATES'. Three key features are highlighted with icons: 'Clinically Proven Ingredient Matrix' (Delivers whole collagen molecules...), 'Boosts Hydration & Nourishment' (to repair & revitalize damaged skin), and 'Restores Elasticity & Firmness' (lifting and plumping sagging skin). A green banner at the bottom says 'GET YOUR DISCOUNTED BOTTLE! ORDER NOW WHILE SUPPLIES LAST'. On the right, there is a checkout form titled 'TELL US WHERE TO SEND YOUR ORDER' with fields for First Name, Last Name, Address, Zip, City, Select State, Phone, and Email Address. A 'RUSH MY ORDER' button is at the bottom of the form. Logos for '10 MILLION BOTTLES SOLD', '2019 MOST VOTED DOCTOR RECOMMENDED', and 'MOST VOTED DOCTOR' are at the bottom. The checkout form also includes a 'Secure 256 Bit Encrypted Connection' notice and logos for 'TRUSTSAFE', 'MULTIFEE SECURE', and 'Norton'.

Many of us don't like our bodies. If I were to ask you what you hate about your body I bet you could list a whole load of things just don't like about your body just like that. But what if I were to ask you what you love about your [Simply Skin Cream](#) body, how long would that list be then. On the whole we treat our cars better than we treat our bodies, you wouldn't pour cooking oil into a high performance car would you? You would put premium petrol/gas in your tank. So where do you get off pouring low quality fuel into your engine? If you were a car, what car would

you see yourself as now? What car do you want to see yourself as? See and treat yourself as the car you want to see yourself as.

Have you ever looked back at a picture of yourself and thought you looked slim but knew at the time you saw yourself as fat? Or do you have a friend that is beautiful and looks great but is always putting herself down and dissatisfied with her appearance? At times it seems we are never satisfied and wherever we are is never enough. Accepting where you are is an important part of enjoying the journey. You do not have to be totally unhappy with where you are in order to make changes. In fact being happy with where you are and wanting change is probably the quickest and most enjoyable way to make change.

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On a practical level there can be many things that stand between you and your healthy relationship with food. Instead of seeing it as one big problem it would help you to take the time to find out what some of these obstacles [Simply Skin Cream](#) are. Do you have planning issues? Are you taking the time to go to the supermarket and have healthy snacks to hand? Are you hardly ever home and find it hard to make healthy choices outside? Are you eating because you are bored or lonely? Make a list of the obstacles you face and come up with some solutions. If you try a solution and it doesn't work, don't fret just try another. This is a process for you and there will be some trial and error involved. Remember there is no failure, just feedback.

Many of us have had lifelong weight issues and may even come from a family with lifelong weight issues. You are trying really hard to lose weight and fight against where you currently are but have no vision of what you actually want. All your energy is going towards fighting fat and "what you resist persists." Take the [Simply Skin Cream](https://pillsfect.com/simply-skin-cream/) time to build a vision of what you actually want; what size do you want to be? What clothes do you want to wear? What is it you will be able to do when you lose the weight? Apart from the weight what else do you get to lose? What do you gain?

<https://pillsfect.com/simply-skin-cream/>