Slide 1

Younger By Tonight
BETTER THAN BOTOX
Younger By Tonight
Better than Botox
Module 2 Part 1
Self Care Program

Slide 2

Outline for Younger By Tonight Module 2

- Thank you
- Set up always remember to open up the fascia and lymphatics before you start
- Pictures before and after
- Review – Share your story
- Changing the internal environment with nutrition

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Slide 3

Outline for Younger By Tonight Module 2

- Changing the internal environment with nutrition
- Changing the skin from the inside out
- Modules for mouth and jowls
- Protocols system – methods work
- Questions - please post in the Younger by Tonight Fascia book Group
- https://www.facebook.com/groups/youngerbytonight/members

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Are Wrinkles Reversable?

- Yes, every scar every smile or frown is recorded in the fascia and the muscles that energy has to be released, its physical energy, trauma and stress
- Remember our fascia forms to what we do the most.
- Prevention is the easiest the sooner you start the program daily, the better the results will be
- After the fact it takes daily self care

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Share Your Story – Younger By Tonight Treatment

Atlanta shared she loves the work and paying 300 dollars per hour for a practitioner to do this work on her was a deal. The results last, it cleared up her acnes and red spots in one treatment and reduced the appearance of wrinkles.

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Share Your Story – Changes and Experiences from Module 1

- Did you know that release the fascia could create an emotional response? Trauma causes premature aging, if that trauma is stored in the fascia once released you instantly look younger.
- A participant from first module shared:

"I did the facial fascial work yesterday that we learned last night and it took me on another ride, it was amazing!!

My ethmoid and sphenoid bone finally shifted, which I'm sure had a lot to do with that anger release. Even after that I've felt so much better!!

Thank you, thank you!!!"

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Review

- Hydration – fascia loves fluid
- Head position – reduces oxygen to brain and facial fascia
- Nutrition – affects the quality of our skin and organs
- Breath – we depend on it for life – essential for younger looking skin
- Sleep – Growth Hormone is released, essential for healthy skin and repair
- Self Care -protocols you are learning in this course

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Thank you

Please add your questions to the YBT Facebook group

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