

MY 5 SECRETS

Elaine's Energy & Glow Guide

5 simple daily habits for women over 50

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YOUR FREE GUIDE

Hi, I'm Elaine!



I'm 59. I've been married to David for 29 years, and I still dance around the kitchen with my kids and grandkids, who think this is hilarious. They're right.

If you're here, you've probably tried everything: the serums, the 12-step routines, the creams that cost more than groceries. Somewhere in my fifties I accepted a simple truth.

> ***You can't fix aging from the outside alone. Creams sit on the surface. Real glow starts with how you treat your cells, your stress and your body.***

So here are my five secrets. Each one takes five minutes or less, costs little or nothing, and is backed by real research. **You can start every one of them tomorrow morning.**

Don't skip Secret #5. It's the one most women over 50 have never heard of, and it ties the other four together. And at the very end, I'll show you exactly what to do next if you want the whole plan.

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Short on time? Jump straight to Secret #5 and my NAD+ pick on page 7.

SECRET NO. 1 · MORNING RITUAL

The Morning Flush



You wake up after seven or eight hours without a sip of water. Before coffee, before your phone, give your body what it's been missing.

WHAT THE RESEARCH SAYS

Even mild dehydration, about 1.4% of body weight, left women with lower mood, less focus and more headaches in a controlled study.[1] Most of us start every day there.

Do it tomorrow

1. A big glass of room-temperature water first thing, with a squeeze of lemon if you like.
2. Then breakfast with protein. A small fresh carrot juice on the side is my favorite treat.
3. Keep the glass next to the coffee maker. It's also the perfect moment for Secret #5.

IN THE FULL 30-DAY PLAN

Days 1 to 3 of Lit From Within turn this into a 10-minute morning that runs on autopilot. See page 8.

Next: the one food group most women over 50 cut, and shouldn't →

Eat Your Glow Fats



The biggest mistake I see women make as we get older? Cutting out fat. Your skin barrier is literally built from it.

WHAT THE RESEARCH SAYS

In a study of 4,025 American women, those who ate more linoleic acid, a healthy fat in nuts, seeds and their oils, had less dry and thin-looking skin. More vitamin C meant fewer wrinkles.[2]

And in a randomized trial, tomato paste cooked with olive oil every day for 12 weeks gave skin measurably more protection against UV damage.[3]

Do it tomorrow

1. Half an avocado, a handful of walnuts or a generous drizzle of extra-virgin olive oil at two meals.
2. Add one vitamin C food: berries, citrus, kiwi or bell pepper.
3. Cook with tomato sauce and olive oil once this week.

> ***Fat was never the enemy. Your skin has been asking for it all along.***

IN THE FULL 30-DAY PLAN

Ten everyday recipes built around glow fats, plus the full anti-inflammatory plate. See page 8.

Next: the stress hormone that's quietly working against your collagen →

The Collagen Saver



Stress and sitting still are two of the quietest agers. My fix has two parts: move every day, and breathe the stress out every night.

Up to 30%

more of the enzyme that recycles NAD+, your cells' energy molecule, after 12 weeks of training in older adults[4]

46%

lower risk of dying from heart disease in people who dance at a moderate intensity[5]

For the evening, try **cyclic sighing**: two short breaths in through the nose, one long breath out through the mouth, for five minutes. In a Stanford study, it lifted mood and calmed breathing more than meditation did.[6]

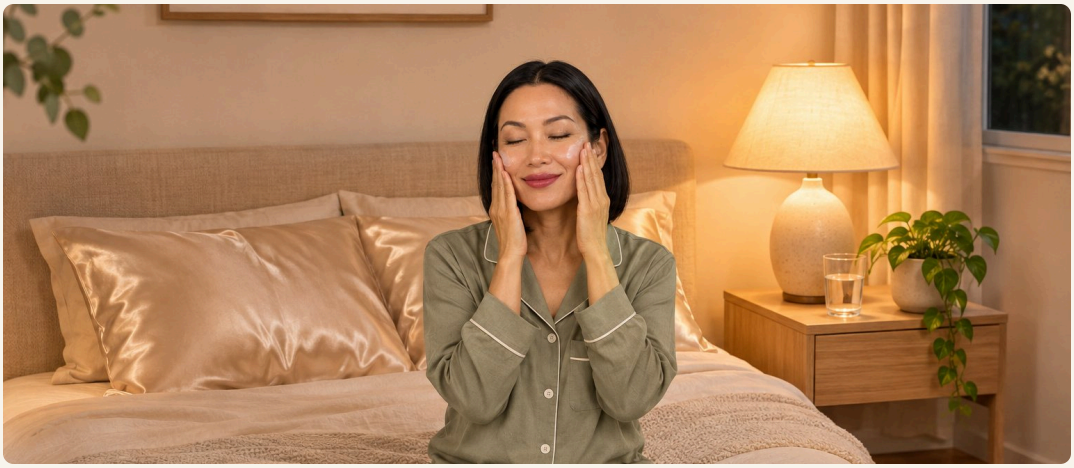
Do it tomorrow

1. Move for 20 minutes: a brisk walk, ten chair stands, or one song dancing in the kitchen.
2. Before bed: five minutes of cyclic sighing.

> IN THE FULL 30-DAY PLAN
>
> Week 4 is an illustrated 10-minute strength circuit, plus balance practice and a longevity scorecard. See page 8.

Next: my two-minute night routine, and the pillowcase trick →

The Silk & Seal Rule



As we age, skin holds on to less moisture overnight. So I seal it in at night, and shield it every morning.

Seal, every night

Cleanse gently, smooth on a simple moisturizer, then press in two or three drops of jojoba or rosehip oil.

Then the pillow. Sleep creases are a real kind of wrinkle, made by pressing your face into the pillow night after night.[7] Sleep on your back, or let a silk pillowcase do the work.

Shield, every morning

SPF 30 or higher, every day, even when it's cloudy.

24%

less skin aging over 4½ years in people who used sunscreen daily[8]

Bonus: some mornings I dip my face in ice water for a few seconds. It won't stop the clock, but it's the cheapest de-puffer there is, and I still squeal every time.

IN THE FULL 30-DAY PLAN

The proven five-step skin routine, a gentle retinol plan and an honest "worth it or hype?" guide. See page 8.

Next: Secret #5. This is the big one →

SECRET NO. 5 · CELLULAR ENERGY

The Missing Piece

Secrets 1 to 4 protect what you have. Secret 5 tops up what time takes away.

Every cell in your body runs on a molecule called **NAD+**. It turns your food into energy and fuels the enzymes that repair everyday damage. And as we age, we have less of it: researchers have measured lower NAD+ in older people's skin, brain, blood and muscle.[9,10,11,12]

Exercise helps your body recycle it (that's Secret 3). But you can't eat your way back to the levels studies use. You'd need roughly 50 pounds of broccoli to match even the smallest study dose.[13,14]

WHAT THE RESEARCH SAYS

In human trials, NAD+ building blocks raised NAD+ levels in the blood, and one of them, NMN, improved six-minute walking distance in healthy middle-aged adults in just 60 days.[15,16]

The US formula I recommend also adds urolithin A, which improved muscle endurance in older adults in a four-month trial.[17]



THE NAD+ I RECOMMEND

Start it tomorrow, with your Morning Flush

In the US: Thinbi NAD+ Complex on Amazon, with urolithin A, resveratrol and CoQ10.
Everywhere else: Origin NAD+, with quercetin and resveratrol.

Get the NAD+ I recommend →

One link sends you to the right one for your country.
linktwin.co/oxyckh

Check with your doctor first if you're pregnant or nursing, take medication or have a medical condition. Follow the label on your bottle.

WHAT MOST PEOPLE DO NEXT

Your guide is here. Let's make it a habit.

Here's the honest truth. Knowing these five secrets is the easy part. Doing them every day, long enough for them to stick, is where most of us fall off. Life gets busy. The juicer gets dusty. The good intentions end up in the back of the cupboard.

That's exactly why I made Lit From Within.



THE FULL WORKBOOK

Lit From Within

The 30-day NAD+ workbook for real energy, glowing skin and aging well

- 30 days, one small habit a day, 2 to 10 minutes each
- The complete NAD+ guide: every form, what studies found, how to choose
- My 10-minute morning routine, with a printable card
- Energy, skin, inflammation and longevity chapters, backed by 80 studies
- Day 0 and Day 30 self-tests, so you can see your progress
- A fridge tracker, meal planner, grocery list and 10 recipes
- 114 pages you can fill in on your phone, plus a printable version

Get your copy →

Tap above to get Lit From Within.
Instant download. Start today.

> ***Day 1 starts with your Morning Flush and your NAD+. By Day 30, you'll have a routine that's entirely yours, and your own before-and-after numbers.***

BEFORE YOU GO

Your next two steps

STEP 1 · TOMORROW MORNING

Start your NAD+

Take it with your Morning Flush: a big glass of water before coffee. One link, the right formula for your country.

Get my NAD+ pick →

linktwin.co/oxyckh

STEP 2 · THIS WEEK

Start your 30 days

Turn the five secrets into a routine that sticks, one small habit a day, with Lit From Within.

Get your copy →



My first week (tick as you go)

- [ ] A big glass of water before coffee, every morning
- [ ] A glow fat at two meals a day
- [ ] Twenty minutes of movement, dancing counts
- [ ] Seal at night, SPF in the morning
- [ ] My NAD+ with my Morning Flush
- [ ] Started my 30 days with Lit From Within

You deserve to look and feel radiant at every age.

Stay glowing, Elaine

@elainehan.glow on Instagram

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The research behind the secrets

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The fine print

This guide is for education and everyday wellness. It isn't medical advice and can't diagnose, treat, cure or prevent any disease. Supplements haven't been evaluated by the Food and Drug Administration for those purposes. Talk to your doctor before starting a new supplement or exercise routine, especially if you're pregnant or nursing, take medication or have a medical condition.

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