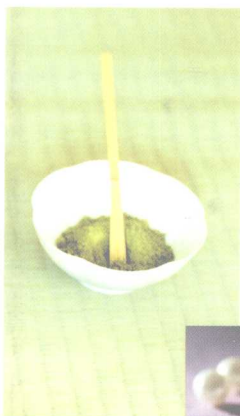


LETHA HADADY
author of *Asian Health Secrets*



HEALTHY BEAUTY

using nature's secrets to look great and feel terrific



THE FOUR SEASONS OF BEAUTY

REDUCE YOUR STRESS NATURALLY



DEVELOP YOUR OWN STYLE GENIUS



EXPERT MAKEUP, FASHION,
AND HAIR ADVICE

Healthy Beauty

Using Nature's Secrets
to Look Great and Feel Terrific

LETHA HADADY

Illustrated by
Letha Elizabeth Hadady



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Also by Letha Hadady

Asian Health Secrets

Personal Renewal

Holding a letter from Mother, I notice her fine longhand that glides with grace and confidence—an artist's hand. "A family of quails has roosted on the back patio," she writes. Early mornings the birds gather seeds that Mother has left for them in an earthen bowl. Sun-soaked, they gaze at the blue Sandia mountains. Last week a doe crossed the mesa and peeked over her fence. Black bear have reached the corridor that separates man and mountain. They are safe with Mother.

She embodies the loving spirit of benevolence and generosity that makes up the better part of civilization and nature—as ageless as the forest itself. Her house is filled with music. Her paintings of pansies, purple iris, and pink hollyhocks, of rolling streams meandering through shaded meadows, aspens turned glorious yellow, and wild geese watching expectantly in high blue grass mirror a unified ideal: Her art reveals the beauty she loves. In one painting, a mermaid reclines on an oyster shell, while holding a luminous, perfectly round pearl. A pearl has many layers made by years of ocean currents. It is an emblem of natural beauty, value, and purity. Mother and I dedicate this book to you and the pearl within.



Foreword

We have often heard the phrase, “Beauty is in the eye of the beholder.” Beauty is an aggregate of qualities in a person or thing that gives pleasure to the senses . . . exalting the spirit!

Letha Hadady’s *Healthy Beauty* is the first book of its kind. Descending from a long line of Hungarian beauties, Letha’s skills have been honed pursuing natural beauty throughout the world. Letha marries three distinct cultures: Eastern European, Asian (Chinese and Ayurvedic medicine), and Western (the highly competitive cosmetic industry). *Healthy Beauty* is an international beauty recipe of tried and true home preparations blended with the most modern technologically advanced products on the market today.

Our mutual friend, Hollywood director Luke Yankee, introduced me to this high priestess of Asian medicine. Since our initial meeting we have been cast together listening, learning, and sharing in the knowledge of all things beautiful.

This book is truly a celebration of Beauty in all its diversity, reflecting with the author’s individualized, energetic point of view that after all, “Beauty is more than skin deep.”

—Clif de Raita,
National Director of Makeup,
Georgette Klinger, Inc.

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Introduction: Beauty Now and Forever



The shapely woman wrapped in a long coat over a T-shirt and jeans entered the empty dressing room. Without a word, the New York-born, Yale Drama School graduate took her place in the makeup chair. It was before coffee, the time of morning when every noise seemed loud. Marietta Carter-Narcisse tiptoed in and began hand-mixing the foundation she would apply to the beautiful face in the chair. The face was shut tight becoming Anna Mae Bullock, a sixteen-year-old waif from Nutbush, Tennessee.

Anna Mae and her sister were abandoned by their sharecropper parents in the segregated South. After her grandmother died, Anna Mae's education began in smoke-filled St. Louis R&B nightclubs. The girl had a son in her teens and swore that she would never leave him. She married a band leader who drank and then raped and beat her. The actress in the chair relaxed her face so that makeup could be applied.

Marietta glanced at her complexion. It was soft and flawless without using extra moisturizer. At times, Marietta recommends cleansing facial masks or a healthy diet of fresh fruits, vegetables, and lots of water. "The camera sees all imperfections," she would say. As she applied movie makeup, Marietta watched the transformation take place in the chair. The character on tour sang in smoke-filled joints while her husband took drugs. Suddenly it happened: Angela Bassett jumped up and *became* Tina Turner singing the refrain, "Rollin' on the river."

Angela Bassett was nominated for an Oscar and won both the Golden Globe and the NAACP Image Award for Outstanding Leading Actress for her portrayal of Tina Turner in the Touchstone Pictures 1993 movie, "What's Love Got to Do With It." Angela had never heard the Queen of Rock and Roll

2 INTRODUCTION

sing before acting the part. The character was a result of the shared alchemy between actress, director, and makeup artist.

The ancient Egyptians recognized the power of makeup, whose daily application was considered a ritual offering to the gods. By recreating ourselves in front of a mirror daily, we join together what is inside and outside. When both blend smoothly, we feel whole, healthy, happy, and beautiful: We look in the mirror and see the person we want to see. Writing *Healthy Beauty* has forced me to reach deeper into myself and find what I had not recognized as beautiful. I eventually reclaimed the look of my eastern heritage.

I grew up speaking Hungarian in New Mexico. Back in the seventeenth century, the family name was changed from the Hungarian equivalent of “shoemaker” when an ancestor fought in the service of Leopold, the Holy Roman Emperor, to drive out the occupying Turks. The relative was knighted and granted the estate of a nobleman in the defeated Turkish army. Thus my quaint title as Hungarian countess.

My ancestors suffered from being Protestant in a Catholic country, and later from being labor organizers in a reactionary empire. They left Hungary for work in Chicago steel mills and later tried farming on the Canadian plains. The Hadadys came to New Mexico with the Manhattan Project that built the first atomic bomb. My father, who had worked on the Cyclotron at the University of Chicago, made miniature models of the Saturn rocket and the Sidewinder missile. A handsome man who liked to fish and hunt, he was exposed on the job to dangerous toxins and died young. My mother (and illustrator), despite being a lovely woman in every way, has never remarried.

Many Hungarians reflect the nation’s origins on the steppes of Central Asia among a wandering Asiatic tribe. I have always supposed some subconscious memory of that time predisposed me to study traditional Asian medicines, and to apply my learning and experience to the subject of beauty. My quest has led me throughout the world and especially to the age-old traditions of China, India, and Tibet. For this book, I have consulted noted beauty gurus who work daily with models, actresses, as well as diplomatic and business professionals but also people who are familiar with their own ethnic herbal traditions.

Because all cultures use herbs, herbal traditions overlap. Tall, attractive Theresa Jackson, Assistant Vice President at The JP Morgan Chase Bank, originally from Jamaica, let me sample her Cerassie Tea (*Momordica charantia*), which she keeps in the office. “In Jamaica” she told me, “the tea is used to cleanse the entire body and reduce fat.” I recognized the taste as bitter melon used throughout Asia for reducing indigestion, blemishes, and diabetes. The tea is available at Asian markets and at internet sources listed in the Annotated Resource Guide. I am happy to share international beauty secrets with you. Reading this book, you can reach into your roots to create a

unique beauty persona. Because natural beauty encompasses energy, vitality, sexual allure, and spiritual unfolding, the sky is the limit to your perfection.

This book takes inspiration from Lola Montez, a nineteenth century countess and herbalist, who wrote the first world-renowned bestseller on natural beauty. We both agree that the enemy of beauty is not age but illness, attitude, and lifestyle. This book can improve beauty skills in order to create your unique beauty persona. That requires observation and reflection from you. On 57th street near Carnegie Hall, I asked my friend Jacquie Jordan, a Los Angeles-based daytime television producer, "How are the New York and Los Angeles looks different?" We watched a woman with short gray hair, wearing a black wool cape, black leggings, and tall black boots cross the street. "That's very New York," she replied. "In L.A., you wear colors and open-toe shoes. The latest thing is pink sunglasses shaped like hearts. In L.A. you dress to be seen. In New York, you dress to remain anonymous." Do you dress to be seen or ignored? Too often, we dress without thinking: we deny our natural gifts. This book can help you express confidence and personal power.

A Beautiful, Healthy You

Beauty is an ensemble. Your walk, voice, clothes, and style add or detract from your appeal to others. Pleasing breath and body odor are essential and achievable with diet and herbs rather than a drug store deodorant. Any serious discordance can ruin the total effect. For that reason, I have treated as beauty issues health topics generally not addressed in beauty books. Beauty encompasses who you are and what you want in life.

Vitality is evident from good posture, glowing skin, bright eyes, thick, shiny hair, and smooth fingernails. Unfortunately, our lifestyle is often not healthy. Cathy Curtin, a vivacious Actor's Studio performer with Broadway, film, and television credits, created the role of Fran Richtken on "Guiding Light." Currently, she is portraying singer Janis Joplin at the Village Theater. The tough role demands daily smoking. Her flawless skin requires protection. Cooling moisture creams, cleansing diet, and herbs found in this book can help us all deal with secondary smoke and pollution.

Beauty is in danger now more than ever before. Because we are only as safe as our air, water, food, and lifestyle habits, beauty information that stresses enhanced immunity is vital. Most of us recognize that we live in a dangerous world where civilians are the target of choice. The real possibility of facing chemical poisons, killer germs, and even atomic radiation is reason for concern. *Healthy Beauty* is the first book to address these as issues affecting the appearance of men and women. Chapter 17, Beauty Survival Skills, admittedly only a beginning, combats the dangers with natural remedies. The

materials and methods for creating well-being have existed for generations in Western and Asian natural medicines. We will apply them in order to build your beauty and immunity from the inside out.

I have spent years investigating the close connection between health and beauty with an extensive practice using the tools of traditional Chinese medicine—acupuncture, massage, and herbs. I have been impressed by the desire of people, regardless of their health issues, to remain attractive. Teaching on both coasts and writing a weekly column for the internet, I receive ever more questions on maintaining beauty despite serious illnesses, or the harsh effects of medical drugs. Fortunately, the nature of herbal remedies is: what makes you look good makes you feel good.

In *Healthy Beauty*, using simple diagnostic tools borrowed from traditional Chinese medicine, you will learn to recognize the best foods, herbs, and natural treatments to suit your needs. People in a hurry can look for “Quick Fix” sections in many chapters. Those who seek the deeper meaning of beauty, the development of a personal aesthetic or beauty persona, will enjoy the “Lola’s Way” sections.

Natural Secrets

Traditional Asian beauty remedies are the products of an ancient science, originally formulated for the well-being of the household of the Emperor and Empress of China, Japan, or Thailand, or the royal courts of India. These secret remedies, used by mandarins and the middle-classes, have been relied on for centuries by tens of millions of people. Actively and successfully used today, traditional beauty products work on a deep level to purify the body of toxins that threaten vitality and appearance. For example, *ashitaba* root, used in Japanese cooking, clarifies the skin while reducing cholesterol. *Konnyaku* noodle is an excellent weight-loss food because it contains no calories. Both foods are easily available as standardized capsules from a Japanese-American manufacturer in Los Angeles.

Anywhere you will find Asians you will find unusual looking mushrooms. Polysaccharides found in Asian mushrooms provide immunity to illness as well as a potent source of absorbable protein and nutrients to prevent aging. Select Asian mushrooms are slimming, high-protein foods. A few natural products have a romantic cachet. The calcium carbonate in pearl powder calms your nerves while it prevents and clears blemishes. Taken in capsules or used as a cream, it will make you feel as rare and valuable as a pearl.

Many of the remedies featured in *Healthy Beauty* will be new to you. In the Annotated Resource Guide, I introduce my favorite international

mailorder and internet companies for natural health and beauty products. With them you will become familiar with a wide variety of products that include high fashion salons, healthfood stores, and Asian shops. I have drawn on knowledge from the world over to help you stay youthful and beautiful. I have offered alternatives such as homeopathic remedies where Asian herbs may not be easy to acquire. Convenience and price are always considerations. I describe quality natural products, which neither contain harmful ingredients nor are tested on animals.

At the other extreme, I include the latest medical findings on a variety of beauty-related issues. Each year I introduce medical doctors and nutritionists to the mysteries of New York City's Chinese and East Indian herbal markets during the annual conference "Botanical Medicine in Modern Clinical Practice" hosted by Columbia University's College of Physicians and Surgeons, The Rosenthal Center for Complementary and Alternative Medicine, University of Arizona's Department of Integrative Medicine, and New York Botanical Gardens. The conference features health professionals, including widely acclaimed author Dr. Andrew Weil, who share their enthusiasm for natural alternatives as well as their herb recipes. I have included exciting information inspired by Dr. Weil's research in my chapter on spot slimming. Obesity and diabetes are currently said to be epidemic in America. An eastern approach to health provides new avenues for beauty for both sexes.

The new American male is free to define himself and his looks according to who he wants to be—not what the job expects. Often there is no boss, just you at home wearing jockey shorts and a beard at your computer. Is it sexy? We think so. But sometimes, we want you to fix up and make us feel like lovers. In *Healthy Beauty*, you will get great advice from New York and Hollywood beauty and style professionals in a section called "Especially for Men" found in most chapters. It addresses questions ranging from the latest chic shaving cream and men's makeup to the best sources of herbal energy for work and play.

If you are not already in love, you probably will fall in love again. *Healthy Beauty* can help you to be ready. The pretty and handsome get admiring looks—and, the *New York Times* assures us, better pay. An "Economic Scene" column titled, "Like It or Not, Appearance Counts In the Workplace," reports on a study that found "better looking" American and Canadian lawyers got higher wages and faster promotions during the 1990s than their less attractive colleagues.

The world judges our appearance in its own terms. Turn on the television news, sports, or the market report: you will see a uniformly high standard of appearance. To mollify an exasperated stock trader, you need a vivacious

Maria Bartiromo, or a quietly sexy David Faber. To sit through the news of the latest flare-up in the Middle East, you need the smooth, reassuring voice of Leon Harris and the immaculate grooming of Paula Zahn or Daryn Kagan. Their relaxed, authoritative look is right on target. In the public eye, grooming counts.

The origin of healthy beauty runs deep. Its presence is arresting. Once in a London subway, I saw a woman who seemed to be a pre-Raphaelite portrait that had stepped out of its frame. Her face was a luminous pearl. Her reddish hair was cropped in bangs that approached the eyes. Her irregular features held me in awe. When I described this experience to handsome English actor Michael York, he remarked that, "Beauty is spiritual emanation rather than superficial appearance. We are all made of energy. Beauty is harmonious energy."

American Beauty

Driving through the lush New England countryside shortly after September 11, 2001, the leaves were bright yellow and red. Autumn hushed the swamp, where beavers lived under a river bank. A woolly Mongolian dog announced our arrival in a garden that overflowed with six foot high pink cleome and Himalayan impatiens. Pink, purple, and white phlox, yellow jewelweed, and violet echinacea grew near the billy goat's den. A comfrey patch spread near the nannies' house. The air had a Boursin fragrance. Our Vermont friends, a school principal and her tree surgeon husband, have provided us with goat milk for years. She, recently returned from China, wearing an elaborate Shanghai robe, officiated as Justice of the Peace at a commitment ceremony. The engaged couple had flown in two days earlier, leaving their acting jobs, Hollywood apartment, red convertible, and stuffed animals on their bed.

When the ceremony began, my loving partner of many years and I joined hands in a colorful, multiethnic circle that included friends, dogs, and goats. Someone recited an Apache wedding poem: "Now you will feel no rain, for each of you will be shelter to the other. Now you will feel no cold, for each of you will be warmth to the other. Now there is no loneliness for you." The couple exchanged vows and each promised, "When you are afraid, I will hold you in the dark. Though the world could end tomorrow, you and I will be together in whatever time we have. I will always love you." I gazed at a reflection of the wedding party in a nearby pool of water, whose clarity revealed our tribe of gay and straight, white, yellow, red, brown, and black Americans.

Once Narcissus fell in love with his mirror image in such a garden. The ancient Greeks loved beauty and considered it to be the highest truth. The simple and original ceremony we had witnessed held great promise for the future. Natural beauty is courageous because it accepts no boundaries for love. That

year my darling mother, just turned 80, fell in love again. How wonderful that love is forever possible! The September 11th attack on our multicultural diversity—the world's trade center—has brought the nation closer. People have displayed the American flag from coast to coast. However, the time has come to acknowledge our true aesthetic: a rainbow of colors.

Healthy Beauty presents a practical approach to personal growth, a diary in which to mark your beauty and style changes. Healthy beauty is a statement of personal freedom that must be nurtured or else perish. Now more than ever, our appearance and well-being are threatened by stress, pollution, illness, and terrorism. This book celebrates a multicultural approach to beauty based on personal well-being. Those ready to accept the challenge can say, *We are beautiful*—free, united, and indestructible. Nothing veils our smile.

