

Achieving that beauty balance

By Melody McDowell

The Information Age has provided us with beauty-related guidelines and helpful hints that we can adapt to our unique styles of looking good. By continual practice, these beauty rituals will become as routine as the daily hygiene that we practice before facing the world. However, the ultimate form of beauty is possessing a sense of self-assurance...without the attitude...without the edge.

Dr. D. Kim Singleton, a licensed clinical psychologist in Washington D.C., does not discount the importance of looking good, but not at the risk of neglecting the three components of beauty, the spiritual, physical and the mental. Women who achieve this balance are embraced with a pleasant aura and maintain a demeanor of self-confidence. Attending to your spiritual side is vital to the beauty equation. Your acknowledgment of God or a higher power allows



Duane West working out with a client.

you to capture a sense of self and impedes the emptiness that we sometimes experience.

Rebirthing, dubbed as breathing to good health, comes highly recommended by Robin Echols, a rebirthing specialist. Breathing correctly can rid the body of physical and mental toxins, adding quality years to your life. This powerful yet gentle cleansing technique uses the life force...oxygen...to more deeply penetrate the body, removing thought blockages that prevent maximum fulfillment from entering our lives. Ms Echols, who administers this technique to her clients in Atlanta, states that rebirthing has helped her clients alleviate stress, improve health and nutrition and gain control of their lives.

Another component in the beauty balance is exercise. Duane West, a fitness guru who counts numerous entertainment celebrities among his clients, states that the embodiment of beauty is good health. Exercise must be incorporated in your personal regime to be healthy and beautiful. Mr. West advocates a mix of aerobics, weight-training and resistance exercises a minimum of two to three times weekly. Adhere to a fitness program that you enjoy and your rewards will come in the form of increased muscle tone, more energy and a reduction of body fat.

Nutrition goes hand-in-hand with proper exercise. To maintain a healthy lifestyle, eat in moderation, include more fresh fruits and vegetables in your diet while cutting back on fried and greasy foods. Drink a minimum of eight glasses of water daily and take your vitamins. A proper diet enables you to live a fuller life.

Increasing mental capacity is the final component of the beauty triad. There are as many ways to accomplish this as there are ideas. Undertake a project that



Sylvia Wells, insurance executive, reached a milestone by completing the Chicago Marathon

you've always wanted to accomplish; Learn a foreign language; Take bridge or chess lessons; Read some of the works of our talented Black writers; Become computer literate; Volunteer to teach someone to read; Familiarize yourself with the African countries, their capitals and their leaders... There is so much to choose from. Whatever you do - Keep your mind active.

In essence, the key to really wearing the mantle of beauty requires a resolve to achieving a fuller balanced life. Dr. Singleton remarks, "Beauty is the outcome of attending to the physical, mental and spiritual selves. That is the true definition of beauty."

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