

THE 5 SECRET PLAYBOOK FOR
RADIANT WOMEN LOOKING AND
FEELING 10 YEARS YOUNGER
AFTER 40

TIMELESS BEAUTY

from within

PURE HEALTH MAX

a glow guide by Katie

Hi, I'm Katie

If you are reading this, you are probably tired of a beauty industry that keeps insisting you need thousands of dollars in twelve step routines and expensive lasers just to look your own age.

I am Katie. I am **65 years old**. No botox, no fillers, no surgery. Just the five simple habits you are about to read. When I turned 60, I finally made peace with a hard truth.

★ THE TRUTH

"You cannot fix aging from the outside. Creams only ever sit on the surface. Real, glowing youth is built underneath, in how you treat your cells, your stress, and your body."

So here is my personal **Timeless Beauty** blueprint, the five secrets I actually use every single day to stay vibrant, lifted, and glowing at 65. Four of them cost you almost nothing. The fifth is the one that quietly changed everything, and I saved it for last on purpose.

THE \$400 SHELF

Twelve steps, gold leaf serums, and lasers that promise to erase a decade. Most of it never gets deeper than the top layer of dead skin.

THE KATIE WAY

Feed the cell, calm the stress, protect the collagen, and refill your cellular energy. That is where real, lasting glow is actually built.

1

SECRET NO. 01

The Internal Flush

MORNING RITUAL · HYDRATION

When you wake up, your body is quietly dehydrated, and dehydration makes every fine line look up to **ten times deeper**. So before I touch coffee, I drink a tall glass of room temperature water with a squeeze of fresh lemon and a tiny pinch of Celtic sea salt.

It rehydrates your cells and helps flush the dulling buildup left from overnight, giving your skin its first real sip of life for the day.

Why it matters underneath: well hydrated cells are the ones that can actually **make energy** efficiently. Dehydration slows everything down, including your natural glow. Remember that word, energy. It is the thread running through all five secrets.

2

SECRET NO. 02

Eat Your Glow Fats

DIET · CELLULAR NOURISHMENT

The biggest mistake I see women make as they age is **cutting out fat**. Your skin cells are literally built from lipids, so stripping the fat off your plate strips the glow right off your face.

Every single day I eat half an avocado, a small handful of walnuts, or a generous drizzle of extra virgin olive oil. These healthy fats plump the skin from the inside and give you that soft, bouncy, elastic look that creams alone never can.

Why it matters underneath: your cells also burn these good fats as clean fuel. Feed the cell and you feed the **energy** that keeps skin firm and lifted.

3

SECRET NO. 03

The Silk & Seal Rule

NIGHTTIME · MOISTURE LOCK

As we age, skin loses its ability to hold onto moisture through the night. After I wash my face, I apply a simple moisturizer and seal it in by pressing three drops of pure jojoba or rosehip oil over the top.

Then I sleep only on a **silk pillowcase**. Cotton quietly drinks up your skincare and creases your face into permanent sleep wrinkles. Silk lets your skin glide instead of fold, so you wake up smoother. It costs you nothing once you own the pillowcase.

4

SECRET NO. 04

The Collagen Saver

MINDSET · STRESS RESET

Here is something most women are never told. **Cortisol**, your stress hormone, actively breaks down collagen. Live in constant stress and your skin will sag and crease faster no matter what you put on it.

So every night before bed I do five minutes of **box breathing**. Inhale for four seconds, hold for four, exhale for four, hold for four. It lowers cortisol and lets your body release the natural repair hormones that rebuild your skin while you sleep.

Why it matters underneath: deep, calm rest is when your cells quietly **recharge their energy** and do their overnight repair work. No rest, no repair.

Before I give you secret five, a confession...

Four habits build the foundation. But there is one thing I take every single morning that I would never, ever give up. It is the reason people guess my age a decade low. Peek at it now, or meet it properly on the next page.

SEE WHAT KATIE TAKES EVERY MORNING →

available now on Amazon

The real reason we age

MEET NAD+, YOUR CELLULAR BATTERY

Every secret so far pointed at the same quiet word: **energy**. Here is what almost no one tells women over 40. That energy runs on a molecule called **NAD+**.

NAD+ is the spark your cells use to turn food and rest into repair, firmness, and glow. It powers the tiny engines inside every skin cell. When NAD+ is high, your cells behave young. They repair fast, hold moisture, and bounce back.

The problem is simple and a little unfair. **NAD+ falls as we age**. By our 60s many of us carry a fraction of the NAD+ we had at 20. Lower cellular energy is a big part of why skin sags, wrinkles settle in, and you feel tired no matter how much you sleep.



★ WHAT THE RESEARCH IS FINDING

Human studies are early but genuinely exciting. In one trial, postmenopausal women who took an NMN supplement daily for eight weeks showed a measurable drop in skin AGEs, one of the markers scientists use to track skin aging.

Other trials report that a daily NMN habit safely lifts NAD+ back up and supports steadier energy. You cannot get meaningful amounts from food alone, which is exactly why I add it on purpose.

So how do you actually raise NAD+? You give your body its precursor, the raw material it turns straight into NAD+. That precursor is **NMN**. Which brings me to my fifth and favorite secret.

5

SECRET NO. 05

My Secret Weapon

CELLULAR REPAIR · THE GAME CHANGER

Secrets one through four build the foundation. This is the one that actually turns back the clock.

Every morning when I wake up, I take a daily **NMN supplement**, the precursor my body turns straight into NAD+. This is my absolute secret weapon, the lit from within glow and steady, all day energy of a woman ten years younger. The exact one I take is **PHM NMN**, the only one I keep reordering.



The exact NMN I take every morning

Scan the code with your phone camera, or tap the button below. It takes you straight to PHM NMN on Amazon.

 **SCAN · OR TAP BELOW**

→ **SEE THE EXACT NMN KATIE TAKES** →

★★★★★

"Three weeks in and the first thing people noticed was my energy. The glow came a little after. I am not going back."

VERIFIED REVIEW

★★★★★

"I tried the cheap ones first. This is the only one that actually felt like something. Now part of my morning."

VERIFIED REVIEW

Not for you? Amazon makes returns simple. But give your cells a fair 30 days first.

How to choose an NMN

DO NOT WASTE MONEY ON THE WRONG ONE

Not all NMN is worth your money, and the shelves are full of weak, cheap versions. Before you buy anything, run it through my five point checklist. This is exactly how I chose mine.

- ✓ **1. Third party tested**
An independent lab should verify what is actually in the bottle. No certificate, no trust. Put it back.
- ✓ **2. High purity, 99% or above**
Purity is where cheap brands cut corners. You want 99%+ pure NMN, clearly stated, not a vague blend.
- ✓ **3. Real NMN, not a lookalike**
Make sure it is genuine nicotinamide mononucleotide, the direct NAD+ precursor, not a filler dressed up in similar wording.
- ✓ **4. An effective daily dose**
Human studies use meaningful amounts. Look for a proper daily serving in the researched range, not a sprinkle so the label can say the word.
- ✓ **5. Clean, no needless fillers**
Your cells do not need bulking agents and mystery additives. The shorter and cleaner the ingredient list, the better.

Katie's pick ticks all five boxes.

I checked every one of these before I committed, and PHM NMN is the one that passed and the one I keep reordering.

CHECK PHM NMN ON AMAZON →

Your timeless day

SAVE THIS PAGE · STICK IT ON YOUR MIRROR

Morning

THE GLOW STARTER

- 1 Warm water, lemon, tiny pinch of sea salt, **before coffee**
- 2 Take your **NMN** to refill NAD+ for the day
- 3 Glow fats on your plate: avocado, walnuts or olive oil
- 4 Two minutes of daylight on your face

Evening

THE REPAIR SHIFT

- 1 Cleanse, moisturize, then **seal** with jojoba or rosehip oil
- 2 Five minutes of **box breathing** to drop cortisol
- 3 Head to a **silk pillowcase**
- 4 Protect your sleep, that is when cells rebuild

★ KATIE'S ONE RULE

If you only keep one habit from this whole guide, keep the morning NMN. Everything else works better on top of a cell that finally has the energy to do its job. Consistency beats intensity, every time.

START THE MORNING RITUAL →

The 7 day glow challenge

TICK A BOX EACH DAY · WATCH WHAT HAPPENS

Reading changes nothing. Doing changes everything. Give these five habits seven days and let your own mirror be the proof. Print this page or tick it on your phone.

DAILY HABIT	M	T	W	T	F	S	S
Morning internal flush	☐	☐	☐	☐	☐	☐	☐
Took my NMN	☐	☐	☐	☐	☐	☐	☐
Ate my glow fats	☐	☐	☐	☐	☐	☐	☐
Sealed skin, silk pillow	☐	☐	☐	☐	☐	☐	☐
5 min box breathing	☐	☐	☐	☐	☐	☐	☐

Day one starts the moment your NMN does.

Four habits are already in your kitchen and your bedroom. The fifth is one tap away. Set yourself up before tonight.

GET PHM NMN & START DAY 1 →

available now on Amazon

from within

You deserve to look and feel radiant at every age. Start these five steps today, and watch your glow come back.

Stay glowing, Katie

PURE HEALTH MAX

[SEE THE NMN KATIE TAKES →](#)

Disclaimer: Katie is not a medical professional, and this guide is for informational and educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Individual results vary. Statements about supplements have not been evaluated by the FDA. Always consult your physician before starting any new supplement or routine.

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