

Try the Vitamin C Cream: It's Different

For a limited time the Vitamin C Cream has hyaluronic acid and glucosamine added to it. You will feel the difference right away. Both hyaluronic acid and glucosamine are used in injection forms to get rid of wrinkles. Glucosamine helps make collagen. One jar is \$25.

Cellular Facial Rejuvenation Training

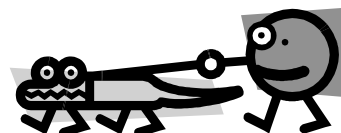
Rosa Petrone and I are offering Cellular Facial Rejuvenation classes for those of you who want to learn the technique to perform on others. Individual training is only \$600 for a limited time. Groups of four is only \$500 each. Call me for details, (310) 266-4168.

Training can also be accomplished through Skype view-

Tips That Give You A Beautiful Life

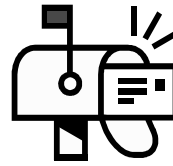
by Henry—from the Internet

1. Take a 10-minute walk everyday and while you walk, smile.
2. Sit in silence for at least 10 minutes each day.
3. When you wake up each morning, complete the following: My purpose today is _____.
4. Live the three E's: Energy, Enthusiasm, Empathy, and the three F's: Faith, Family, and Friends.
5. Spend more time with people over age 70 and under age 6.
6. Try to make at least three people smile each day.
7. Realize that life is a school and you are here to learn and pass all your tests. Problems are simply part of the curriculum and appear to fade away like algebra class, but the lesson you learn will last a lifetime.
8. Life isn't fair but it's still good.
9. Life is too short to waste on hating anyone.
10. Don't take yourself so seriously, no one does.
11. You don't have to win every argument, agree to disagreement.
12. Make peace with your past, so it won't mess up your present.



(Continued on Page 2)

Dear Tamiko



Dear Tamiko,
I'm having a terrible time during this downturn of the economy. I have to let go of so many of the things I used to buy and do. How do I cope?

Dear Coping,

Yes, everyone is making some adjustment at this time. It's one of those challenges we have to face. The most important thing to work on is not to feel deprived. Look at it like a game. How much can I do with whatever resources I have. It seems to be the new

status symbol of who got the best bargain. Take a few minutes each day to breathe. If a worrisome thought comes into your head, dwell on something else more pleasant. Take walks by the ocean if you live close to one. I take my cat Manny for walks in his stroller. It's good for both of us.

Hope this helps.
Stay peaceful.

—*Tamiko*



Tips for a Beautiful Life

(Continued from Page 1)

13. Don't compare yourself with others, you have no idea what their journey is all about.
14. Forgive everyone for everything.
15. Burn the candles, use the nice sheet. Don't save them for a special occasion. Enjoy them now.
16. No one is in charge of your happiness, except you.
17. What others think is none of your business.
18. Time heals almost everything, give time time.
19. However good or bad a situation is, it will change.
20. Get rid of everything that isn't useful, beautiful, or joyful.
21. Your job won't take care of you when you are sick. Your friends will stay in touch.
22. The best is yet to come; Believe.
23. No matter how you feel, dress up and show up.
24. Do the right thing.
25. Call your family often.
26. When you go to sleep at night complete the following: I am thankful for _____. Today I accomplished _____.
27. Remember you are too blessed to be stressed.

Tips from Tamiko and Friends: Brown Spots

From Pat Murphy: To fade brown spots on the face, use Rescue Remedy cream day and night. (Rescue Remedy cream can be found in homeopathic section of your local health food store.)

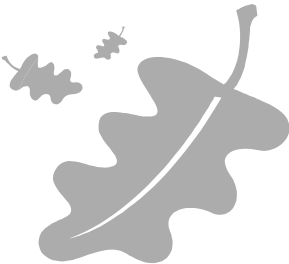
Product Order Form

Please remit this form with payment to: Tamiko, 541 W. 23rd St., Unit 4, San Pedro, CA 90731
 Or call or write: Toll Free: (800) 519-1835; Local Tel: (310) 831-1341; E-mail: Tamiko5@aol.com

Order online at www.mytamiko.com

For appointments, call (310) 266-4168

Method of Payment	
<input type="checkbox"/>	Check (payable to Tamiko)
<input type="checkbox"/>	Visa
<input type="checkbox"/>	MasterCard
<input type="checkbox"/>	Money Order



	Qty	Price	Subtotal
Tamiko Cleansing Lotion, 8 oz.		\$ 15.00	
Tamiko Face Wash, 8 oz.		\$ 15.00	
Tamiko pH Balancer, 8 oz.		\$ 15.00	
Alpha-Li Daytime Moisturizer, net wt 2.25 oz.		\$ 24.95	
Alpha Lipoic Acid/Vitamin K Daytime Moisturizer, 2.3 oz.		\$ 24.95	
Tamiko Rejuvenessence, 2 oz. For night or for those who prefer a heavier moisturizer		\$ 24.95	
Tamiko Vitamin C Daytime Moisturizer with glucosamine, and hyaluronic acid, SPF 15, 2 oz. (limited time offer)		\$ 25.00	
Ultra Sonic Massager (includes 4 oz. Gel & instruction booklet)		\$ 164.99	
Rejuvenating Gel for massager, 4 oz. Get 4 for \$39.00		\$ 15.00	
Rejuvenating Gel for massager, 16 oz.		\$ 39.99	
Candle Oil (Lavender, Vanilla, or Unscented), 4 oz.		\$24.00	
Mini Massager		\$15.00	
Mini Massager Duo Kit with warm massage oil		\$ 34.99	
Facelift in a Bottle, 1 oz. (for throat & eyes; very concentrated)		\$ 50.00	
Lilac Veil, 1 oz. Apply under foundation to take the yellow out.		\$ 12.00	
Tamiko Face Lift Mask, 48 treatments (includes liquid Aloe)		\$ 39.99	
Tamiko Almond Scrub, 4 oz.		\$ 15.00	
Cool Kind of Loving – Moraga music CD (Get 3 for \$10 each)		\$ 15.00	
Bamboo Detox Foot Pads (Box of 8)		\$ 8.00	

Shipping Chart	
Total	Add
Up to \$25	\$6.95
\$25.01 to \$50	\$8.95
\$50.01 to \$75	\$9.95
\$75.01 to \$100	\$10.95
\$100.01 to \$150	\$12.95
\$150.01 to \$200	\$15.95
\$200.01 to \$300	\$17.95
Over \$300.01	Free

Name _____	Subtotal	
Address _____	Shipping & Handling (see chart at left)	
Phone _____	8.25% CA Tax (CA residents only)	
Credit Card Number _____ Exp. date _____	Total:	
Signature _____ Security Code _____		



THE TAMIKO NEWSLETTER

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More Tips from Tamiko and Friends:

Help with double chin

If you already own a small 3 or 4 lb. exercise ball, then this will give you another use for it. Hold it under your chin and press down, three minutes, three times a week. People have already commented about my appearance after a short time. It's a very effective and inexpensive way to get rid of that chin.

Save the battery in your watch

From Vic Moraga: Pull out the pin when not in use. It will make the battery last longer.

Referrals

Music: Vic Moraga

Check out Vic Moraga's performance schedule at VicMoraga.com. His band will be performing at the San Manuel Casino in November and at Bogey's in Westlake the same month. He has a lot more events—just check his website for one near you.

Psychic Reader: Pat Murphy

She has moved to Garderville, CA.
Tel: (949) 697-1517.

Astrology: Michele Karen

Email: michelekaren@earthlink.net

Healer Extraordinaire: Chris Kaul

Tel: (831) 234-3963