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abcde6. Five Secret Categories for Sex Appeal

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Spinal Health

For sex appeal keep your posture straight and tall. Arching the lower back gives a sexy look to both men and women. Keep the head straight. Slouching at the neck does not look good and can lead to neck pain and degeneration to boot. When someone is standing beside you, but a short distance away, if you turn at the waist only, arch the lower back, make eye contact, and smile, then you are making yourself hard to resist.

Nutrition

For sex appeal take an optimal multi vitamin and mineral product every day. Healthy looking skin is achieved by keeping it clean and well nourished. If you are crash dieting and look pale and drawn, then you will not look sexy. Use rubbing alcohol on all blemishes to sterilize the skin.

Exercise

For sex appeal exercise at least once a day so you stay physically fit. Strong abdominal muscles are a key so work them for at least a few minutes EVERY DAY.

Rest & Relaxation

For sex appeal be cool, calm, and collected. A rushed person does not exude sex appeal. So, slow down and balance relaxation into your behaviour.

Attitude Balance

For sex appeal be positive, happy, and dress well. An enormously important secret tip is to give the person you are in conversation with 100% of your focus. Avoid darting your gaze around the room at others when you are trying to make an impression with one person. Don't stare, but rather leave the impression that you are interested in them and only them, right now. Extremely important is ENTHUSIASM. Without enthusiasm you might be accused of being dull.

Hot Tip:

If you are single make sure you have a few good opening lines memorized for your next meeting.

Next Tip:

Make eye contact and hold the eye contact. Wait for the other person to break the eye contact. Learn to hold eye contact and think at the same time. It is not as easy as it sounds. It takes practice.

Another Tip:

Dress to appeal to others. If you don't know how to dress to appeal, then learn. (One tip is to make sure your clothes match.)

And Still More:

What are the secrets for making impressions on people? Can't tell you that because then they wouldn't be secrets. Seriously, now, you must have memorized something to say in all situations. The only time that you should be quiet is when you are evaluating what the other person is saying. Knowing a little bit about the person or group you are making contact with is very helpful. If you don't know anything about them, then ASK.

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