

YOUTHFUL AGING

Tips and techniques to help you reverse your cellular age
and stay "young at heart" for longer



MAGGIE WEBBER

Youthful Aging

Tips and techniques to help you reverse your cellular age...staying 'young at heart' for longer.

This is perhaps the best kept secret of all, and I guess it is one of the most sought after breakthroughs of our time. Billions of dollars have been spent on research and everyone is looking for this elusive secret; how to keep your youth for as long as you want, and also how to get back that youthful feeling, as well as the looks that go with it.

The cutting edge secrets on how to reverse your biological age we are going to share in this report will help you to clearly understand the aging process, and also give you practical tips to help you to stop it in its tracks. The truth of the matter is that as you rediscover your younger self, you will wake up every morning feeling as if you are in your mid-twenties; in my case better than, as I was treating my body very badly in those days, if I am truly honest!

We are going to show you exactly how to do this. This report will help you to feel, look and live younger, no matter what age is on your passport. So sit back, and enjoy the ride....

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About the author:

MAGGIE WEBBER

Since establishing her own marketing and management consultancy over 35 years ago, Maggie Webber has worked with corporations as well as individuals, providing them with a variety of tools to increase their productivity, assist in managing stress levels and achieve greater work/life balance. Although she specialized in sports marketing, she has worked with a vast variety of clients including elite athletes, corporate executives and professional entertainers.

Whilst living in the US, she studied with the world renowned Dr Deepak Chopra, and became his first certified Primordial Sound Meditation facilitator in the Pacific Rim. Having taught over 2,000 people this practice, she has also added a number of other modalities into her tool-kit, including Neuro-Linguistic Programming (NLP) plus Life and Business Coaching, to assist her clients in reaching far greater levels of achievement, whilst maintaining balance in their lives.

She is now a highly sought after trainer, speaker and coach in the field of reaching our full potential, and using the mind/body connection to do so.

Maggie has always had the ability to see ‘the big picture’, as well as inspire others with her vision. She has a talent for combining the creativity and innovation of entrepreneurship with a pragmatic, focused realism. Despite having faced many difficult health and financial challenges, her passion is to share the tools she used to succeed through these ‘tough times’ and so assist others to avoid falling into similar traps and habits. Her great sense of humor and her down to earth attitude make her workshops and other public presentations unique, empowering, and easy to follow.

To contact Maggie and receive a Complimentary Goals Report, go to www.shifthappensnow.com.au

Introduction:

You most likely remember with nostalgia those ‘good old days’ when you could jump out of bed every morning, brimming with energy and ready to face the day. You were so full of youth and vitality that there was no difference in your power surge, from the moment you woke up until darkness came in to spoil the party.

If you are like me, you most probably want to keep that vigor and stamina of youth for as long as possible, if not for your entire life. You will want to avoid a situation such as having to hold on to a walking frame as you move around your house when you hit middle age. And who doesn’t want to play outside with their grandchildren for as long as time can allow?

The good news is that it is possible to reverse your biological clock safely. This report is going to help you unravel some simple, yet tested and proven revolutionary secrets for doing just that. There are amazing discoveries that can assist you to not only stop the biological clock that is always ticking, but also reverse some of its telltale signs. Learn about a system that will see you knocking the effect of years off your calendar and go on to lead a youthful and longer life, no matter how old you are today.

The ticking biological clock:



You may never hear the loud whispers but it's something that worries every person who is alive. Deep down in our hearts we are well aware there is a biological clock that is always ticking. While old age is inevitable, not one of us really wants to grow old, especially when you consider the ravages of aging on our bodies.

The advancements in health and medicine have seen to it that we can now live longer than people a few generations ago could only have ever imagined. This means there are very high chances that you are going to live way over the age of 65 years. The developments of the 21st century have made it possible for a greater percentage of the population to live longer than their parents or grandparents would have only imagined.

What this also means is that you are also now likely to be faced with the inadvertent challenges of the aging process. This includes dealing with

impairments and diseases that often affect old folks, such as mobility impairments, Parkinson's disease, dementia, osteoporosis, glaucoma, Alzheimer's, heart diseases, cancer, arthritis, deafness, blindness, incontinence and impotence, to name but a few.

Universities and medical doctors are pouring millions of dollar into their quest to deal with the challenges of aging, as well as the needs of an ever increasing aging population.

While researchers and scientists continue to provide leadership in this direction, it is becoming clear to all that personal lifestyle decisions will continue to play a pivotal role in how you age.

The prospect of growing old often conjures up an image of a feeble invalid who is weak and becomes a burden to loved ones, some of whom are not able to take care of you. While this is the norm, it really does not have to be. You can learn an effective way of retaining the energy and vitality you had at the age of 30 all the way to a ripe age of 90 years or more. The secrets that we want to share in this report will help you to clearly understand the aging process, learn how to slow it down and therefore get to age more gracefully. You are also going to learn how to recover from the diseases and challenges of old age, and go on to feel, look and live younger and longer.

The focus everyone should have should be on how to identify notable strengths, vitality and resources they have at their disposal, and how to manage them as they continue to grow older. Your definite goal should be seeking to understand all the social, psychological and biological factors that will make you resilient, and translate them into practical steps as well as workable interventions. More than ever before, you will have more than sufficient knowledge that will give you an unprecedented opportunity to challenge the fundamental meaning of how you are going to grow old.

How and why we age:

How and why we age is a question people have dealt with through generations, as they seek to understand and control the complexities related to aging. While there are many theories that can explain exactly what happens, it can be said that aging is most likely a combination of molecular, genetic and several other processes that take place in the human body.

Human beings are the only mammals that get the rare privilege of aging, simply because we have made great strides against diseases and we don't have any natural predators. Wild animals, on the other hand, rarely survive to age; those that do survive long enough to reach sexual maturity and reproduce are the exception rather than the rule, while the rest succumb to predators or disease.

In order for us to age gracefully - aging with minimum discomfort, disease or disability - it is important that we must clearly understand the aging process. The

truth of the matter is that aging is actually caused by a number of mechanisms and processes which are normally as a result of environmental or external influences. As we progress in age, our DNA, proteins and different structural molecules get to develop unsuitable attachments which create links that reduce the elasticity and mobility of proteins and associated molecules. When such proteins get damaged they float around our systems causing numerous problems. It is such proteins that are responsible for wrinkling and other skin related changes after collagen is affected or problems such as cataracts when proteins in the eyes are involved.

There is also the issue of age related wear and tear of tissue where cells are damaged over the years, for as organs and tissues finally get to be worn out, they start to die and finally end up killing the body.

This type of damage normally begins at the molecular level within the cells. Most of this type of damage is normally caused by the damage of the DNA due to exposure to radiation, toxins and ultraviolet light. While the body can do some repair on damaged DNA, there are cases where the repair ends up being incomplete or becomes inaccurate. This leads to a progressive form of damage, finally leading to the symptoms of aging as we know them.

Finally, talking about the biological clock, it is important to note that there are processes and systems in the body that can only run or perform for so long at full throttle. When such systems begin to fail they will eventually wind down bringing about aging and eventually leading to death. As we continue to age many of our systems tend to become dysfunctional, which may lead to issues such as improper sugar metabolism, high blood pressure, as well as sleeping abnormalities. Some of these functions are controlled by hormones secreted by different glands which can be affected by the aging process. A good example of such a change is menopause, which is a result of a hormonal change in the body.

Finally, normal cells continue to divide, but they reach a point where their ability to continue dividing becomes impaired, giving rise to a number of biological changes that will affect almost all of their activities. A good example is the skin cells that produce collagen when we are younger and productive, causing our skin to remain healthy, elastic and radiant. However, as we get older, these cells will

produce collagenase which ends up destroying collagen, therefore leading to wrinkling and thinning of the skin.

Out in the wild, the survival of an individual is determined by a process known as 'natural selection' whereby the animal that develops the required survival skills and creates a physiological reserve in its vital organs, lives on the reach maturation. It is this physiological capacity that increases the individual's chances that the animal will finally achieve reproductive success. We can also increase chances of our survival and reverse of the biological clock, if we take time to learn the required lifestyle choices we need to make beginning NOW!

You can stay young for as long as you want:



If you are a keen observer you must have seen some people who don't look their age; some people look old and feeble for their age, while another group looks too young for theirs. The good news is you can learn simple and practical ways that will help you to feel and look more vibrant, have increased energy levels and even look much younger than your age.

Due to the amount of scientific knowledge available in regards to the subject of aging, it has become possible to design a perfect reduce-aging program which comes with exceedingly positive results. Yet we are also cognizant of the fact that

aging does not occur as a result of only one factor, but rather a combination of many related and unrelated factors that include:

- ❖ The aging of cells, also known as cell senescence
- ❖ Reduced telomerase function
- ❖ Degradation of proteins
- ❖ An overload of blood sugar activity
- ❖ Continuous inflammation
- ❖ Continuous dehydration
- ❖ An accumulation of toxins in the organs and tissue
- ❖ Poor blood circulation
- ❖ Declining cellular energy production
- ❖ Progressive hormonal imbalance
- ❖ Poor bodily energy flow
- ❖ Obesity
- ❖ Wear and tear

It is important to realize this list is not conclusive, because it leaves out other important issues such as poor nutrition and the effect of stress, and not forgetting that negative impact of free radicals. This study is going to look at an overall approach, and give practical suggestions that will help you realize the results of a superior reduce-aging program and in just three months.

The good news is while there may not be one particular magic bullet that will help you achieve this goal, the combination of the steps we are going to suggest will actually deliver results. Making a decision to begin this program immediately will go along way towards assisting you to slow down the aging process and it will also

help you to enhance feelings of youthfulness and vitality, give you an energy boost and create a long healthy life that you never imagined could be possible.

If you are going to succeed in reversing aging in your body, you will need to address those things that cause or accelerate the aging process. All your actions must address areas such as:

- ❖ Those lifestyle choices that can be easily corrected
- ❖ Factors at the micro level that are programmed into our own cells yet can still be changed
- ❖ Factors such as hormonal changes, which can be modified

What all this means is that we are going to:

- a. Change those things we do to ourselves periodically – this is going to be the easiest thing to correct
- b. Address prevention and the reversal of damage done at the cellular level
- c. Change your body functioning at the hormonal level

With these in mind, we will show you how to actually reset that biological clock, and enjoy a happy, luxuriant lifestyle.

You are what you (absorb from what you) eat:



The first step towards making sure that you slow down the biological clock, and even reverse some of its effects quickly but surely, is to ensure you eat the right kind of food. The old adage 'you are what you eat' holds very true in this regard. As we become older, our body machinery will begin to function less effectively which makes us extremely susceptible to degenerative diseases and those that are normally related to old age.

The good news is there are foods that have the capacity to battle those negative effects aging can easily bring to your body. These foods have the elements required to protect you against various diseases, while they increase your overall health status as well as prolonging your life. This means your years will continue to be healthful. The following foods are extremely effective in the reduction, if not the prevention of the ravages of old age and the related problems.

Berries

All types of berries are chock full of antioxidants such as anthocyanins and flavanols, all of which promote good cell health, which helps keep diseases at bay. Raspberries, strawberries, cranberries and blueberries are among the best reduce-aging foods. Blackberries especially are rich in anthocyanins which offer protection against diseases such diabetes and cancer.

Aim to consume the darker berries, especially because of the properties gained from their high antioxidant concentration.

Research has continued to indicate that blueberries can actually reverse or slow down neurological degradation, limit the growth of cancer cells, improve your eyesight and your memory, and also reduce inflammation as well as protect your urinary tract. Berries are also a rich source of vitamin C which is not only excellent for your skin as it is a major ingredient of collagen, but also repairs damaged tissue and is good protection against skin cancer.

Dark Chocolate

The skin is one of the tissues that show the most visible signs related to the aging process. This is especially caused by an over exposure to ultraviolet radiation which causes the skin to age sooner rather than later. It has been proven that

drinking or eating dark chocolate provides your skin with protection against such ultra violet radiation. This is because cocoa beans, from which chocolate is sourced, actually have among the highest concentration of the antioxidant flavanols which help to reduce skin inflammation that is caused by UV radiation. Dark chocolate also increases circulation in the skin, and also helps to improve its moisture retention capacity, which in effect blocks the appearance of wrinkles and makes you look younger. If you are going to eat chocolate as an anti aging food, always make sure that you eat dark chocolate made from 70% cacao or more because the refining process strips the chocolate many of the other types of important antioxidants it contains.

Beans

While Lima, red kidney, and pinto beans have received a bad reputation because they sometimes cause flatulence, yet the truth of the matter is they are extremely good for your heart. Beans are a rich source of low fat protein, and they are very good for anyone who does not consume meat.

Beans are also rich in fiber, which aids in lowering cholesterol, are full of antioxidants, vitamins and minerals, and especially potassium, iron and vitamin B.

The other benefit of beans is that some of them, such as kidney and soya beans, are full of genistein and protease inhibitors, which are known to provide protection against cancer. There are actually studies indicating that people with high levels of genistein have extremely low levels of prostate and breast cancers.

Fish

Many people are now talking about fish oil as a perfect dietary supplement, and there are good reasons why this is actually the case. Taking fish oil or even eating fish itself is the best way of providing your body with omega-3 fatty acids which offer protection against heart diseases, reduce chances of developing arrhythmia, lower blood pressure, and also decrease inflammation. Coldwater fish such as sardines, tuna, herrings and salmon are among the best sources of omega 3.

It has actually emerged from many different studies that people who eat plenty of fish can actually live longer healthier lives. People who eat fish at least three times a week were shown to have 40 percent less mortality than those who don't.

Another study indicated that men who had already had heart attacks, reduced their mortality rate by at least 29 percent after eating fish regularly. It is also important to mention that the protein provided by fish is extremely low in saturated fats and, as such, it is recommended you eat fish at least three times weekly.

Vegetables

Apart from fruits, vegetables provide another rich source of antioxidants. These can play a great role in the fight against free radicals which contribute greatly to the aging process. The vegetables that provide the best antioxidants are green leafy vegetables such as kale and spinach. They provide antioxidants such as zeaxanthin and lutein, all of which protect you against the negative effects of ultraviolet exposure, and are particularly helpful for excellent eye health.

Vegetables are also a good source of vitamins and minerals, especially vitamin A, E, C and K. Eating vegetables also boosts your immune system and fortifies the body against different forms of diseases and sicknesses. Adding vegetables to your diet will also help in the prevention of cardiovascular diseases, assist in regulating blood pressure and help to reduce cholesterol and clear clogged arteries.

Also make sure you eat plenty of fresh vegetables to reduce your chances of getting cancer in the stomach and colon by a massive 25 percent.

Nuts

We all know nuts for their capacity to provide rich proteins, but there is much more to them than proteins. All kinds of nuts are actually full of unsaturated fats, and just like the coldwater fish we already spoke about, they are a rich source of omega-3 fatty acids and are very good for your heart's health. What's more, they are also full of vitamins and minerals such as potassium, which improves blood pressure, vitamin E which protects your cells from damage, and not forgetting calcium which strengthens your bones. The other important benefit of eating nuts is that you get satisfied without really adding too many pounds. This is because

more than 20 percent of calories which come from nuts are not absorbed by the body, thereby making them a healthy snack.

Red Wine

If you ever heard that drinking a glass of red wine daily is good for your health, then this is very true. Red wine, especially the non alcoholic type, is full of antioxidants and nutrients which are good for your heart, since they help to protect your arteries and other blood vessels. Among the best reduce-aging components of red wine is resveratrol, which is a powerful antioxidant. Research indicates that resveratrol assists in the prevention of blood clots, as well as reducing the risk of cancer and inflammation, and also lowers blood cholesterol.

Whole Grains

You can improve the fitness of your digestive system by making sure you get the advantages of fiber that is found in whole grains. Fiber assists your body to get rid of lots of unwanted ‘stuff’, including fats and cholesterol. The other benefit of fiber is it helps to curb your appetite, thereby helping in the management of blood sugar.

The other reduce-aging properties found in a whole grain diet consisting of foods such as whole wheat, oats and brown rice is the amount of vitamins and minerals that abound. You will also be lowering your risk of developing stroke, heart disease and diabetes.

Your secret should be to make sure that any grains you are eating are not refined since, many vitamins and minerals are lost during this process.

Garlic

Most people eat garlic from different cultures as a flavor for food, especially as it is added to a variety of dishes. Garlic is also full of reduce-aging properties which help to lower blood pressure, reduce cholesterol and inflammation, as well as take care of cell health. One of the main reasons why you should eat garlic is that it is a natural boost to the immune system. Garlic has been used over the centuries in the prevention and treatment of infections, and science has come to appreciate it has a number of anti-bacterial and anti-viral properties.

Garlic has also been known to assist in reducing the growth of cancer cells. There are numerous research studies showing that people who eat raw or cooked garlic, greatly reduce their chances of developing cancer in their stomach and intestines, as well as reduced incidences of pancreatic and breast cancers.

Avocado

Avocado is a popular fruit that is normally eaten in a variety of ways such as mashed, sliced or even in guacamole; apart from its pleasant taste, it has a number of reduce-aging properties. Avocados are filled with potassium, vitamin E and a number of monounsaturated fats, as well as antioxidants.

Avocado has vitamins and minerals that will not only help to reduce cholesterol, but will also improve your blood pressure and skin health.

Avocados are also filled with folates (also known as vitamin B or folic acid) and they can reduce problems such as a heart attack, as well as the risk associated with osteoporosis. They also contain oleic acid, a monounsaturated fat that plays a role in clearing the bad cholesterol as well as increasing the good cholesterol, and provides protection against blood clots.

Top reduce-aging vitamins:



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While we are in agreement that we cannot stop time from moving on and adding to our years, there are several important steps we can take daily in order to delay or remove the undesirable effects that aging has on our appearance. Making sure you consume the needed reduce-aging vitamins daily will help you not to look your real, chronological age. This is because your appearance is one of the clearest indicators of not only your age, but also the state of your health. It should be known the skin protects your body from bacteria and viruses, and any dryness in the skin can easily cause a crack will leave your body's defense system vulnerable.

Naturally, even healthy skin will tend to discolor, sag and develop wrinkles as it ages. The good news is there are several things you can do to deal with those age related skin problems and improve its elasticity and remove wrinkles. There are numerous vitamins that have strong reduce-aging properties, which will not only help with improving your appearance, but will also improve your health in numerous ways.

The following 5 reduce-aging vitamins should be included in your diet daily:

Vitamin E

Vitamin E is a fat soluble compound which works by repairing cracked or dry skin, and is normally used in lotions and creams. The vitamin helps the skin by retaining moisture, and since it protects the skin from ultraviolet exposure, it is also used in sunscreens. Vitamin E has also got anti-oxidant properties to protect the body from the effects of free radicals.

Free radicals are molecules with unpaired electrons, and because they are unpaired they always try to pair themselves up with other cells. They oxidize them, and in the process they damage the cells, together with the tissue they form. Taking sufficient amounts of vitamin E reduces and often prevents the damage caused by free radicals, as well as oxidation. Furthermore, Vitamin E boosts the function of your immune system, and also aids in the expression of your genes.

What's more, vitamin E also prevents blood from clotting unnecessarily, thereby reducing the risk of heart attacks and stroke. Vitamin E also prevents the bad cholesterol from causing atherosclerosis and protects you against cancer, since free radicals are known to contribute to the development of this disease. Vitamin E can be obtained through the consumption of seeds, nuts, green leafy vegetables, as well as vegetable oils like corn, canola as well as soybean. There are also a number of topical applications as well as supplements where vitamin E can be found.

Vitamin C

The next reduce-aging vitamin we are going to consider has a lot to do in your body besides protecting you from the common cold. You may be very careful, but the plain truth is that your skin is likely to be damaged by the sun and show some amount of wear and tear.

There are many ways free radicals occur in your body, and this will include exposure to pollution, radiation, cigarette smoke or even the food your body digests. Apart from being an antioxidant, vitamin C also aids the body by regenerating other antioxidants such as vitamin E. Vitamin C protects the skin from ultraviolet damage when it is applied topically.

When you consider your skin carefully, you will realize it is actually like a piece of cloth that has been draped over a carving or a statue. How the outer blanket appears will be dependent on the firmness and shape of structure that is covered. When vitamin C is taken it helps to improve the firmness of collagen, and this gives your skin a more youthful and firm appearance. It is this connective tissue that plays a role in the healing of any wounds.

Vitamin C has also got properties that help with the prevention of cancer, as well as reducing the chances you will develop cardiovascular diseases.

There are also studies indicating that vitamin C can actually delay or prevent the development of macular degeneration, as well as age related cataracts. The best sources of vitamin C include vegetable and fruits especially, citrus fruits and potatoes.

Vitamin K

If you have started developing raccoon eyes and have dark circles under your eyes as a result of age, then vitamin K is what you have been missing. Those dark circles are not only as a result of being tired, lacking sleep or even age. There are also other factors included such as allergies, hormones or heredity among others.

One of the most common causes of this problem that vitamin K can deal with is the leakage of blood capillaries that surround the eyes which lead to clotting as a result of pooling. Vitamin K plays a role in the constriction of capillaries, thus breaking up those tiny blood clots which actually form those dark circles.

Your body normally makes up some small amounts of its own vitamin K, but you actually require much more than the body can make on its own. Most people take vitamin K as a portion of a multi-vitamin, a supplement or even as a form a topical cream. The ideal source of vitamin K should be diet where vegetables such as lettuce, kales, spinach and broccoli are among the most excellent source, also not forgetting non-hydrogenated vegetable oils. You also need to note that vitamin K plays a leading role in strengthening our bones especially when they start losing structural strength as a result of aging.

Niacin

This next vitamin is important in fighting the effects of aging both internally and externally. Niacin is one of the B vitamins which are full of reduce-aging properties. It especially works by enhancing the skin's capacity to retain moisture, because it loses this ability over the cause of time. When your skin is moist it looks

healthier and, by extension, provides a strong barrier against bacteria, viruses and many other antigens.

When skin is dry it becomes scaly, itchy and sensitive which can lead to other problems such as scales, that are a clear indicator of aging.

Apart from restoring moisture to your skin, niacin also has exfoliating properties which enable the skin to shed off dead skin cells, allowing newer cells to appear towards the surface of the skin. In most cases, dry skin is actually an indicator of niacin deficiency.

Apart from counteracting the effects of skin aging from outside, niacin deals with the same effects from inside as well. Niacin increases the levels of the good cholesterol, while also lowering triglycerides. In the process of doing so, niacin actually lowers the danger of developing atherosclerosis, which is the hardening of your arterial walls, which can lead to stroke and heart attack. Don't forget that niacin also plays a role in the conversion of foods into energy.

Vitamin A

Vitamin A is the next important reduce-aging vitamin that should form part of your diet. As a powerful antioxidant, it helps by neutralizing the negative effects of oxidation as a result of free radicals. Most scientists believe oxidation, as a result of free radicals, is what causes a number of diseases as well as age related degeneration.

There are a number of topical solutions containing vitamin A which are known to reduce signs of damage caused by the sun on the skin as well as aging, because it works as an exfoliator which reduces wrinkles and fine lines. Just like vitamin K, vitamin A also helps in the prevention of dark circles under the eyes.

When taken in proper amounts, vitamin A also plays a major role in your overall bone health, since it helps to counteract the effects of osteoporosis, especially as we get older. The only precaution you need to take is avoiding too much of vitamin A, especially if you are a senior, because it can actually lead to bone brittleness as well as osteoporosis.

These vitamins will help you to live a healthy life late into your years and you will remain looking young for much longer.

You are as young as the strength of your immune system:



As you grow older, your body progressively loses the ability to fight off infections and any other health problems. This is because the immune system, which normally fights infections, stops functioning efficiently as you become older.

Under normal circumstances, the body's natural reaction to an infection is to mount a fever, so as to kill those cells that are bringing an illness; however, this does not happen as it ought to when you become older. This is the reason why a percentage of older people, especially those over the age of 65, do not get any fever even when they have a bacterial infection. While the body may still have the ability to mount a fever and/or any other immunity strategy, the central nervous system may not be as sensitive to the signals from the immune system and, as such, will not react as effectively or quickly to such an infection.

Lymphocytes, which are produced by lymph glands, are cells which are essential in the body's production of antibodies, which are important in fighting infections.

While the total number of lymphocytes may not change as you become older, it is their configuration, as well as the way they react to infections, that does.

As we get older, the body's ability to produce lymphocytes that can boost the work of the immune system is greatly hampered. The body ends up producing infection fighting cells less effective or vigorous than those of younger people. The body goes on to produce antibodies that have a shorter response period, and they are also fewer than in younger people. This is the reason why the immune system of older people is slower in reacting to infections compared to when that person is younger.

In addition to this, it is also evident that when we become older, the body produces auto antibodies which end up attacking some parts of the body itself, instead of attacking infections. It is auto antibodies that actually cause problems such as atherosclerosis or rheumatoid arthritis, among others.

As we grow older and our bodies continue to age, it is obvious our organs also continue to deteriorate. This causes them to become less efficient than when we are younger. A good example is the thymus which naturally secretes some important hormones especially during puberty, but when you go beyond the age of 45, it actually becomes dormant. However, when an older person's lymphocytes are exposed to such hormones as those produced by the thymus, they get a boost of life. It is therefore important to get a boost of these hormones when you realize your immune system has been compromised.

Some of the natural ways to boost your immune system is to learn to exercise your body, as well as take care of your nutrition. It is normally those adults who are nutritionally deficient who are prone to infections and by extension the ravages of aging. Some of the best ways to boost your immune system include:

Eating well

Always make sure that you are eating a well balanced nutritious diet, which has the correct amount of fluids, fatty acids, proteins, vitamins and minerals, in order to nourish the immune system.

Getting enough sleep

Sleep is normally the time when the body repairs and restores cells; it is therefore important that you become deliberate on this matter.

Stress management

Take time to learn healthy stress management practices because too many stress hormones in the system wear down the immune system. There is no way you can succeed in responding to life's challenges through malnutrition, excessive consumption of alcohol or even cigarette smoking.

Don't light up a cigarette

Smoking actually stresses your immune system because it feeds the body with lots of toxic waste. This is the reason why smokers who get flu or the common cold become vulnerable to other respiratory complications like pneumonia.

Use antibiotics sparingly

While antibiotics are effective in attacking and killing weak bacteria, they often open a floodgate for hard headed bugs to increase in number. This almost always leads to strains of drug resistant infections which wreak havoc on your immune system. They also kill your friendly gut bacteria, so it is important to eat live forms such as Lacto Bacillus. Antibiotics should therefore be used only on stubborn bacterial infections, but not viral ones.

Stay active

While too much exercise can compromise your immune system, you need a certain amount of exercise in order to keep it going.

Clean up your hands

You can assist your immune system to avoid battling germs unnecessarily by always washing your hands when you have been in a situation that may have compromised their cleanliness. When it is not possible to wash your hands with

water and soap, make sure that you have a hand sanitizer. This does not mean you need to over sanitize, because a small amount of dirt is perhaps what keeps your immune system stimulated, programmed and educated about germs and microbes that are not too threatening.

Keep healthy barriers

The skin, the largest single organ in your body, acts as the first line of defense to keep invaders at bay. These barriers, together with others such as the wax in your ears, the hairs in your nose, as well as the mucous lining the digestive and respiratory tracts, help to fight infections just as the acid in your stomach. Good nutrition will help to make sure these barriers are healthy, thereby giving your immune system easier work.

Outer beauty comes from inner beauty:



In the search for a younger looking complexion and a more youthful feeling, most people go to extremes and spend thousands of dollars on cosmetics and other expensive treatments. However, the kind of beauty they get does not necessarily reflect what is hidden on the inside. The good news is you can actually look younger and feel fresher and healthier, by focusing on beauty from inside out.

The most important thing you must realize is that true beauty and youthfulness is actually a result of inner beauty. Your face gives a clear indication whether you are

refreshed on the inside or not, and it should therefore be your goal to look for this type of beauty.

Clean up your liver:

Your liver plays a very important role, and making sure that it is cleansed ensures you become beautiful from inside out.

If you are going to take care of your liver correctly, you need to make sure it is free from toxins. This is because your liver plays many roles including:

- ❖ Clearing the blood, as well as neutralizing and destroying toxins
- ❖ Energizes your brain
- ❖ Creates hormonal balance
- ❖ Helps in production of crucial body proteins, and strengthens you against infections as well as carrying minerals for your blood
- ❖ Helps in the regulation of cholesterol, while securing minerals such as copper and iron and other important vitamins, and hundreds of other important duties.

You can keep your liver healthy by making sure you include the following foods in your diet:

1. Garlic: A little garlic activates the enzymes in the liver and helps it to expel toxins from the body. This is because of the high amounts of selenium and allicin, two important compounds for liver cleansing.
2. Grapefruit: Grapefruit is high in antioxidants that help in the liver's cleansing process. Take a small glass of grapefruit juice (freshly squeezed) to boost the production of enzymes, that flush out toxins as well as carcinogens.
3. Carrots and beets: They are both high in natural beta-carotene and flavonoids which can stimulate liver function.

4. Green tea: This beverage is loaded with catechins, an antioxidant that improves liver function and overall health.
5. Green vegetables: You should try eating leafy green vegetables raw, juiced or even cooked, because of the high amount of chlorophyll which neutralizes heavy metals, chemicals and pesticides, which hamper the work of the liver. It is good to try other green vegetables such as arugula, bitter melon, mustard green, dandelion greens and chicory, among others.
6. Avocados: This wonder fruit is packed with glutathione which plays a major role in the cleansing of the liver and overall liver health.
7. Apples: Apples are loaded with pectin, which is a chemical compound that expels toxins from the digestive tract.
8. Olive oil: Together with other oils such as flaxseed oil, olive oil is extremely good for your liver. It provides a lipid base that sucks up harmful toxins from the body.
9. Lemons and limes: These citrus fruits are filled with vitamin C, which helps the body to synthesize any toxic material into a substance that can easily be absorbed by water. Try taking fresh lime or lemon juice every morning to stimulate the liver.
10. Cabbage: Just like cauliflower and broccoli, cabbage has a compound that stimulates two enzymes in the liver that are crucial in flushing out toxins.
11. Turmeric: This is said to be the liver's most favorite spice. Try adding some of it to your stews, and your liver will pick it up almost instantly. Turmeric assists enzymes in the liver to flush out any dietary carcinogens.

Shed off excess weight:

The other formula for dealing with outside beauty from the inside is to make sure that you have the required body weight. You can easily maintain your body weight by, among other things, making sure that you:

- ❖ Keep off too many simple carbohydrates
- ❖ If you eat red meat always make sure that it is lean without those fatty pieces
- ❖ Use oil and butters sparingly
- ❖ Eat fruits with low carbohydrates such a melon, cantaloupe, strawberry and watermelon
- ❖ Avoid eating too much spice
- ❖ Increase intake of vegetables such as parsley, lettuce, cucumber, celery, bell pepper, beans, olives, zucchini, aubergine, cauliflower, pumpkin, spinach, broccoli, lady's fingers, peas, and tomatoes.
- ❖ Combine the juice of seven lemons with hot water every day, and drink without adding salt or sugar for an entire week.

During the second week make it six lemons, five during the third week and so on until you finally get to taking one lemon a week.

The power of water:

One of the most effective ways to clean your body from inside out is making sure that you take sufficient water regularly. Water effectively cleans your colon and intestines and helps in the production of new cells. Water also assists in the absorption of vitamins, minerals as well as other necessary molecules that promote health and beauty. Makes sure therefore that you always take at least six glasses of water every day; try and wait for at least thirty minutes after drinking your water before eating anything, otherwise the power of your digestive juices will be diluted.

Aging and death begin in the colon:



There is an old adage that says “death begins in the colon”, yet nothing could be further from the truth. It should be more aptly said that the highway to youthfulness and good health starts with cleansing the intestinal tract and detoxification. Millions of people deal with diseases that lead to hospitalization, whose origin is in the intestinal tract.

There are number of digestive disorders that are indicative of a problem in the digestive tract, and that are ideally dealt with through detoxification. Some of the common symptoms of these problems include: Constipation, diverticulitis, hemorrhoids, irritable bowel syndrome, and ulcerative colitis.

There are many other diseases that may not initially appear to be related to the digestive tract, especially the bowel, which include diabetes, kidney stones, gall stones, hypertension, gout, psoriasis, varicose veins, obesity and rheumatoid arthritis. Cleansing your bowels through detoxification will help to expel among other things:

- ❖ Intestinal parasites: Millions of people are afflicted with a host of intestinal parasites. Some of the symptoms that you probably are afflicted include aches and pains in different parts of the body, nervousness, a mimicking of

appendicitis, ulcers, numerous digestive pains, nausea, diarrhea, foul breath, acne, furred tongue, fatigue, insomnia, jaundice and menstrual irregularities.

- ❖ **Candida Albicans:** Yeast infection is a leading cause of health symptoms, and especially those affecting a number of aged people. Some of the symptoms include chronic fatigue (especially after you have eaten), bloating, constipation, chronic diarrhea, severe mood swings, recurrent fungal infections such as athlete's foot, and lightheadedness.

The modern lifestyle that consists of refined foods, animal fats, low fiber foods and lack of exercise, has taken its toll on people's digestive and elimination organs. This has given rise the increase of gastro intestinal illnesses. If you are used to a bowel habit that is sluggish, you can be sure that your body retains a large amount of toxic waste and lots of fecal matter that is poisonous. It is actually a fact that a number of illnesses and many signs of premature aging are the result of retention and re-absorption of toxic waste that has built up over the course of time. It is important to note that ideally, a person should have a bowel movement for each meal that is eaten.

The importance of a natural detoxification program is that cleans the digestive system while addressing a few other issues such as the following:

- ❖ Stimulates the movement of muscles of the colon, so as to bring the colon 'back to life'
- ❖ Encourages the movement of matter through the system
- ❖ Helps deal with putrefaction
- ❖ Removes accumulated fecal matter from the colon's walls, and any other bowel pocket
- ❖ Expels toxins and poisons, drug residues, chemicals, and also disinfects
- ❖ Removes heavy metals such as lead and mercury, as well as radioactive material like strontium 90
- ❖ Promotes the healing of the mucous lining of the entire digestive tract

- ❖ Stimulates the flow of bile so as to clean up the gall bladder, liver and bile ducts
- ❖ Stimulates the growth of intestinal flora
- ❖ Destroys and flushes out intestinal parasites
- ❖ Prevents the overgrowth of Candida albicans
- ❖ Helps to maintain regularity, reduces straining, and also enhances the transmission time of fecal matter through your large intestines

If you are going to get a natural colon detoxification formula, you may want to look for one that has herbs such as Cape Aloe, Barberry Root Bark, Senna, African Bird Pepper, Ginger Root, Cascara Sagrada, Fennel or Termianlia Cherbula, which is a renowned intestinal herb from Tibet.

These herbs will do their bidding as internal detoxifiers, by loosening and drawing old and accumulated fecal matter, toxins and any other waste, while also stimulating the muscular movement of the colon. They will also soothe, disinfect and heal the mucous membrane while halting any form putrefaction. Finally, they will help in improving digestion, relieving any abdominal cramps and gas, while stimulating the production of flow of bile.

Exercise your body



If you want to keep any part of your body for long, you must keep it active - or else you are going to lose it. This underlines the importance of exercise in your quest for reversing the time clock, and beating the effects of aging. Some of the ways in which exercise will benefit you include:

- ❖ Reduces the risk of premature death
- ❖ Reduces the risk of incidence of diseases such as blood pressure, heart disease, high cholesterol, diabetes, and many forms of cancer such breast and colon cancer.
- ❖ Optimizes your body weight and reduces body fat, as well as helping in maintaining healthy joints, bones and muscles.
- ❖ Reduces anxiety, stress and depression, as well as enhancing your capacity in sport and work.

It is therefore important for you to learn how to balance the form of exercise that you do, so that it gets to benefit your body completely. You need to perform a little of all forms of exercise including aerobics, strength training, stretching, weight training, and balance and breathing exercises.

Aerobic or cardio exercises:

Aerobic exercises include physical activity that involving your lungs and heart, making them work harder in order to meet the increased demand of oxygen.

Aerobic exercises make your heart and lungs work better and harder, and because they are not too strenuous, they allow sufficient transfer of oxygen to the muscles so there is no buildup of lactic acid. Aerobic exercises enable your body to use oxygen more efficiently, so you are able to sustain the recurrent muscle movement. Some of the notable benefits include:

- ❖ Enhanced lung and heart function
- ❖ A reduction of blood pressure and heart rate
- ❖ An increase in the amount of good cholesterol
- ❖ A reduction of body fat and a better control of body weight
- ❖ Enhanced tolerance to glucose, and a reduction of insulin resistance
- ❖ A boost in the immune functions, which will lead to an improved resistance to bacterial and viral infection, as well as an increased resistance to cancer
- ❖ A reduction of blood sugar levels hence a lower risk of diabetes

Since there are a number of activities that can be done in aerobics, it is good to choose from one or two of what you can easily enjoy without having to strain. Choose from activities such as running, swimming, hiking, walking or even biking. If you have access to a gym you may want to try some equipment such as spin cycles, elliptical trainers, rebounders or treadmills.

Interval Training

The other type of exercise you can participate in is interval training, which is a type of aerobic exercise where you do high intensity exercises for a short period followed by lower intensity exercises as the body recovers. A good example would be running at top speed for some 30 seconds followed by a light jog for some three minutes. This allows your body to recover from the burst of energy you have just spent. This needs to be repeated a number of times during the workout session. This exercise allows you to burn fat, especially in the areas surrounding your belly.

Strength Training

In this form of training you are going to use weights or any other objects that will provide resistance, so that you build up your muscles while increasing strength at the same time. There are many benefits associated with this exercise which include an increase in muscle strength, an increase in ligament and tendon strength, expulsion of body fat while building up lean muscle, a reduction of blood cholesterol, and a heightened insulin sensitivity and glucose tolerance.

It should be noted that strength training can also be done by older, people because it has been shown to increase strength as far as 180% in just a matter of weeks.

Weight bearing exercise

This is a form of exercise where strength training is combined with weight training. As a participant you get to force yourself to support your body as you do your exercises. This form of exercise has been shown to reduce the rate of osteoporosis and bone loss related to age. This training actually stimulates the formation of bones, making them stronger and denser. With permission from your doctor, weight bearing training can be done by people in their 90's with great results.

Some of the best forms of weight bearing training are known to include jogging, weigh lifting, hiking with a load like a backpack, racquet sports, step aerobics, stair climbing and many others that force you to go against the force of gravity.

The benefits related to this form of training are site specific, so it is those bones used that get the related benefit. This means therefore you need to try different weight bearing exercises on a regular basis in order to accrue the benefits.

Stretching

Stretching is also a form of exercise which is also good for your own good health. There are many benefits associated with stretching that include a reduction of muscle tension, prevention of injury, movement of all joints in the body, increased

coordination of muscles, an increase in blood circulation throughout the body, and increased energy levels as a result of increased circulation.

If you think about it, restriction and tightness are the opposite of stretching. Tightness and restriction actually constrict your soft tissue and muscles, and this will mean a diminished flow of blood to the soft tissues and muscles. This leads to a situation where the areas that are tense fail to get sufficient nutrients, as well as a delayed expulsion of metabolic waste becoming a breeding ground for disease, illness and dysfunction in the organs. This is the origin of the concept in traditional Chinese and Ayurvedic medicine that indicates any system failure is as a result of restricted energy flow into different body parts, leading to an imbalance of energy and our organs. Stretching therefore helps you to maintain maximum health, as well as increasing your 'feel good factor'.

Stretching needs to be used even if you realize you probably have only a few minutes to do exercise, or perhaps as a form of cool down after doing some more intense exercises. Remember you must move all your body parts for them to remain active and young.

Low impact exercises

There are a number of low impact exercises you will need to add to your workout plan in order to reduce age accelerating things such as stress, anxiety and high blood pressure. The flip side of these exercises is they have the capacity to raise your body's ability to fight damaged related to free radicals. Among the most prominent of these low impact exercises include:

Ballet: This form of dancing is smooth and graceful and helps you to strengthen and stretch your muscles while improving coordination and flexibility.

It is the low impact moves of the dance that creates a rhythm between the mind and the body. One extra benefit from ballet is improvement of your posture so you will be able to align your body in a taller and more graceful stance.

Pilates: This is a form of workout where strength, balance, flexibility and control are combined with resistant exercises. You can do it individually or in a group, and

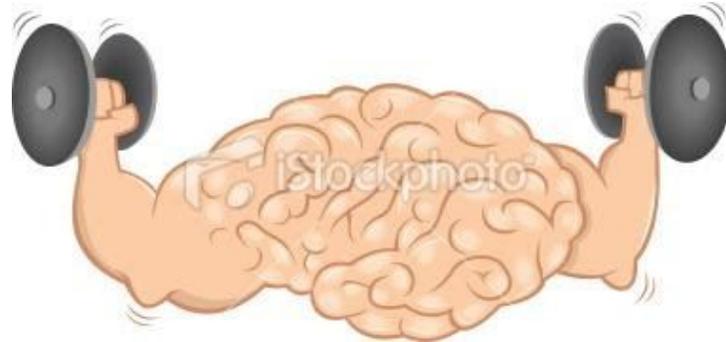
since there is special equipment specifically designed for Pilates, things can't be easier than this.

It is made up of movements that resemble stretches even though it also emphasizes muscle strengthening and breathing while on the higher level, it will involve cardiovascular exercises. A Pilate's workout will last 45 – 90 minutes.

Tai chi: Tai Chi has its roots in ancient China and is related to martial arts training. It has the capacity to improve concentration, strength, balance and flexibility, since it combines physical moves with mental discipline. When it is done as it ought to be, it can raise the strength of your heart rate to 60% of the desired rate and, as such, can qualify to be called a moderate exercise. Much of the work is done by the hips and thighs, just like high impact aerobics, even though there is no jumping involved.

Yoga: With its roots in the ancient Indian philosophy, yoga is quite popular and is known to improve flexibility, endurance and muscle strength. It combines different postures known as poses, together with deep breathing exercises to deliver the desired effect. There are different forms of yoga, but most of them involve aerobic movement as well as muscle toning. Anyone can do yoga because the different poses can be adapted to various fitness levels, so that you get deeper and attempt a more complicated pose, as you continue to gain experience. It is non-competitive and your practice and it is all about you and focusing on what your body is comfortable doing, rather than looking at what anyone else in the class is doing, which is different to a lot of exercise classes and styles today. It is also important to learn from a qualified instructor in order to reduce the risk of injury.

Exercise your brain:



One of the most feared signs of aging is mental decline, and this may look inevitable to most people.

It should be remembered that mental function usually declines with age, though the good news is that just as you can work on remaining younger physically, cognitive impairment can also be slowed or even avoided. There are several important steps you can begin to take to avoid memory loss related to the aging process.

Stimulate your mind:

It is now no longer a scientific secret that activities involving the brain help to stimulate new connections between nerves and brain cells. This also leads to the generation of new cells, as well as the development of neurological stretching and a build up of functional reserves, protecting you against future loss of cells. Take some time therefore to do mental stimulating activities so as to build your 'brain muscles' up as well. Try taking some courses, solving math problems or doing some mind gymnastics such as regularly solving puzzles. You can also try experimenting with things requiring mental effort and manual agility like crafts, painting, knitting, crocheting, crosswords or drawing.

Stay physically active:

The use of your muscles is also known to help in keeping the mind active. Research done on animals indicates those that are physically active develop extra tiny blood vessels, which increases oxygen supply in region of the brain related to thought. Exercise also stimulates the development of new cells as well as connections between brain cells. The result is a more efficient and adaptive brain, especially when you are aging.

These benefits are of course in addition to the physical benefits, which include a reduction of cholesterol levels, blood pressure, mental stress and fighting diabetes.

Feed your brain:

There is no better way to build up your brain than making sure that your body is fed well. You can make sure you keep your calories in check so as to keep mental decline to a minimum as you age. Eat the right foods, and also avoid excess fats from animal sources, and trans-fatty acids that come from hydrogenated vegetable oils.

Control blood pressure:

One of the causes of mental decline in old age is high blood pressure. You can adopt different lifestyle modification procedures to keep blood pressure in check. Make sure you exercise regularly in order to stay lean, and reduce the chance of your body creating stress hormones stress.

Keep blood sugar in check:

Diabetes also plays an important role in dementia and, as such, should be avoided or kept controlled by making sure you not only eat correctly but also exercise on a regular basis. If you have high blood sugar, you must take immediate measures to ensure it is kept more even.

Improve your cholesterol:

High levels of bad cholesterol (LDL) increases chances of dementia, just as much as low levels of good cholesterol (HDL); keep cholesterol balanced by combining exercise, diet, weight control and staying away from tobacco.

Give up alcohol and tobacco:

Avoid consumption of tobacco in all its forms and also avoid the excessive consumption of alcohol. Those who drink must make sure to limit their intake to no more than two drinks daily for men and one for women.

Control your emotions:

Avoid anxiety, depression, sleep deprivation or being too exhausted, as these normally contribute poor cognitive function.

Protect your head:

You must avoid head injuries of any kind especially early in life, because they can contribute to cognitive impairment not only at the time or manifest later in life.

Build social networks:

Increase social ties, since they help to reduce blood pressure and they actually increase a person's health expectance.

Choose healthy habits:

If you intend to reverse the biological clock and stay young while you grow old, you need to choose healthy habits and give up all negative ones.

You can continue to enjoy the activity levels you enjoyed as a younger person and also avoid or reverse some diseases associated with old age in three months, by choosing to do those things that will keep you young.

Give up smoking:

It does not matter how many cigarettes you smoke every day, you just must stop! Smoking cigarettes exposes you to the risk of heart diseases and cancer, while destroying collagen, which gives your skin elasticity, so that you get wrinkles prematurely. It can also harm those close to you who are smoking your cigarette passively.

Avoid alcohol:

Nothing causes your brain, skin and bones to age faster than alcohol does. Alcohol also causes your skin to age faster because it dehydrates and also depletes nutrients from your skin as well. Further, it blocks the body's absorption of calcium, thereby exposing you to the risk of getting osteoporosis. It also breaks down muscle mass.

Eat a rainbow:

When it comes to fruits and vegetables, try a variety of colors every day in order to continue staying young. The color range represents different nutrients and, as such, should be tried. Fruits and vegetables are loaded with antioxidants, vitamins and minerals, all of which protect you from free radicals that destroy your cells while also keeping your body from premature aging. If possible, choose organic fruits and vegetables so as to avoid ingesting too many pesticides.

Get sufficient sleep:

Ensure that you get between 7 and 8 hours of sleep every night in order to maintain your youthful appearance. It is also important to ensure that you get good quality sleep by making sure that you are relaxed before bedtime. Sleep must become your priority every night and you will remain looking younger for a much longer time.

De-stress yourself:

Stress hormones contribute to aging to a very high degree; you must remember there is no situation you are facing that is worth losing your life over.

Even though you may face challenges in life, you need to learn different strategies of de-stressing your life as a matter of priority. You may want to try meditation, yoga or any other relaxing techniques which will help to relax your mind. However, if you realize it is becoming difficult to handle certain challenges, it pays to look for a therapist or a life coach to assist you.

Enhance vitamin and mineral intake:

Always make sure your foods contain the requisite vitamins and minerals all the time. It is also important to note that much of the time, a large amount of the foods that we take have been depleted of the necessary nutrients. It is therefore possible that in many cases we don't give our bodies the nutrients we think we are providing them with. Taking the right vitamins and minerals will help you to overcome aging and related diseases.

Develop friendships:

It is a fact that people who have a wide social network actually live longer than loners. It is therefore important for you to stay connected with your friends by making calls, sending and replying to emails, and even going out with them every once in a while. Studies show that women suffering breast cancer have 50% more chance of recovering if they are part of a support group, so it is important to stay in touch with friends for your health. Have fun with them as laughter is truly the best medicine.

Keep a hobby:

One of the ways to stay young and keep from aging prematurely is to keep your self busy with a hobby. A hobby is especially important since it helps to stimulate that brain's pleasure center.

Consume plenty of fiber:

Taking fiber does more to your system than simply support your digestive system. This is because it helps to prevent other health related challenges such as hemorrhoids, hernias and diverticulitis. Fiber is also quite good when dealing with weight loss and lowering of cholesterol, while at the same time helping in increasing your energy levels.

There are also a number of studies indicating that fiber also helps in the prevention of some types of cancer. It is important to drink enough water as well, to ensure the fiber can move smoothly through your digestive tract, taking toxins and waste with it.

Conclusion:

We all want to stay younger for longer, and the good news is we all have that capability. We can all live with vitality, even though very few of us have learned the secrets – until now. The truth of the matter is that aging goes beyond old age; it is an entire lifelong process through which we define the mental, social and biological changes taking place in our lives.

People have spent millions of dollars looking for formula using modern science, all in the quest of delaying or escaping this undesirable condition.

The internet is today filled with thousands of people looking for the solution in their quest to reverse the aging process.

In this short book we have shared simple secrets on how you can reverse your biological clock in just 90 days. This enriching and liberating work has showed you the step by step secret on how you can be ageless at just about any age. These keys are set out in such a way that they work with laws of nature, so as to promote wellness and youthfulness. This is an exciting journey of discovery which is illuminating, uplifting and totally inspiring.

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