

Aging Backwards



PARTNERS EDITION

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The Fountain of Youth

For centuries, ever since the legendary Ponce de Leon went searching for the elusive Fountain of Youth, people have been looking for ways to slow down the aging process. Medical science has made great strides in keeping people alive longer by preventing and curing disease, and helping people to live healthier lives. Average life expectancy keeps increasing, and most of us can look forward to the chance to live much longer lives than our ancestors.

Many researchers think that the key to our own personal Fountain of Youth resides in our hormones and endocrine system. These are the various organs and glands that make hormones in our bodies.

We are all aging constantly. The unpleasant fact is that every single one of us begins aging the moment we are out of the womb (at least it beats the alternative). If you're living, you're aging; you can't avoid it. But there are a number of things that you can do to keep yourself healthy and active, and to eliminate or at least slow down many of the factors that contribute to aging.

Is it possible to turn back the clock?

Your body was designed with the inbuilt ability to fix itself, as long as you take care of it properly. It is made up of something like 100 *trillion* (100,000,000,000,000) living cells, that will keep themselves strong and healthy with the proper food.

Each and every one of those trillions of cells dies off and is replaced with a new cell at regular intervals. As amazing as it may be to contemplate, your entire body is completely replaced every few years – so you really are not the same person you used to be!

One theory posits that the nucleic acids, or telomeres, in our cells shorten slightly every time one of our cells replicates itself. Each time the cell is duplicated, it's a less than perfect copy of the previous version, and this eventually leads to the body's aging, breakdown, and death.

What happens with your cells is the key to slowing the aging process because, when a cell dies, one of three possible things must happen:

- If the cell has not been receiving proper nutrition, its replacement will be an inferior version of the cell. In this scenario, your body is degenerating.
- The replacement cell may be identical to its predecessor. In this case, your body would essentially remain at the same place in the aging process.
- An intriguing third possibility is that the new cell could be stronger than the previous one. If this could somehow be accomplished, you would actually be regenerating your body, and reversing the aging process.

Somewhere in our thirties, many of us start noticing the first signs that we aren't kids anymore – a few gray hairs begin to appear, we see lines in our face, our skin starts to sag here and

there. As time goes by, other signs gradually appear – it's a little harder getting up in the morning, our vision and hearing aren't what they used to be, our sex life isn't as lively as we remember. And we look around us and see the same things apparently happening to our friends and family. Most of us pretty much accept what we see as an inevitable process of our biological nature, over which we have no control.

But this is a huge mistake!

The human body can take an awful lot of abuse and neglect. We don't always think about our bad habits, since it may take years or decades for the effects to become apparent. But neglect yourself long enough, and you may one day find yourself suffering through the late period of your life with a wide range of maladies and complaints, from difficulty seeing and hearing to cancer, heart disease, brittle bones, and many other problems.

Yet it only takes a little knowledge and a bit of application to prevent most, if not all, of these common old-age problems from manifesting. There's no magic pill or instant cure, and it may take some effort on your part. But the results will be well worth it - how much would it be worth for you to enjoy your final years as a healthy, active adult, able to continue doing many of the things you most love?

People are living longer than ever these days, due to advanced medical breakthroughs, increased awareness of the importance of a healthy lifestyle, and other related factors. But you can go

a lot further. You can most definitely affect your rate of aging by using the principles outlined in this book.

As you notice your body looking and feeling younger, your mindset will improve too, which will motivate you to continue your anti-aging practices, and that will set up a positive feedback loop, instead of a negative one, and so the process accelerates.

How & Why We Age

Most people just shrug and accept aging as something that can't be avoided – like death and taxes. Perhaps we haven't figured out how to cheat death yet, but recent scientific discoveries have shown that common conceptions of aging are largely mistaken.

For most species on the planet (as well as humans until quite recently) it was unlikely to survive long enough to die of simple "old age." Events such as starvation, accident, being eaten by a predator, disease, and other causes were much more common reasons for death. So, it's relatively recently, with increasing numbers of people living longer lives, that the role of phenomena such as free radicals has become important enough to study.

Free radicals are a special type of molecule with an extra electron that steals electrons from other molecules as it passes through your bloodstream, causing damage to your body's cells. The exact role of free radicals is still uncertain, and much research is still being done, but studies have established that the presence of free radicals plays a key role in the progress of diseases such as Alzheimer's disease, arthritis, hypertension, and other age-related issues.

Free radicals cause progressive damage to the body's tissue and functioning, thereby increase the rate of aging. However, a good stress response is known to be effective in fighting off the

free radicals, which in turn slows down the aging process and increases your lifespan.

In addition, there are a number of substances that function as anti-oxidants that work to bind the unstable free radicals and render them harmless. Many of these substances will be discussed further on in this book, but they include vitamin C, vitamin E, beta-carotene, grape seed extract, and melatonin.

Some researchers have focused on DNA which is, effectively, the blueprint for our individual body, and is inherited from our parents. One theory is that our individual code causes us to age at a predetermined rate, possibly to keep humans from overpopulating the planet. But it is thought that this apparently pre-coded genetic clock can be slowed down, causing us to age much more slowly. This can be accomplished mainly by improving our diet and general lifestyle, and avoiding pollution and other environmental toxins as much as possible.

Scientists have also found a direct link that links the presence of excessive fat in your body with the process of aging. Studies found a direct correlation between excess fat and cellular aging i.e. that the more that someone weighs, the faster their cells age. The exact mechanism by which this process happens is uncertain, but possibly the fat cells weaken and possibly destroy important genetic structures.

It was found that being overweight might effectively make a person up to **nine years older** in biological terms! So many of the most common health problems we encounter later in life, such as cancer, diabetes, heart disease, and other greater and

lesser maladies, may occur as a result of fat cells hurrying up the process of aging.

Exercise Need Not be Hard Work

We know that proper nutrition and exercise can make a huge difference to how our body ages. Bad habits, such as smoking and excessive consumption of both sugar and alcohol may not show effects for years and years, but very few people ever get away without repercussions. Cardiovascular disease, cancer, and osteoporosis are three debilitating diseases that diet and exercise can have an extraordinary effect upon.

Studies have shown that living a sedentary lifestyle actually represents a higher risk for heart disease than high cholesterol and even smoking! So, no matter what your age, whether you're closing in on 40, racing past 50 or 60, or older, you will significantly improve your health and mood by exercising regularly. You'll feel better and have much more energy than you did before. Tests in nursing homes, involving residents in their 80s and 90s showed that they became stronger and more independent through a program of exercise.

Some of us are better than others at sticking to our exercise plans, but the benefits of regular physical activity are almost too numerous to list here. Regular exercise will keep excess weight off, put calcium in your bones and keep them healthy, keep your cholesterol down, make your metabolism more efficient, and help clean your body of toxins through sweating and regular bowel movement.

Even better, regular exercise strengthens your heart, lowers your cholesterol, lowers your stress levels, and helps you to sleep better. When you're in good physical shape, your risk of diabetes, heart disease, and even some kinds of cancer lower dramatically. It also has been shown to help reduce depression.

And you don't have to become a marathon runner or torture yourself through an Arnold Schwarzenegger-style bodybuilding program in order to enjoy the benefits – just 30 minutes of moderate physical activity several times a week will do the trick. Just do something – anything to get started, even taking short walks every day.

If you've never exercised regularly, or have been sedentary for quite a while, you should have a routine medical checkup before starting any new program (just to be on the safe side!). Once you've gotten your doctor's okay – take it slow to begin with! Slow and steady wins the race, as the old saying goes.

It's much more effective to start a measured program that you'll actually stay with for the long term, rather than racing out of the gate and burning yourself out after a week. Taking the stairs instead of using the elevator, mowing the lawn, even chores around the house, can easily add up to 30 minutes over the course of a day.

Before starting your activity, if it's going to be anything more strenuous than walking, it's a good idea to spend between 5 and 15 minutes stretching. This gives you more flexibility and ease of movement, and decreases your risk of straining your muscles or otherwise injuring yourself. A similar period of

stretching after your exercise is useful for cooling yourself down and relaxing.

It's best to vary your exercise routine. Not only is this more beneficial to your health, you'll be much less likely to injure yourself or get bored. You should be working hard enough that it's difficult to carry on a normal conversation at the same time, but you shouldn't be working so hard that you're gasping for every breath. Also try to find something that you enjoy doing. Obviously, that will make you that much more likely to continue doing it.

Try to mix these three types of exercise: **aerobic**, **strength**, and **flexibility**. Aerobic exercise helps to strengthen your heart, increases your lung capacity, and improves your blood circulation. Strength conditioning helps make you stronger and increases your metabolism and bone density. Flexibility exercises, besides helping you to move more easily (obviously!), keep your joints in good shape and make it less likely that they will be stiff and painful as you get older.

One way to do this is to join your local health club. Then you'll have access to a wide range of stationary bicycles, stair-steppers, and other aerobic machines. Plus, there are usually qualified trainers on staff who can help you design a personal program that's safe and appropriate for you. But you can also plan a very effective exercise program at home. Comfortable clothes and a decent pair of trainers are all you really need to get started.

The better condition you are in, the more efficient your body will be at burning fat. So, while you still want to keep healthy dietary habits, if you need to lose weight it will be far more effective if you exercise regularly.

How to Stop Aging

There are three types of exercise that can actually slow down, or even stop the aging process:

Aerobic

The best way to strengthen your heart muscle is through cardiovascular, or aerobic, exercise. This is activity that will get your heart rate pumped up to between 60 and 90 percent of your recommended maximum heart rate. (To figure your maximum rate, just take 220 and subtract your current age.)

While your body does burn calories constantly through normal functions such as breathing and blood circulation, if you do anything more exciting, your body needs to find some extra energy. It does this by burning glycogen, which is the carbohydrates and fat stored in your body. The most efficient way of burning fat is medium-intensity activities that can be done for a longer period, such as swimming or power walking.

Almost any physical activity you can do will help. Park a little further away from your destination than usual, walk or ride your bike instead of driving. There are ways you can insert regular exercise into your regular life in an organic way – for instance, if you normally watch a lot of TV, get a stationary bicycle or a treadmill and put it in front of the TV, and use it while you're watching. Thirty minute sessions are all you really need, and three 10-minute bursts of activity will work as well as a single 30-minute workout.

If you want something a bit more challenging, you can attend one of the wide varieties of aerobic dance classes at your local health club or community center. The important thing is to find the activities that you enjoy doing, and that fit your current lifestyle and fitness level.

If you have illnesses that restrict your activities, talk to your doctor – there's most likely something that you can do. For instance, if you have arthritis, swimming is a very beneficial activity that won't strain or injure your joints.

Strength

Lifting weights is a great way to build strength, become more flexible, and increase your bone density, which is especially of concern to women as they age. Increasing your muscular strength in this way will make such everyday things like climbing stairs or rising from a chair easier when you get older. By strengthening your muscles in this way, you have more energy and better posture; you're less likely to suffer muscle-related tears or other injuries; and you will look and feel more attractive.

In addition, building muscle mass increases your metabolism rate, which means you burn fat more efficiently, without going on any unhealthy crash diets. You may not weigh less after lifting weights for a while, but an increasing amount of your body fat will be transformed into muscle. Weight training also lowers your cholesterol, reduces stress, and helps prevent a wide variety of diseases.

There are a variety of brands and types of equipment that are commonly used in weight training, from individual dumbbells or barbells to freestanding machines. There are pros and cons of each type of training, although a lot of it will come down to personal preference and what works best for you.

In any strength-training program, the number one concern is always your safety. If you haven't done any weight training before, take it easy at the beginning. Machines with adjustable resistance are the best place to start out. This gives you the chance to work on specific, isolated muscle groups of your choice, and also lets you keep track of your progress, by slowly increasing the weight and resistance that you're lifting.

On the other hand, free weights tend to develop your strength more quickly. They develop more muscles at once, as opposed to resistance machines that isolate single muscle groups.

Free weights are more versatile, since you're not restricted to the machine's specific motions, although as a result, more coordination is needed to use free weights safely and effectively. Free weights are also much cheaper than machines, if you're purchasing them for personal use rather than joining a health club, and they take up a lot less space when you're not using them.

The ideal strength-training program would involve a combination of free weights and resistance machines. If you belong to a health club, there most likely are trainers on staff who can help you develop a personalized strength-training program that's best suited for you.

Flexibility

Of the three main types of exercise, flexibility is the most likely to get overlooked by many people. The benefits from aerobic and strength training are fairly obvious (lose weight, build muscles and strength, get fit generally), but flexibility has its own important part to play, even if its benefits are less obvious.

Stretching helps get rid of the tension in your body.

Many of us habitually hold tension in various parts of our bodies, often without even being consciously aware of it. The most common tense areas are the chest, shoulder, hamstrings, and hips. When doing any kind of stretching, pay attention to what your body is telling you. Take it slow and easy, especially if you are older, pregnant, or if you are suffering from any kind of injury or disability.

If you belong to a health club or otherwise can get access to a qualified personal trainer or physical therapist, you can work out a stretching program tailored to your individual needs, much more beneficial than doing a few generic stretches.

As you age, however, you will learn more and more to appreciate the benefits of regular stretching and other flexibility exercises. Keeping flexible makes many ordinary day-to-day activities much easier and more enjoyable. Being more flexible also helps prevent many kinds of injuries.

Yoga is an increasingly common practice for people attracted to its many physical, mental, and psychological benefits. There are

many different types of yoga, but generally it refers to a system of stretching exercises that improve the functioning of your body's circulatory, respiratory, and digestive systems, as well as making the body stronger and more flexible. Many people also say that regular yoga practice brings them increased clarity and peace of mind and more emotional stability.

The idea behind yoga is that the health of your spine determines your real age – regular yoga practice keeps your spine flexible, firms up your skin, keeps your chin single (and not double or triple), and helps tone your body and improve your posture. You're only as old as you feel, and if your body looks and feels younger than your years, then you *are* younger than your years.

Yoga routines gently stretch your body in many ways and increase the flow of blood to areas of your body that don't always get enough. Your brain and other internal organs will like the increased oxygen that comes from improved circulation. Besides the immediate benefits to your well-being, the regular practice of yoga will keep you both active and alert in your older years.

Besides the actual physical stretches and postures, a typical yoga class may include instruction on breathing, and using various meditation and visualization techniques that help your mind and body to function at a higher level.

Another popular type of exercise that is useful for flexibility is the Pilates system, named after its originator, Joseph Pilates.

The system dates from the time of World War I, when Pilates wanted to improve the health and morale of his fellow soldiers. Later on, he added the use of resistance, and then developed machines and other equipment that is now commonly used within Pilates classes. For years the system was mainly used by professional dancers, until the 1980s, when Pilates became widely popularized through classes at health clubs and community centers.

The key goal of the Pilates program is to help you improve your mental focus, learn muscle control, and make movements more efficiently and effectively. Some of the ways this is achieved include learning to align your spine properly, strengthening your back and abdominal muscles to promote the healthiest posture, and using your breath to calm and focus your mind and reduce mental chatter.

Eating to Stay Young

Looking and feeling younger is a lot more under your control than you may think. A lot of the signs of aging that we assume are natural and unavoidable, such as wrinkles, decreasing mobility, less acute sight and hearing, disease, and assorted chronic aches and pains, come in large part from not taking proper care of ourselves. The choices you make when feeding yourself are just as important as exercise and other elements of your anti-aging strategy.

Eat less red meat, and more fish. Fish is rich in a good kind of fat, the omega-3 fatty acids, which are good for your heart and your immune system. Omega-3 also helps prevent the growth of cancer cells.

Studies have shown that putting lots of fresh fruits and vegetables into your diet gives you more energy, helps manage your weight, and lowers your risk for many diseases. The reasons for this include the fact that most fruits and vegetables have no fat or cholesterol, and they are low in calories, which means you can fill yourself up without gaining weight.

Produce also contains lots of fiber, which helps prevent cancer, diabetes, high blood pressure, and heart disease. They are also filled with important vitamins and minerals, including vitamin C, folic acid, iron, calcium, and beta-carotene.

Fruits and vegetables are chock full of antioxidants (discussed above) that get rid of those destructive free radicals which can

attack and damage our cells. So, eating a diet that contains plenty of antioxidants is a good way to combat aging, in addition to preventing many types of disease. Antioxidants also build up the immune system, help prevent heart disease, and reduce the risk of prostate cancer in men.

Fruits, vegetables, and many plant extracts also have chemicals called phytonutrients. The role of phytonutrients in plants includes giving them their color, repelling insect enemies, and attracting bees for pollination. But their importance for us is that they will keep your skin looking nice and healthy.

Another aspect of a healthy anti-aging diet is to simply eat less. Numerous studies have shown that people who don't eat until they're 'stuffed' live significantly longer, and have much lower rates of all those age-related diseases we've discussed. But when I say eat less, that doesn't mean starving yourself or neglecting to eat the right kinds of food. Decrease your portions of sugar, fat, fast food, and other empty calories, but consume plenty of fresh fruits and vegetables, legumes, and whole grains.

Whilst not the most glamorous of topics - though it's vitally important - a final aspect of eating concerns having a healthy colon and digestive system, with regular bowel movements. Potential obstacles to having a healthy colon include high levels of stress, sudden changes in your daily routine, pregnancy, and some medications. But the best ways to promote good digestion and elimination are to drink plenty of water every

day, eat a good diet with plenty of fiber, and ensure you get regular exercise.

The Nutrition You Need

Vitamins are organic nutrients, usually separated into two categories: water-soluble, which includes the B vitamin group and vitamin C, and fat-soluble, which includes Vitamins A, D, E, and K. When you take fat-soluble vitamins, they get stored in your body's fat tissues until the body needs them. They may remain within your tissues for anywhere from a few days to six months. The water-soluble group of vitamins stay in your bloodstream, and any unused part is quickly eliminated in your urine, so the water-soluble vitamins need to be replenished much more often.

As we get older, our body generally finds it more difficult to process the nutrients we put into it. We can make up for this inefficiency with the intelligent use of various vitamins, minerals, and other anti-aging supplements.

Vitamins

- Vitamin A keeps your skin and mucous membranes strong and resistant to viruses and bacteria. It also helps keep your immune system strong.
- Vitamin B: our bodies become less efficient at absorbing the B vitamins as we age, so taking supplements is a good idea. Three specific B vitamins are especially important to your health: B6, B12, and folic acid. Deficiencies in these vitamins raise your risk for heart disease and loss of memory.

- Vitamin D: getting enough Vitamin D is a good way to prevent osteoporosis. Being out in the sunlight is one way to get Vitamin D in a natural and enjoyable way, but as we grow older, our bodies absorb it less efficiently and we need supplemental amounts. A daily dose between 400 IU and 600 IU should be sufficient.
- Vitamin E: Vitamin E is an excellent antioxidant, and helps lower your blood pressure.
- Vitamin K: Vitamin K is thought to be an even stronger antioxidant than Vitamin E. A good place to find naturally occurring Vitamin K is in green leafy vegetables, or it can be taken as a supplement. Vitamin K is unique among the fat-soluble group of vitamins in that it is not stored in the body.

Amino Acids

There are only 22 different amino acids, divided into two groups called **essential amino acids** and **nonessential amino acids**. They combine into long protein chains that produce the various enzymes and hormones necessary to the healthy functioning of all your essential body organs, including your heart, brain, liver, and kidneys.

The essential amino acids do not occur naturally in the body, and must be obtained through eating protein-rich foods. The nonessential amino acids are made within the body by combining two or more essential amino acids.

Since so many of us eat diets that include a lot of processed foods, which often do not contain the right kinds of protein that provide amino acids, a lot of people can benefit from taking amino acid supplements.

Coenzyme Q10 (CoQ10): this enzyme helps turn fats and sugars into energy. As you get older, you have much less CoQ10 in your body. It's essential to have plenty of it for healthy cellular growth.

Green Tea: green tea has many benefits – it helps keep the DNA of cells intact, it helps prevent cancer cells from developing, and it's an excellent antioxidant (one cup of green tea has more antioxidant power than a serving of spinach, carrots, or broccoli).

Fish Oil: as noted earlier in our chapter on nutrition, fish is a good source of omega-3 fatty acids. Besides eating fish, you can get this important fish oil in capsule form. Fish oil has been shown to reduce the risk of heart disease by promoting healthy blood flow in your body. Flaxseed oil and primrose oil also give similar benefits.

Garlic: garlic builds your immunity, helps prevent infections, lowers your cholesterol and blood pressure, and reduces your risk of contracting colon or stomach cancer. It can either be eaten directly as a food seasoning, or taken in capsule form.

Spirulina: spirulina is a type of blue-green algae that grows in the water in warm parts of the world, including Africa, Hawaii, and Central America. Spirulina is an excellent source of protein,

and contains all of the essential amino acids. It also is a strong antioxidant and helps prevent cancer. And if that's not enough, spirulina is also good for your immune system and lowers your cholesterol.

Stress: The Silent Killer

Stress by itself is not necessarily bad – depending on how much stress and how we react to it. Too much stress contributes to a lot of our physical ailments, including cancer, heart disease, and many other diseases. Our psychological well-being is also threatened by stress, which can cause anxiety and depression, among other mental problems.

Stress comes from many sources – financial problems, relationship problems, stress at work, fighting traffic, noise, even getting ready for a vacation. People react to stress in different ways, and some handle it better than others. Too much stress can cause you to be tired all the time, depressed, and withdrawn. You might develop skin problems or other annoying physical symptoms, get headaches and digestive problems, and lose your appetite and your sex drive.

Another common source of stress is major life events, such as divorce, the death of a spouse or other loved one, losing your job, or even just a major change of your daily routine. Too many of these major events in too short of a time may give you significant physical or psychological symptoms.

The body reacts to stress by releasing hormones that have a complex effect involving many of the body's subsystems. This process is more commonly known as the "fight or flight" response. Even though the overwhelming majority of us seldom if ever find ourselves in a truly life-threatening situation, our

bodies become accustomed to being in a constant state of low-grade emergency response - this takes its toll over time.

There are a number of proven methods for relieving excess stress, all of which help with the anti-aging process. One is exercise, which we've already talked about extensively.

Here are some other methods:

Deep breathing: it may sound ridiculous to say that we need to learn how to breathe, but many of us have unconsciously learned poor and inefficient breathing habits, from years of being constantly stressed out. When you are feeling especially anxious, just find a comfortable place to sit, and take slow, deep breaths. Count slowly from 1 to 4 while you inhale, and then exhale just as slowly, again counting to four. Do this for a few minutes, and the extra oxygen in your body will make you feel relaxed and instantly refreshed.

Visualization: to rephrase an old cliché, you are what you think. Try to catch yourself next time you start thinking anxious, angry, or otherwise negative thoughts. Your emotions follow your thoughts, and you will begin to *feel* anxious, angry, and negative. To counteract this, find a comfortable, quiet place to sit; close your eyes, and see in your mind's eye a place (either real or imagined) that makes you feel relaxed, safe, and happy. It doesn't really matter what you imagine, as long as it makes you feel good. As your mind calms down, your body will, too.

In addition, you can put on a CD, tape, or MP3 of calming and relaxing music for extra effect, while you're visualizing.

Meditation: meditation is a huge subject that we'll cover fairly briefly here – you can find plenty of additional information and techniques online or at your local library. Various forms of meditation have been used around the world for thousands of years. Frequently, it has been part of religious and spiritual practices, but you can also use it for simple relaxation and stress reduction.

Meditation really isn't all that complicated. The main idea is that you consciously relax your entire body while concentrating all of your mental focus, like a laser beam, on one thing. This focus can be on an object (such as a burning candle, for instance) or a sound, or even your own breath. The main goal is to concentrate on the chosen thing for a sustained period of time. This keeps your mind occupied and helps quiet down the incessant monkey-like chatter that normally occupies our minds from the moment we awake in the morning until we fall asleep at night. You become calmer and your body gets a chance to recuperate from everyday stresses.

Some useful tips for meditation:

Find a meditation technique or style that fits your personality and doesn't conflict with your beliefs. You can incorporate a meditation session into a yoga or tai chi routine, or use it as part of your morning and evening prayers.

Make meditation a set part of your day and your life. Take it slow and easy at the beginning. You're doing well if you can do it for five minutes once or twice a day. As you get comfortable

with the procedure, work your way gradually up to 20 minutes at a time. You can set a clock nearby within your peripheral vision, or set an alarm that's not too loud and jarring.

Be persistent, the results may not happen instantly. Take it easy on yourself, too. It doesn't make too much sense to get stressed out at yourself because you're not relaxing quickly enough! While you're trying to concentrate on your chosen object, your mind will inevitably wander. That's fine; just gently return your focus to the object each time this happens.

Meditation is one of the simplest and cheapest therapeutic stress-reduction techniques known. You can do it anytime. It just requires a little bit of time and practice.

Now It's Up to You

The nice thing about the anti-aging techniques given in this text is that you can use any of them individually, and it will make a difference in your life. But if you use more than one of them, or all of them, the effect is so much greater than the sum of the individual parts. There is a synergistic effect, with each technique in our strategy mutually and simultaneously strengthening the others.

Modern thinking is that it is possible to live a healthy life way past the age of ninety if we pay proper attention to nutrition and exercise. Remember that, as we age, our body becomes less efficient at regenerating the cells that comprise it. In a nut shell, that is exactly why we need to be much more vigilant in supplying it with the necessary nutrition. We also need to remember that, in retirement, we can quite easily drift toward a much more sedentary lifestyle without the demands of the workplace.

Thankfully, a certain amount of stress is generally removed from our lives when we retire, but we must not make the mistake of thinking that it is entirely a thing of the past. It is simply a matter of the way our brains are wired that we can sometimes become quite stressed over minor things. That's why we will always need some strategy such as meditation, relaxation, prayer, or some other method of continually redressing our spiritual balance.

But the really good news is that we can all live happy, healthy and very long lives if we take onboard the challenges, and adjust our lifestyle in the ways we have discussed.

Here's wishing you many happy years of good health.

Watch the Video

Enjoy younger looking skin, smooth lines, bags and wrinkles. Look younger without Botox or surgery. Click the image below and scroll down the page to watch the video ...



[WATCH THE VIDEO](#)

Are you fighting a constant battle against the effects of aging? Wrinkles, lines, bags, crow's feet or sagging skin? It happens to the best of us, but you should know - you don't have to accept it. Not for another minute!

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