

SWITCH OFF THE AGING PROCESS WITHIN YOU

By Carolyn Hansen



Simple Strategies To Reawaken Your Younger Body



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Welcome

Hi there, my name is Carolyn Hansen and in this special report I am going to tell you about a subject that I find enormously interesting. In fact, it's a subject that I think gets the attention of MOST people.



Despite the fact that the prospect may seem unlikely to you right at this moment, nonetheless I am going to tell you how to wind back your biological clock. I'm going to share with you several strategies that will have your body functioning as though you were at least 10 years YOUNGER.

To do this I'd like to help you SHED 10 pounds while also making you FEEL 10 times better than you do right now.



Odds are you are reading right now because you feel the title of my report resonates with you – in all likelihood because recently you looked back and realized that not too long ago you were slim, you felt strong, and you considered yourself to be in great shape.

Lately, however, you've begun to notice that things are changing. In the way you feel and particularly in the shape of your body which you simply cannot hide from others. This has been going on for years, but now you are finding it increasingly difficult to ignore. Day by day it is becoming increasingly apparent that your youthfulness is beginning to slip away...


First, the GOOD news, because if there was none you might as well stop reading now, right? Luckily there is no need for that.

That is because youthfulness and physical decline is NOT inevitable. You may be getting on in years but the reality is that you DO have the power to make major positive changes that can significantly improve the quality of your life.

This is true no matter how old you may be.

The changes I'm talking about in NO WAY require you to take any kind of age-defying drugs, get hormone replacement shots, or work your way through an array of "vitality supplements". Nor do you need to subject yourself to any unnecessary medical procedures.

The changes I'm talking about can be accomplished with natural, non-invasive strategies that are always 100 percent under your control.



I scarcely need to point out that you cannot change your literal chronological age. You know this. However, when it comes to your youthfulness, health and vitality, you DO have the power to turn back the clock 10-20 years or more. In a very real sense you can go from being 40 or 50 years “old” to 40 or 50 years “YOUNG”.



To me this is immensely appealing. Think of it this way. You can have the benefit of all your years of life experience while also enjoying the privilege of living out the rest of your days in a body much younger than your calendar age.

Your reward for being fit and healthy is that each and every hour of the day you get to enjoy the freedoms of a body that won't hold you back simply because you are getting older.



Life is about choices. If you choose to “let nature take its course” you will find each passing year brings another inch or so on your waist, and a little higher blood pressure. You develop some nagging aches and pains that never seem to go away. Your energy level seems to be half of what it was only a few years ago. You start feeling and looking “old before your time”. This is not at all what you want to have happening to you.

Suppose that instead of feeling and looking worse each year, you could actually feel stronger, slimmer, younger and in better shape than you ever imagined possible. Suppose that instead of using your clothes to camouflage your body, you were able to wear clothes that showed off your youthful body. These alternatives are not only highly desirable, they are entirely possible!

Deep down you know that if you don't start taking good care of yourself NOW, your body is going to decline much more quickly than you would like. You will literally become “old before your time”.

Well phooey to that!

I'm here to show you how to literally “turn back the clock”... starting by shedding fat... and then building a “firm, lean youthful body” which has the power to turn your life into whatever you would like it to be.

It does not matter whether you are 30, 40, 50 years, or older. You can make a massive positive impact on changes to your body and your life. It is possible for you to “feel 30 when you are 60”.



I know you have no interest in being 21 again (neither do I). But, oh, wouldn't it be nice to feel 21 again: The energy! The metabolism! The sense of I-can-accomplish-anything-I-set-my-mind-to! It is totally possible to rediscover the zest and the optimism you felt when you were younger. In fact, recapturing those qualities is essential to leading a healthier, happier life in the long run.

It's only natural that we look for ways to retain our youth. It always will be, and for that reason the anti-aging business is big business. People everywhere are falling over themselves trying to look and feel younger. Americans alone spend \$20 Billion each year on all sorts of so called anti-aging products in the hope they can turn back the clock.

These products range from surgical options to injections, therapies, supplements, pills and creams - all feverishly sought-after because they promise to lessen, if not erase, the effects of Father Time.

People today as young as their 20s, and all the way through their 70s, are spending big in the search for ways to "slow the clock" on the way they look.

But the truth is that no amount of these largely superficial methods can have much effect on the speed at which we age. These things are just external band-aids to mask the signs of aging, and many of them are toxic and harmful to the body. They can do nothing to slow the aging process deep down where it really matters - at the cellular level. And this is what I will be covering in the following pages.

Mirror, Mirror On The Wall...



It does seem strange to me that people will resort to a \$30,000 face lift yet turn up their noses to a lifestyle that would give them that youthfulness automatically and with minimum cost. Trying to “refurbish” the outer layers for the benefit of your mirror while ignoring what is going on inside you is a big mistake. Not only is it rather pointless, as the aging process really starts on the inside of your body, but it can be an expensive mistake too.



The body ages along several pathways, all of which operate from the inside out. Some basic lifestyle tweaks can help reduce these processes and they have a noticeable effect at cellular level. And the same habits that improve your appearance also help keep serious illnesses like heart disease and cancer at bay. The result? A longer, better life, which can be enjoyed in a younger, healthier body.

As you will see, simply modifying your lifestyle - from the type of exercise you do to the foods you choose to eat- will provide amazing anti-aging benefits which are also relatively inexpensive to implement.

Along with that younger body, the greatest benefit offer by the wellness lifestyle is that it literally prevents and reverses disease. It is not about chasing down symptoms with the latest drugs or natural remedies. It is about living a life that naturally produces abundant health and radiant energy and youth!

Unfortunately, the world today seems to be suffering an epidemic of unfit and overweight people who are used to eating whatever whenever. They also avoid exercise, having been brought up in the fast-paced, fast-food lifestyle - a lifestyle that accelerates premature aging.

How motivated would you be to forgo fast foods, forgo processed foods, and take up regular exercise, if you knew that altering your lifestyle this way could not only slow, but actually reverse the aging of your cells from the inside out?

I'm guessing VERY motivated.



Your Body

- Why you need to start using it immediately

You may have heard that the human body is a “use it or lose it” machine - so let’s look at how this concept could be affecting you.

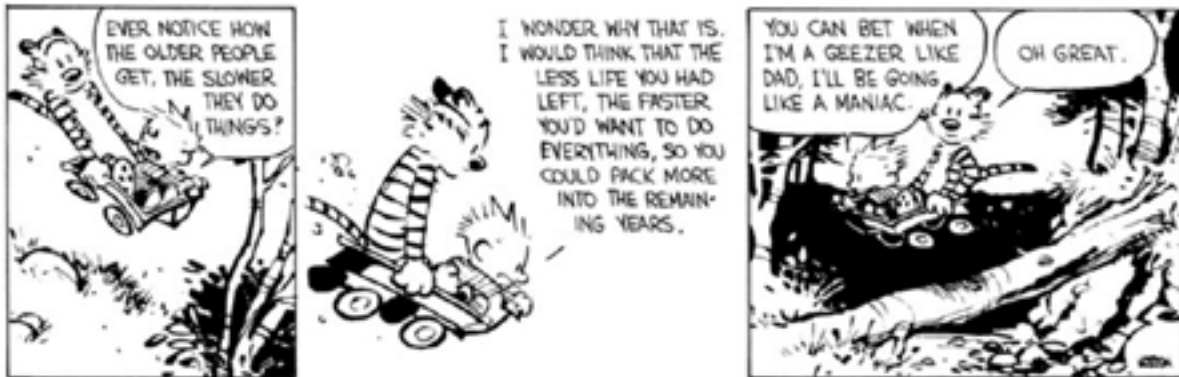
Once you reach your mid-twenties you slowly begin to lose your strength. So slowly in fact that you are unlikely to even have noticed it happening.

But happen it does. This sapping of your strength takes place as you go about your day-to-day tasks, as you sit at your desk at work, and when you sit on the couch while relaxing. It also happens when you are sleeping, talking on the phone, while you are driving your car and standing in line for postage stamps...

Your body is weakening. You may not have noticed to this point - but eventually, you will...

This is because as you get older the activities that used to be so easy for you to accomplish will become harder, and eventually they will become impossible. As the years pass by, you may no longer be strong enough to run, go out dancing, or climb a flight of stairs. It will get more difficult to carry out the normal functions of daily living; even carrying groceries becomes a major chore. Eventually, just getting out of a chair could be a struggle.

We have all seen old people whose bodies have become almost frozen with inactivity. We KNOW this happens, though most of us do a pretty good job ignoring the fact for as long as we can.



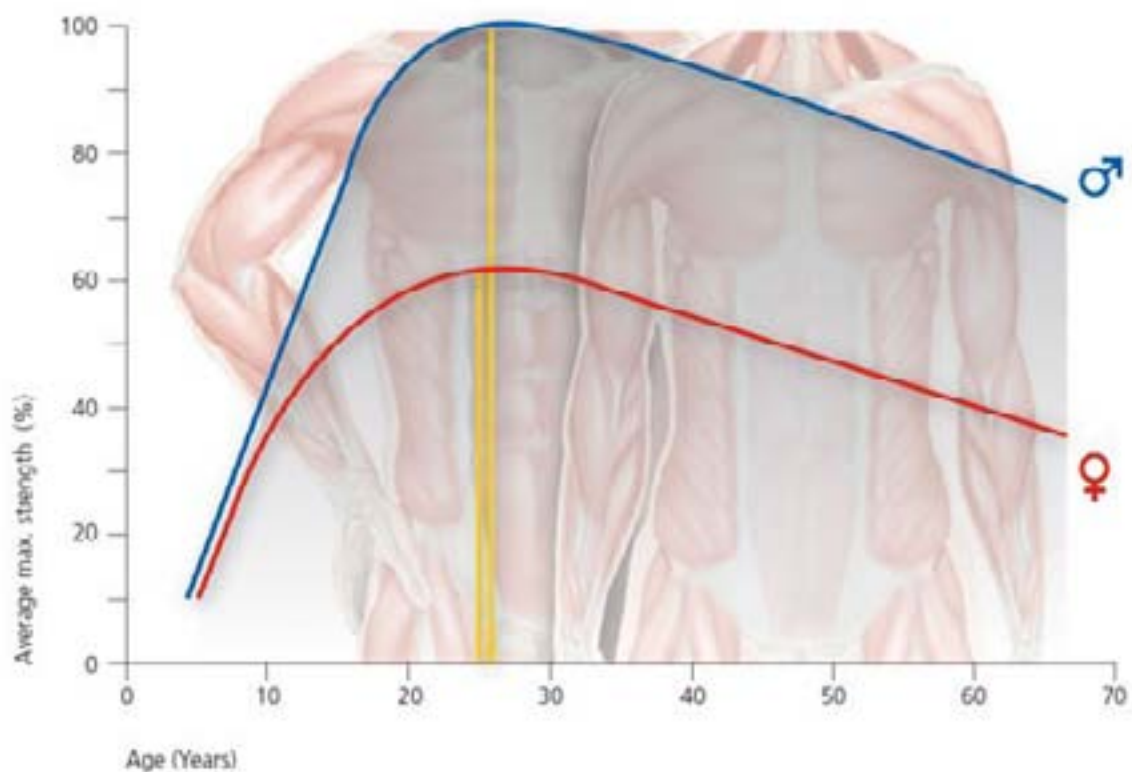
We used to believe that this bodily weakening was just part of the aging process, and there was nothing we could do about it. But ongoing research is showing that this state of weakness and frailty occurs because we stop doing physical activities that require the strength and power of our muscles. It is not because we are getting older in years.

Many people are just not aware of what happens to the human body when strength is allowed to erode away like this. So allow me to shed a little light...

Before the age of physical maturity at about 25 years, our body is continually growing and developing. During this phase muscles and the entire body stays strong even without specific exercise. But by the time we reach the age of 30 we are presented with really only two options.

We can either begin the long process of becoming weaker, or we can work to maintain our strength for the rest of our life.

From this point on, if the body does not receive the necessary stimulus to trigger muscle growth, a slow process of muscle wasting begins. This loss of muscle tissue hastens the degenerative processes and conditions that characterize the dreaded aging process.



Unfortunately, we seem to have somehow forgotten that our bodies have been designed for vigorous physical activity and have survived harsh conditions for countless generations. In fact, our genetic blueprint has scarcely changed from that of our ancient ancestors.



It does not matter that in the last 100 years or so our lives have changed dramatically. From an evolutionary point of view this is a mere blink of the eye. Changes to the blueprint of human life take hold on time scales of tens of thousands of years - far too long a period of time to respond to the changes that take place in a few generations.

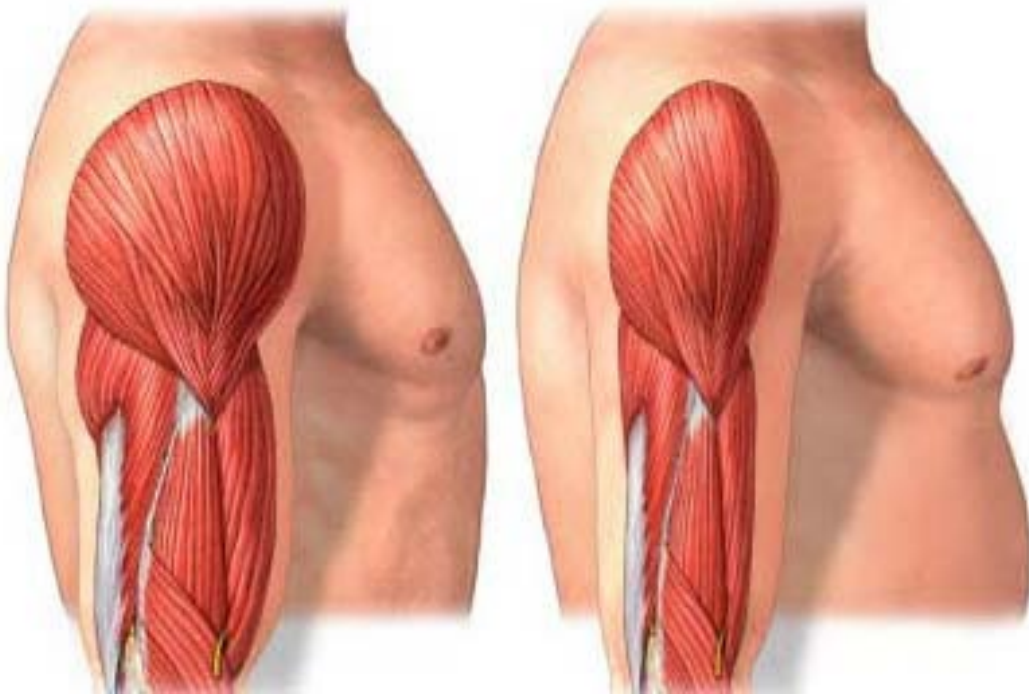
So even though our world may have changed from one that once demanded hard physical labor to one that now favors sedentary desk jobs, household appliances, motorized transport and mechanical farming methods, by the time our bodies have adapted in the future to this new way of life we may well have already left the earth and colonized the solar system of a nearby star.

In other words, we are living the kind of lives our bodies are ill-equipped to handle and will not be equipped to handle gracefully for a VERY long time.

So while your body may not know how many years old it is, it does know when it is not being used in the manner for which it was engineered - and has been optimized to operate at for hundreds of thousands of years.

Use It Or Lose It In Action

Beginning in your mid twenties, without the physical “work” to maintain strength, around one half pound of muscle tissue is lost each year. After age 50 this loss doubles. This change in body composition (muscle to fat ratio) not only siphons away your strength it weakens every system in your body.



Now-a-days, we hardly ever have to bend down, lift and carry, reach, stretch or run. When we finally get up out of our chair and attempt to use our body, pain and even injury can be the outcome.



This gradual loss of muscle starts a vicious cycle as it weakens the body. It weakens the immune system, nerve cells, hormones and other chemicals critical to normal health. At the point where it becomes difficult to do a particular task, people will naturally shy away from that task.

Therefore lack of activity will snowball and speed up muscle loss. Combine this snowballing effect with the reality that people from their mid-forties onwards spend about 80 percent of their waking hours sitting down and you can see how important and damaging this process can be to your health.

What many adults overlook, or are just not aware of, is the importance of doing activities that challenge their muscles to get stronger.

So the human body really is a “use it or lose it” machine.

And your muscles do far more than just make movement possible. There is now clear evidence that your muscles, which make up to 50 percent of your body weight, also play an important role in metabolic health, wellness and longevity.

It is the loss of this muscle tissue accompanied by an increase in body fat that puts extra strain on all systems and makes us sick. The increased body fat changes the balance of fats in the blood, which can lead to heart attack and stroke, and alters sugar metabolism increasing the risk of obesity and diabetes.



Even if your body weight is normal these processes of deterioration can nonetheless still be taking place inside your body and be completely unseen and unfelt. So the stage can be set for disease entirely without your knowledge.

The bathroom scale is of no help here as it does not measure your body composition (your muscle to fat ratio) which ultimately determines your level of health, the state of your body, and the pace of the aging process.

Weak, flabby muscles cannot help the heart push oxygen and nutrient rich blood around the body so all cells, tissues and organs suffer. Even the brain is downgraded which is especially worrisome since it of vital importance as the central processing unit of your body.

Every part of your being is impacted by the loss of precious muscle tissue including not only physical health but mental and emotional health as well. This includes your mental stability, your moods, anxiety, stress levels and ultimately your happiness and satisfaction with your lot in life.

We used to think these negative outcomes were part of the aging process but now we know they are lack of use related - not age related. They only happen more often in older people because they have been around longer and have lived a sedentary lifestyle for longer.



In most cases if an element of the human body is not being used it will not be preserved indefinitely. This is to say your body does not act like a cold storage unit. What it doesn't use, it breaks down and discards in favor of maintaining what it does use. So unless you are forcing it to do otherwise, it tends to deteriorate. Fast.

It's a fact that the human body simply cannot stay in peak health without constant vigorous activity. That is how we have been made; it is an aspect of our genetic blueprint which has scarcely changed since the dawn of early man.

This movement - or "work" as it should really be known - triggers chemical reactions that tell every single cell in every tissue, organ and system in the human body to repair, rebuild and renew itself.

Without this stimulus the normal cell renewal and rejuvenation that keeps us healthy is stymied. The result of our collective inactivity is that we have become hyper-exposed to the risk of disease which globally is shortening the lives of millions.



Muscle Wastage = Sarcopenia

Up until recently the scientific and medical communities took muscle strength and mass for granted. The process of muscle loss throughout adult life did not even have a name until 1988.

Now we call it “sarcopenia” - meaning vanishing flesh, or muscle tissue. But progressive reduction in muscle mass and muscle strength is also strongly associated with bone loss and osteoporosis. The two go together hand in hand.

Although osteoporosis gets the lion’s share of the attention, sarcopenia is very important here because our muscles are attached to bone and if muscles are not kept strong there is less pulling on the bones to which they are attached, so they weaken as well.

The reason sarcopenia gets less attention is because people don’t “break a muscle”. Having thin bones translates into broken bones. With lost muscle mass, it’s a little less obvious that a problem is developing.

Sarcopenia is characterized by subtle symptoms, such as difficulty gripping objects, rising from chairs, walking, and maintaining balance - all the necessary tasks and activities of everyday living.

In the coming years, sarcopenia has been labelled a major public health threat. Millions of people have sarcopenia - both YOUNG and old. Because adequate quality and quantity of skeletal muscle are necessary for optimal quality of life, sarcopenia can be devastating.



Fortunately sarcopenia is now beginning to get the attention it should, by researchers and the medical profession. In part because it is predicted to become one of the biggest health problems the world will face in coming years. It is suddenly a very hot topic in aging research as it can have a devastating effect on the quality of the last 20-30 years of a person's life.

Despite the fact that many people believe they are active enough because they feel “busy” and are often rushing around, they are mostly deluding themselves. Being busy does not work the major muscle groups through a range of movement and under a sufficiently adequate load - which is the formula for muscle building and the ability to maintain maximum mobility.

There is no way you can get that kind of muscle stimulating activity from the normal tasks and activities of everyday life - unless you happen to have a job as a manual labourer, which is not so common these days.



Waste Not, Want Not

- Going on inside you right now!

Until very recently - the last century or so - food was a scarce commodity for the average hominid. As a result, the human body has evolved to be tremendously efficient at converting body tissue into life-sustaining energy when food is scarce. So, as already mentioned, anything not being used is disassembled and put to use elsewhere in the body.

Unused muscles weaken and shrink and unloaded bones lose density, thickness and strength. Unused brain neurons die and nerves not being used degenerate.

Unused joints and tendons lose strength and get damaged more easily. An unused heart becomes scrawny and weak and cannot pump effectively. Lung capacity diminishes, and red blood cell count declines if oxygen demand is low.

There is a high price to pay for not getting enough proper exercise. Physical inactivity adversely affects the function of the muscles, bones, brain, heart, blood vessels, liver, the immune system and every other organ and system in the human body.

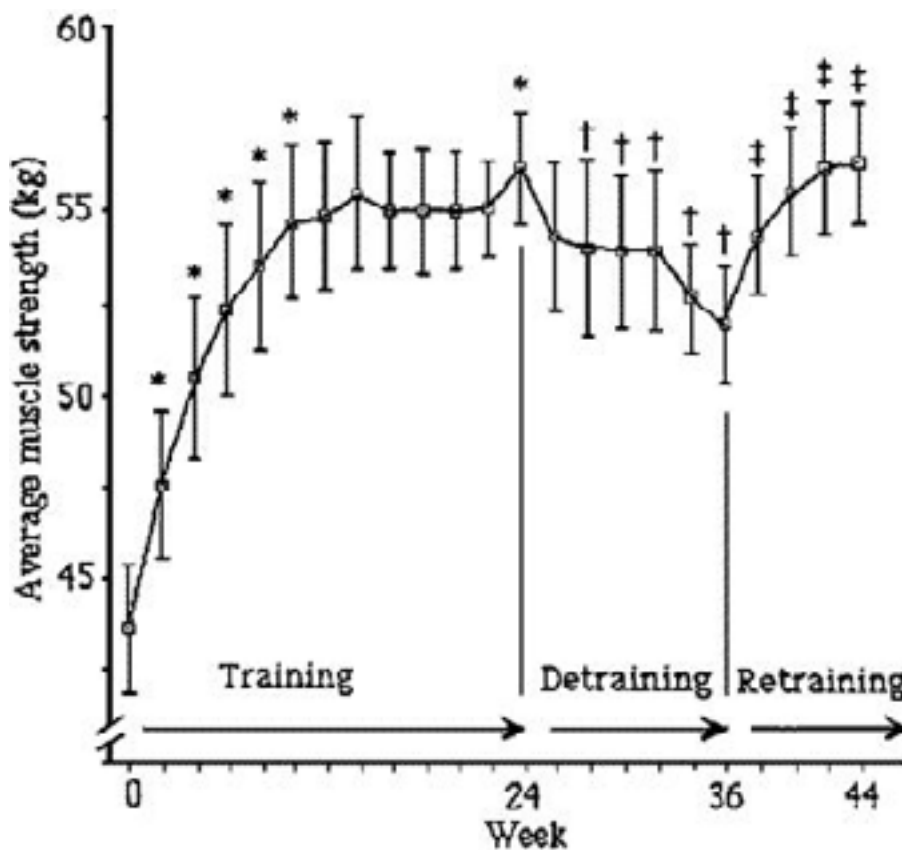
As a consequence of this, an inactive person is more likely to suffer from anxiety and depression, find stress harder to manage, and lose self confidence and self esteem.



But it doesn't have to be this way.

Instead you can stop your muscles from wasting away with strength-training. It does not matter if you are a 40-year-old runner or a 75-year-old retiree. If you do not build muscle, you will lose muscle.

People fail to realize and understand how important proper muscle building and maintenance exercise is to their future health. There is simply not enough natural activity left in our modern lives anymore to keep us strong and functioning properly - so we **MUST** replace it with intentional exercise.





Without the stimulation of vigorous movement that works the muscular system the body senses that you don't need your strength any longer so you are automatically switched into "shutdown and degeneration" mode.

Not being active affects the body right down to cellular level where the ability to transfer oxygen and nutrients from the bloodstream to cells is diminished. And if you can't get enough oxygen out of your blood the quality of your entire life is affected and your body attracts disease rather than repels it.

Activity that works our muscular system forces our body to grow. Sitting around and partaking in a no-exercise lifestyle encourages the body to decay. Instead, you should be reminding your body over and over that strength is needed to function at peak performance.

The signal the brain receives when you are physically active is the means by which you remind your body to continue to renew, repair, and replace those old worn out cells and tissues.

When you challenge your muscles with the right exercise then "growth and repair" hormones such as human growth hormone are stimulated and work their magic. This process of growth spreads throughout every cell in your body, making you not just a little bit younger and healthier - but a **WHOLE** lot younger and healthier.



It is vital that your brain continue to receive the message that muscle strength is needed. Only by working the muscles vigorously are those “growth and repair” hormones stimulated for release. You can also think of them as “youth” hormones, because when they are not released into the body the opposite process takes place - and we produce chemicals that whisper to our cells to decay, degenerate, die...

This is what causes us to age at a premature and accelerated rate and set the stage for disease. This is the “use it or lose it” scenario that is hardwired into every living organism.

It is right down at the cellular level that real aging either takes place at an accelerated pace or is held off, slowed or even stopped dead in its tracks.

The uptake of nutrients to cells and tissues from the blood stream is aided when you work your muscles. Blood gets pushed around the body much faster and the body’s cells get their dose of life-giving and enhancing nutrients and oxygen more often.

Although we look to medicine and surgical procedures to restore youthfulness, the truth is, there is not a doctor or drug on the planet that can give you an all-over strong, lean, healthy, youthful, feel-good body. That is something that only you can do for yourself, and I can show you how to do it in the quickest, easiest and most efficient way possible.



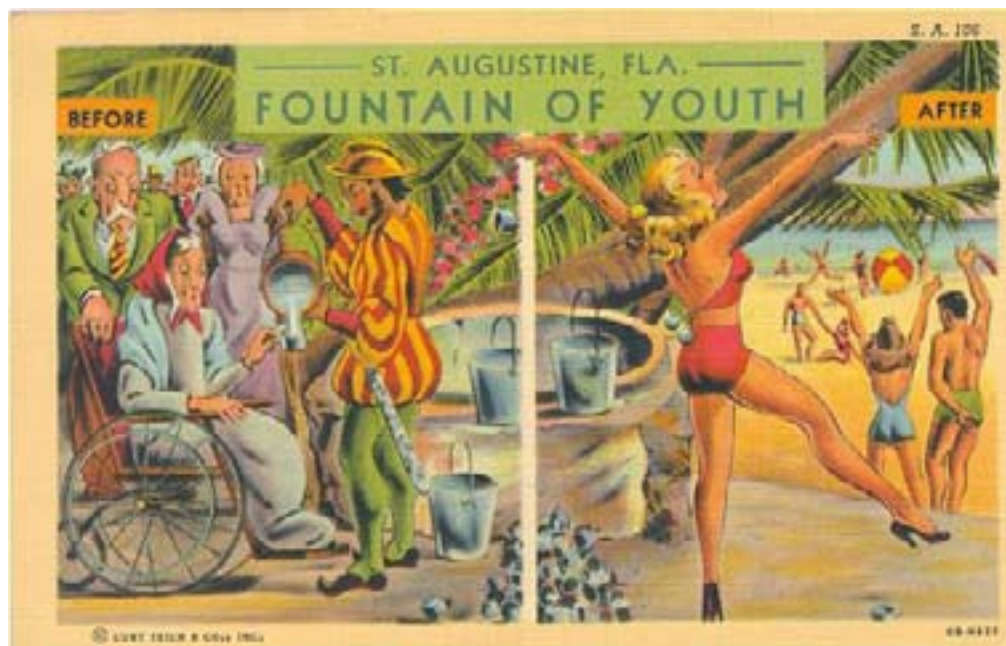
From the top of your head to the bottom of your toes, being physically active is the stimulus that gets the human body to work at its best and prevents it from deteriorating.

The stronger you are relative to your body mass, the healthier you are. It really is that simple.

So forget the notion that muscles are just for looks. They are essential for a healthy metabolism and a younger body. They stimulate fat burning, provide you with loads of energy, vitality and zest for living. Plus they help to prime a healthy immune system that will give you the ability to side step disease.

In Search Of The Fountain Of Youth

The upshot of all this is that if we want to live a long and healthy life we have the means and knowledge now to do so. Centuries ago we certainly did not. When Ponce de Leon groped through the wilderness in Florida looking for the mythical “fountain of youth” he was essentially looking for a “magic trick” that would change him from an older man to a young man.





Yet despite the fact that some of us DO know better, it is still true that most people today seem to think about regaining their youth in the same way that De Leon did. Simply find a “magic” potion and take it. No effort required, simply drink something and the years drop away.

Believe me, if it was that easy I would do it too!

But we all know there is no magic water that will take a decade off your body with no effort. Still, many people seem convinced that if they buy the latest fad pill, injection or medical procedure, they will be able to magically transform themselves with no work on their part.

Well, I’m here to tell you about the REAL “fountain of youth”.

It is a system of training. It is a program for training your body, your mind and your brain to revive the processes that will keep you functioning at top efficiency regardless of your age. If you decide to take it on board, along the way you will drop a decade or even two off the age of your body.

Experts say the best anti-aging “treatments” are indeed our lifestyle. This means the exercise we get, the foods we eat, and daily habits we keep. Adopting a wellness lifestyle provides amazing youth-enhancing effects, and that is why I am so excited to tell you about them.

So many of us want to slow the aging process and preserve our youthfulness, but we fail to understand that it is something we should really begin to do as early as possible. It should not be considered something we look to do later in life.



The following points are so important that I am going to bold them in the hope that they insinuate themselves into your brain...

The number one strategy for slowing the aging process and reclaiming your younger body is to improve your **Body Composition** - your muscle/fat ratio.

Boosting the physical structure stimulates growth and repair hormones which in turn improves all other body systems and processes and slows aging at the cellular level.





Notice that both of these ideas can benefit from the addition of strength training to your schedule.

In a very real sense the search for that elusive “fountain of youth” is no longer a fairy tale. Without question no other activity has more of an impact on overall health and well-being. It can give strength to the weakened, energy to the lethargic, restore health to the diseased and youthfulness to those that thought it was lost forever.

Strong toned muscles improve your looks from your head right down to your toes and are the cheapest beauty aid available. When they become stronger muscles grow into a more pleasing shape.

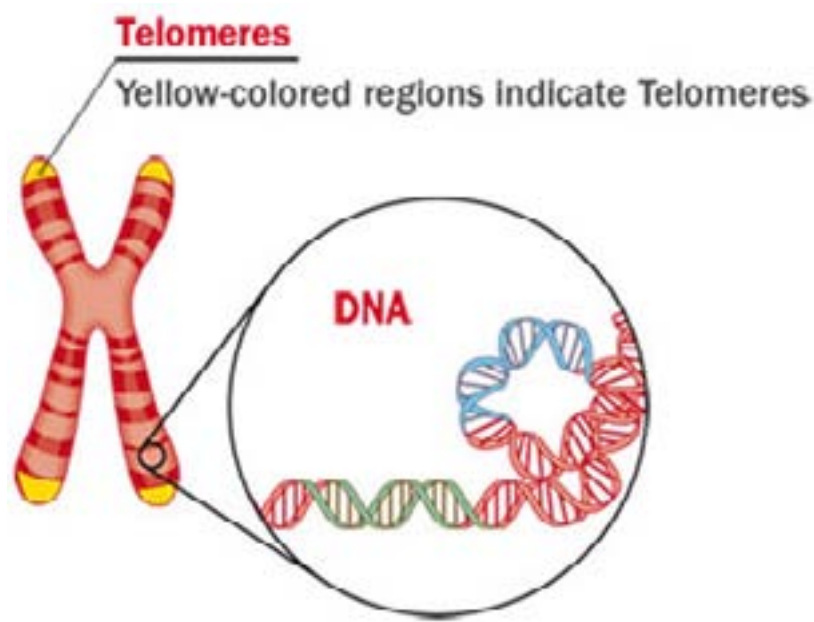
They are not only firmer and tighter but are lifted into a more youthful position that is visible when fully clothed and especially when the clothes come off! Lean firm muscles are taut against the body whereas fat droops and hangs and makes one look years older than necessary.

Not so long ago we thought that gradual loss of muscle was an inescapable part of the aging process. You were on a downhill run trapped in a body made up of more fat and less firm muscle, and the older one got the worse the situation became.

Enter The Age-Defying Science Of Telomeres

But thanks to science we now know the key to a younger body is to protect your cell's DNA, specifically the telomeres. However, it is not just about long living cells. It is about producing abundantly healthy, long living cells!

You may have already noticed that someone who is strong and fit often looks much younger than someone who has let go, right? This is because doing the correct type of exercise regularly can make you younger in many ways, and in part because it affects your DNA - those telomeres, the tiny genetic "clocks" that tell cells how old they are.





Although it is still early in the game, scientists say that increasingly it is looking as though the telomeres are key to true anti-aging, and a younger body and brain.

A new study from researchers at the University of California San Francisco and the Preventive Medicine Research Institute found that our genes are not our destiny and that lifestyle changes can change how our body ages.

This is an exciting discovery and suggests that exercise may be the key to longevity. For the first time, researchers have produced preliminary evidence that supports the case for practicing a wellness lifestyle.

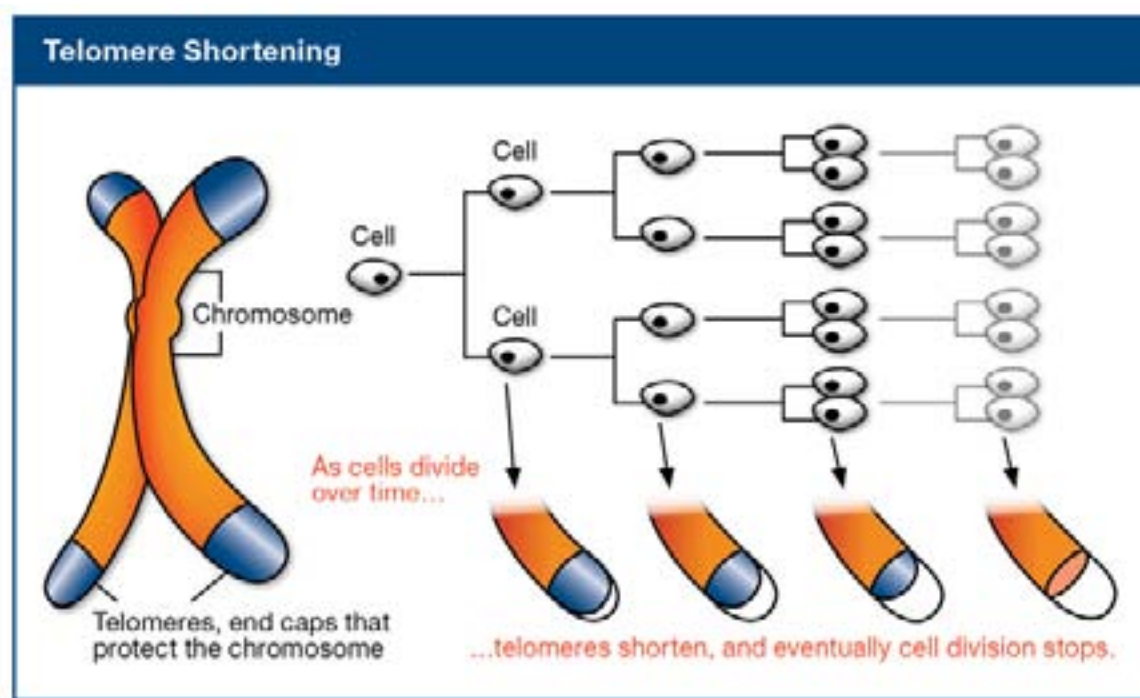
In a small study involving 35 men in their 50s and 60s, researchers at the Preventive Medicine Research Institute and the University of California found that the 10 participants who adopted several healthful lifestyle changes for five years experienced a 10 percent lengthening of their cell's telomeres, indicating that the cells would have a longer lifespan.

Inside the nucleus of each of our cells, genes are arranged along twisted, double-stranded molecules of DNA called chromosomes. At the ends of the chromosomes are stretches of DNA and these are the telomeres (often compared with the plastic tips on shoelaces).

These act as caps to keep the sticky ends of chromosomes from randomly clumping together which would inhibit the expression of genetic information.

Along with protecting our genetic data these “caps” make it possible for cells to divide, and evidently hold some of the secrets to how we age and get diseases. Each time a cell divides, the telomeres get shorter. This shortening process is associated with aging, cancer, and a higher risk of death.

Telomere shortening is now thought to be a major key that explains the process of aging itself, and holds the promise of not just slowing aging, but potentially reversing it.



Science is revealing that many types of health problems can be reversed by restoring and “rebuilding” your telomeres. Thus, their length is considered to be a marker of aging and health.



It stands to reason that lifestyle can either speed up or slow down telomere shortening, and research bears this out. Poor nutrition, obesity, lack of exercise, stress and insufficient sleep all cause production of free radicals that can significantly speed up the telomere-shortening process.

Shortened telomeres force inefficient gene function that locks into place problems involving inflammation and immune cell aging which drive the rate of aging and risk for diseases.

With time, your DNA eventually becomes damaged beyond your body's ability to repair it; and once your biological processes fail, you die.

From observation it has been determined that active people tend to have longer telomeres.

Imagine the very real possibility of being able to slow - and even stop or reverse - the damage done by aging. It would be like having a magical Fountain of Youth in your own backyard. Except that in this case, the fountain is actually within your body, and you can access it.

This might sound like science fiction, but I can assure you it's not. We now have the power to influence the aging process, and reduce our risk of developing deadly diseases. These same diseases are also tied directly to a lifetime of poor nutrition and exercise habits.

Telomere shortening is not only a marker of cellular aging related to body health, but also to healthy brain function with a direct correlation observed between short telomeres and degenerative brain diseases like Alzheimer's and dementia.

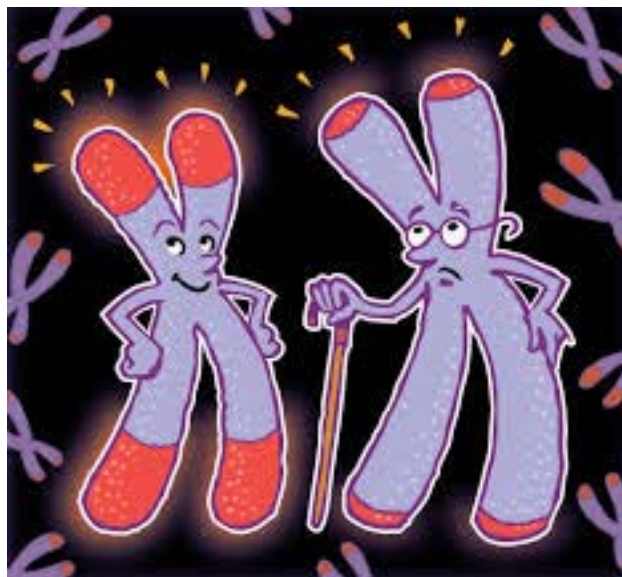


Even though you can't see your telomeres, the job of keeping these tiny entities from being whittled down by stress, insufficient nutrients, and processed foods laden with trans fats and other harmful chemical additives is yours alone. You have the power to affect the rate of shortening.

And needless to say, other bad choices like smoking, lack of sleep, alcohol, drugs (prescription or recreational), overindulging in food or a sedentary lifestyle are not recommended.

Taking Care Of Your Telomeres

Clearly, the way to preserve your health and lay the foundation for a younger body is by protecting your telomeres. A recent study from King's College in London compared telomere length in a group of 2400 twins. The difference in telomere length between the most and least physically active people suggested that the most active subjects had the telomere length of people 10 years younger.



The least active people got only 16 minutes of exercise a week, while the most active about 200 minutes. Three hours of exercise a week translated into the reversal of 10 years of aging - at least as far as telomere length is concerned. The preservation of your telomeres is just one in a long list of benefits to be gained from exercise.



Until recently it was thought that there was not much you could do about the length of your telomeres. Historically it has been seen as mere luck of the genetic draw. However it has now being proved that our choices about the way we exercise and eat can have a direct and substantial impact on keeping telomeres long - and thus help to ensure that our health span matches our life span.

This means that how we move and what we eat gives us control over how fast we will age. None of us want to age faster than we have to, but many of us are doing just that by living sedentary lifestyles, eating junk foods, and letting stress control our lives. The bottom line is that your choices can either slow down or speed up your genetic clock.



Factors That Influence Telomere Length

Inflammation is one of the most important causes of telomere damage. This is why the rate of telomere shortening is increased by lack of sleep, chronically high blood sugar, high blood pressure, smoking, and most likely any other activity or habit that increases inflammation in the body.

We already know inflammation causes premature aging and increases disease risk. Now we know it directly and negatively impacts your telomeres. Exercise and diet have a profound and well known impact on inflammation. This may be the primary mechanism by which they work.

Exercise and nutrient-rich foods increase the activity of enzymes that fight oxidative stress and inflammation. Any time free radicals (nasty little molecules that zip around our insides and do damage) are reduced in the body, telomere shortening length is likewise reduced.

In some ways, telomeres are the weak link in DNA. They are readily damaged and must be repaired, yet they lack the repair efficiency of other DNA. This results in an accumulation of partially damaged and poorly functioning telomeres of lower quality, regardless of length.




Contrary to what many may think there is no magic drug, quick fix surgery, medical procedure or newfangled supplement available to stabilize or preserve telomere length or correct damaged telomeres.

However, scientists have shown that exercise and nutrition both directly and indirectly influence telomere health. There are two strategies to preserve telomere length. You can decrease the rate of telomere shortening by interfering with the factors responsible for causing damage, or you can attempt to influence the factors that increase telomere lengthening.

A nifty enzyme called telomerase is used by the body to keep telomeres long and stable. Exercise and nutrient-dense foods have several overlapping mechanisms that slow damage to telomeres and enhance and boost telomerase activity.

One way to view our potential to influence the aging process is simply to think about how we might slow down the rate of aging. In the context of telomeres, this means utilizing strategies to slow down the rate at which they shorten, while helping to protect and repair them to maintain their quality. An emerging body of nutritional science says that this is now possible.

Another intriguing possibility is that we may be able to lengthen telomeres while maintaining their quality, actually turning back the biological clock. This can be done by improving the activity of the telomerase enzyme which can add length back to telomeres.



On the other hand proper exercise supported by great nutrition such as I teach in my Minimalist Fitness program which is included in my Reclaim Your Longevity program, has been shown to decrease telomere shortening, thereby promoting longevity. I will be telling you more about this program before we reach the final page of this report.



To the best of our knowledge exercise and diet are the only reliable tools we have in the fight against premature aging, declining function as we get older, and our quest for our younger body. And of course these are lifestyle options over which we have complete control.



The mere decision to avoid allowing yourself to fall into the category of “the sedentary and the overfed” may be the best anti-aging strategy you have at your disposal. Just imagine how incredible it would be to restore power, strength, energy levels, mental clarity and an overwhelming sense of optimism.

I have it, and it makes life more enjoyable for me than even I thought it could be. I want you to have it too.

With just a little effort we now have the know-how to slow that outgoing tide and claw back another 20 years and maybe more of peak performance living.

Now, let’s move on to the next factor that has a huge bearing on our ability to reclaim and maintain a younger body.



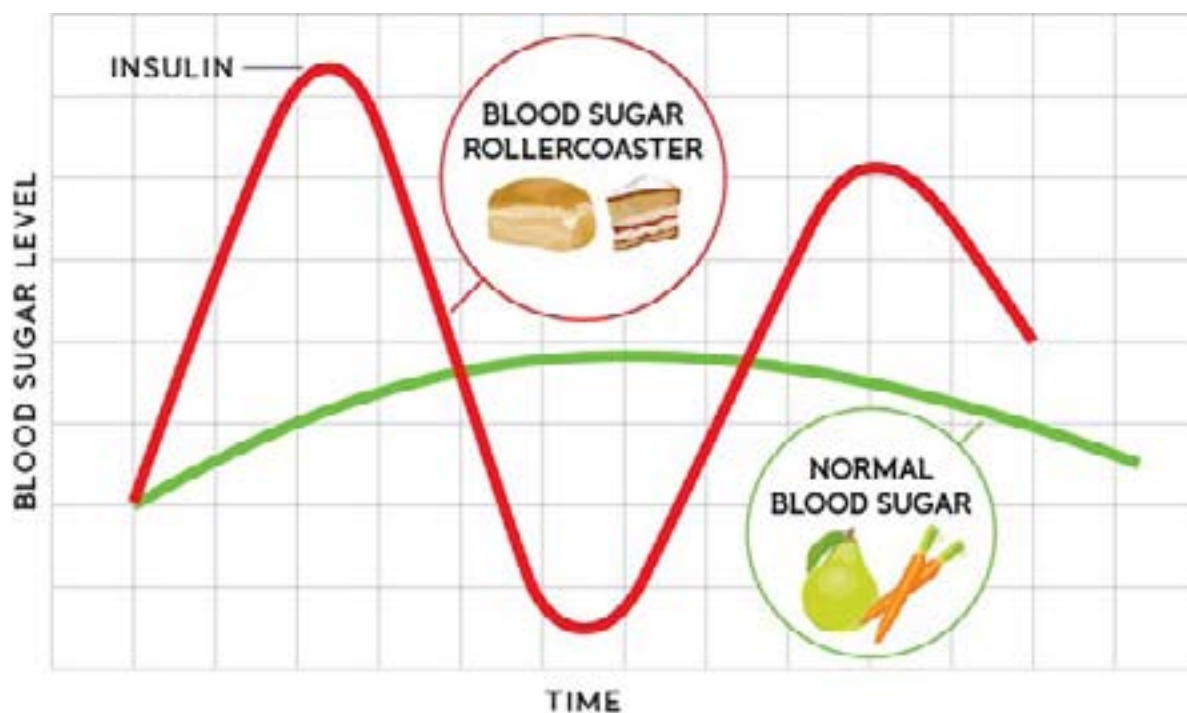
Why Stable Blood Sugar Is Another Key To Longevity

Our modern diet contains many refined and processed nutrient-poor foods which have an abundance of calories. If we eat too many of these food “look-a-likes” it can mean our blood glucose levels are constantly high.

While it’s perfectly normal for blood sugar levels to rise slightly after every meal, it is not natural or healthy when blood sugar levels become excessively elevated and stay that way.

In a youthful healthy body, when your blood sugar levels rise, insulin quickly lowers it and glucose is stored and retrieved easily. When your insulin works correctly, it keeps your blood sugar at a constant moderate level which gives constant sustained energy throughout the day.

But irregular blood sugar levels that swing wildly can become typical when more than half the calories we eat these days come from refined carbohydrates and sugars. Examples of these unnatural foods are breads, breakfast cereals, sugar, sweets, soft drinks, cakes, biscuits, fruit juice, pasta, pastries, white rice and jams.



These foods shoot the blood glucose levels to an unhealthy level immediately after a meal and it is this type of high-sugar (high-carbohydrate) diet that is driving the obesity epidemic - not diets high in fat as we used to believe.

Like most people you have probably never given your blood glucose levels a second thought and it used to be that only diabetics had to worry about their blood sugar. But not anymore.

New research says that one in four of us has pre-diabetes and doesn't even know it, and if current trends continue, one in three of us will be diagnosed with diabetes in our lifetime.



People who are feeling tired or listless during the day, who are overweight, have stressful schedules and irregular eating patterns might be fighting high blood sugar cycles and eventually become susceptible to diabetes.

This is so serious a problem that over the last 20 years the number of diabetics has risen from 30 million to 246 million. Almost unbelievably, this number is further expected to climb to 380 million by 2025.

Diabetes is the fourth leading cause of global death and those affected have reduced life expectancy of around 15-20 years.

The sad part is as many as one third of diabetics do not even know that they suffer from the disease. Therefore they are doing nothing to halt its progress.

If you are carrying excess weight (especially around the belly), feeling tired a lot of the time, or have become a slave to food cravings and riding the hunger roller coaster each day, you may be suffering from unstable blood glucose levels.

This creeping blood sugar intolerance often displays no visible symptoms and it can be one of the most destructive changes to your body associated with accelerated aging and the increased risk of disease.



Your lifestyle choices can help prevent diabetes or put you at greater risk for it. In itself this is very good news as we can absolutely control the main four factors that change the processing of blood sugar for the worse. **These are:**

1. Not doing enough proper muscle building and maintenance exercise
2. Consuming a diet high in refined and processed foods that contain man made fats, sugars and starches
3. Allowing body fat levels to increase
4. Dealing poorly with mounting stress levels

Years of eating large amounts of refined carbohydrates and unbalanced meals can cause your cells to become poor at processing sugar in the blood, resulting in insulin resistance.

This means as levels of blood glucose increase, the insulin your body makes to bring these levels down becomes less effective. Then higher and higher levels of insulin are needed to do the job of clearing the sugar from the bloodstream.

Now we have high levels of sugar AND high levels of insulin circulating around the body getting into mischief damaging arteries that lead to sensitive tissues and organs like the brain, heart and kidneys.

Then your body, trying to maintain balance, reduces and shuts down the numbers of insulin receptors in an attempt to protect itself. A vicious cycle is then set up with even more insulin being produced to try to force the cells to take up the excess sugar from the blood.



This only makes matters worse as insulin is a fat storing hormone. This leads to dangerous fat being stored inside the abdominal cavity where it wraps around major organs like the heart and lungs, hindering their functioning.

This type of stored body fat, which is very hard to shift, is a clear indicator of insulin resistance and hormonal imbalances which progress to serious health issues if they are not addressed.

The disease of diabetes has been likened to an acceleration of the aging process because much of the degeneration in the arteries and major organs due to the condition mimics what happens when we age.

But it takes place much faster and life expectancy is therefore considerably reduced once you have this nasty disease.

This problem can be prevented though - it simply requires the adoption of a proper exercise program performed 2-3 times a week which works the muscles directly and stimulates muscle cells to gobble up glucose from the blood.

This is the mechanism that can transform a previously insufficient amount of insulin into an adequate amount to transport the glucose to the muscle cells where it can be burned for fuel instead of remaining in the blood stream where it can cause damage.



How Can You Keep Your Body Biologically Young?

As I have mentioned in reference to the shortening of telomeres, physical aging begins in your genes. Scientists have also identified multiple genes that regulate your physical strength and biological age. Most notable among them are those involved in the sustainability of your muscle tissue. It's the decrease in the expression of these genes that causes your muscle to deteriorate and age.

So when exactly does the aging process start?

Chronological aging starts from the minute you are born. You can't possibly stop the clock from ticking. It's certainly an inevitable process. But there's also biological aging and growing evidence indicates that this kind of aging can be slowed and even reversed, particularly in the muscle tissue.

The reason: muscle aging isn't necessarily chronological.

A 60-year-old can have a muscular gene profile similar to a person 30 years old. And a 30-year-old person can already be expressing genes of a 60-year-old.



Can Muscle Aging Start At A Young Age?

Muscle aging may start at a young age - as early as the third decade of life. Many young adults unknowingly suffer from symptoms of muscle aging due to physical inactivity, poor diet, stress, substance abuse, and these become more and more notable as time goes by. Typically as a muscle ages, it loses its aerobic capacity and strength, and it also loses size. This is how the vast majority of people today experience physical aging.

But is it possible to stop this process?

In many respects, yes. But you need to know what to do. You need to learn what mechanisms enable your muscle to resist aging and you need to know how to trigger them.

This is where your daily activities can become essential to this process. How you exercise, how you eat, and even how you rest translate into gene activities that turn on mechanisms that dictate whether you age or stay young.

Now you need to understand what muscle downgrade means.



How Your Muscles Actually Prematurely Degrade

Muscle downgrade is a major blow to your body. It's associated with more than just loss of muscle size and strength. It can actually lead to a total metabolic decline.

The biological role of skeletal muscles goes far beyond locomotion. Your muscular system is your largest energy facility responsible for keeping your metabolic system intact. It essentially protects you against metabolic and hormonal decline, obesity, diabetes, and cardiovascular disease. It also enhances your brain function and keeps your body young.

Given this, the downgrading of muscle tissue can lead to a major health crisis on a scale far beyond what's commonly believed. The loss of muscle means loss of energy, a tendency to gain excess weight, vulnerability to disease, and accelerated aging.

This muscle downgrading is a major contributing factor behind the current epidemic of obesity, diabetes, and related diseases. It's becoming clear that the benefits you get from your muscular system are essential to your health. Keeping your body in shape not only makes you feel younger and stronger, but also might just save your life.



So What Causes Your Muscles To Degrade?

Although there are many causes of muscle downgrade the main one is not doing enough muscle building and maintenance activity. Others include hormonal disorders such as insulin resistance, inflammatory disease, dietary abuse, nutritional deficiencies, and chemical toxicity.






One of the most common causes of muscle cell damage is aerobic overtraining. This is when people do hours of low intensity, single mode endurance activity such as running, cycling and so on.

If this type of over-training comes along with inadequate nutrition (such as with dieters who obsessively run on a treadmill to burn the excess calories they get from a bad diet) the results can be even worse...

The combined effect of bad nutrition with bad training can be extremely destructive, and may lead over time to irreversible damage in the muscle cells along with a total metabolic decline.



The consequences include:

-  Impaired ability to utilize carbohydrates and fat for energy
-  Insulin resistance
-  Lower threshold for physical exercise
-  Excessive weight gain
-  Accelerated aging

The Number One Anti-Aging Strategy

- Make exercise your religion

The best anti-aging regimen begins within the body and starts with the right type of exercise supported by a nutrient-dense diet. The critical component that is often overlooked in the quest for a healthy and youthful appearance is strength training exercise.

Strength training is one of the most powerful and important things you can do to help slow aging from within and is the **ONLY** activity that will stop the aging process dead in its tracks and give you back that younger body.





It has the power to reverse muscle and bone loss and make human bodies work better and become leaner and younger. This is the only type of exercise that will stimulate the release of human growth hormone (HGH) to help your body build more youthful muscle tissue and use up excess flabby body fat.

Strength training is NOT running on a treadmill, riding a stationary bike, or using an elliptical machine. Although those types of aerobic machines use “resistance” to increase your workout intensity, it’s not the same as strength training.

Recreational activities such as walking, jogging or cycling do not work the muscles through their full ranges of motion and do not build or maintain strength in the major muscle groups of the body.

Strength or resistance training as it is known is exercise that uses resistance - to strengthen and condition the muscular system. This can be achieved with resistance machines or free weights. The amount of resistance a muscle has to work against determines how strong it gets.

Regular aerobic exercise - which means contracting your muscles many times with little or no resistance - DOES NOT prevent loss of muscle mass. Runners still lose muscle mass even if they’re highly active.

But you say “I walk and I am active” but we are not talking here about doing the normal tasks and activities of daily living or even living an active lifestyle. We are talking about taking it up a few notches to proper strength training exercise that will stimulate the “growth and repair” hormones that will truly keep you youthful both inside and out.



Although walking is great exercise, it is not enough to maintain overall muscle mass and does not make people stronger, and that is the bottom line. You cannot expect anti aging benefits from low intensity, endurance type activities. You need to give the muscles direct brief bouts of intensity (degree of workload) and strength training exercise is perfect for this.

Make no mistake, living a sedentary lifestyle or not doing enough muscle building and maintenance activity is NOT going to help you stay looking and feeling young. It is impossible to look youthful without muscle tone. The firm, lean, shapely, healthy body we all would love to have simply is not attainable without it.

Fortunately, you can easily regain muscle strength with simple strength training exercise and it is never too late to start. Some studies suggest that two to three months of strength building exercise can reverse decades of muscle loss. Even very small changes can make a big difference. An increase in muscle that's not even visible to the eye can be all it takes to improve your ability to do things like get up from a chair or climb stairs.

Muscle strength not only means making every task and activity you do easier in your everyday life, the amount of toned muscle you have also relates to control of body weight, bone health, cellular rejuvenation and the reduced risk of certain diseases.



As muscle declines, body fat often increases proportionately even if it does not register on the bathroom scale as it displaces and hides the lost muscle tissue. Fat can also be residing deep inside your body and it is this increased body fat that increases the risk of some cancers, diabetes and heart disease.

The best thing you can do for yourself is to build healthy new muscle tissue. This will act as a blood sugar sink, using up excess blood glucose every minute of the day and night.

In other words, strength training exercise improves your body's ability to control blood sugar levels and respond to insulin at every possible step in the process. And these are the keys to helping to prevent pre-diabetes as well as slowing the aging process.

Strength training exercise is especially critical to reinvigorating your body's glucose tolerance and increasing your muscle's insulin sensitivity. This will lower your diabetes risk and help to lower body fat and improve your body composition, your muscle/fat ratio, to a healthier level.

We now know that insulin is perhaps the most important hormone in the body when it comes to how well you age and how long you live. With a regular strength training program you now have the key to a longer and healthier life in a younger body.

If muscle means youth, how do you rejuvenate your muscle, and can you really keep your body biologically young?



As I have already mentioned, 3-5 pounds of your muscle disappears every decade and if this happens long enough, you wind up with sarcopenia. This occurs gradually and in fact you may not even notice it.

This is all controlled by your levels of the number one “youth” hormone - human growth hormone HGH which we have already touched on. It is HGH that regenerates and repairs your cells. It makes your muscles firm, skin tight, bones strong and joints healthy.

And it helps you maintain an attractive body shape by maximizing lean muscle and minimizing body fat. (That means a nice hourglass shape for women and a powerful superman-style V-shape for men.)

Unfortunately, as we age past 25, our HGH levels plummet. By age 40, HGH dips to 40 percent of what it was at 20. And by age 55 it shrinks to a measly 20 percent!

This dramatic plunge exposes us to the horrors of aging - thin skin, age spots, wrinkles, gray hair, low energy, slower thinking and lack of romantic interest.

Plus our drive and motivation to get things done evaporates.

Yet research shows that proper exercise alone can boost HGH by up to 352 percent and slash your risk of death from heart disease, diabetes and cancer. Exercise is the one thing anybody can do, but most people completely mess it up.



It FRUSTRATES the heck out of me as a gym owner because I see so many people screw it up, robbing themselves of the opportunity to turn back the clock.

That's a shame because research shows this method to be THE most effective anti-aging protocol ever tested. So, when I talk about exercise... it is not just ANY kind of exercise, but the kind that triggers HGH.

Most people do the wrong type of exercise, for TOO long and TOO frequently, wasting hours at the gym or on long walks, runs etc. Totally ineffective. They think any movement is exercise and its made worse by people who have no clue as to what they are talking about when they recommend you "just find something you enjoy and do that!"

Not only does this barely move the HGH needle, it can backfire by increasing the stress hormone cortisol. That grinds down your body, kills cell growth, stimulates belly fat accumulation AND speeds aging.

Worse still, many people shy away from exercise entirely, thinking they are too out of shape or too old, which is just NOT true.

The answer is actually to exercise less - MUCH less.

But that's ONLY possible by using incredibly efficient and effective movements that stimulate a huge surge in HGH in a VERY short period of time. In fact, studies have shown as little as 15 minutes of this super-efficient type of exercise results in an HGH spike of up to 352 percent.



That's why I'm so excited to share this remarkable type of training that makes the tremendous youth-enhancing, fat-burning, muscle-shaping properties of exercise accessible to ALL people, of ALL ages, regardless of what shape they are in.




This special type of exercise that I call "Minimalist Exercise" is the bare bones, no fluff kind of exercise that you must do if you want to turn back the clock.






Remember, the key to slowing aging, keeping your physique in check and your energy levels high is to keep youth-enhancing HGH levels high.

It's weird to me that many so people chase the illusion of a more youthful body with cosmetic surgery and other expensive and invasive means. Yet the very "real deal" for staying younger is right under their noses.

Proper exercise will give you benefits that none of those other methods can give you. Not anytime soon... not ever!

None of them can:

-  transform your body
-  give you unlimited energy and vitality
-  make you stronger and more vibrant

- 
-  make you mentally strong and resilient
 -  prevent you from contracting disease and illness
 -  prevent you from having aches and pains
 -  give you long-lasting health for life

But proper exercise does...

Unfortunately, there are those who still believe that strength training exercise is reserved for buffed bodybuilder types. Rest assured, however, this is not so and it is for everyone. No matter what your age or present physical condition, strength training will help to improve the quality of your life in a hundred different ways.

Studies show that cells of individuals who regularly exercise appear at least 10 years younger than those who do not. So, no amount of any anti-aging product or procedure is ever going to replace you putting a bit of effort into an exercise program.

Proper exercise has the capacity to make us feel better, makes us stronger and enriches our life so we can do more. Getting our blood pumping with the right type of exercise is one of the most valuable anti-aging tools known to mankind.

When you get going with your strength training exercise you won't need to be looking for other quick fix temporary anti-aging methods. You will have your own built-in, way more effective method of looking and feeling like you are decades younger than you really are.



Consider the sobering alternative... health, mobility, youthfulness, independence, self esteem - all dwindling away like an aging engine that has lost its power and strength.

If you content yourself with a no exercise lifestyle and continue to do so and spend most of your time sitting, you are passing up the chance to harness the rejuvenating power of your very own stem cells, your growth and repair mechanism, and you are condemning your body to a slow, inevitable decline.

A sedentary lifestyle means that you will be capable of less and less activity as you age. Even earlier in adulthood - in your 30s, 40s and 50s - you can begin to see declines if you do not engage in strengthening activities.

As a consequence of all this, muscular weakness is indelibly tied to not just our quality of life and the way we look and feel, but our life expectancy as well. And the science proves this.

You can put stem cells to work right now to fight off the effects of aging, rebuild muscle, and rev up your personal energy.

How To Have A Youthful Looking Body At Any Age

The key here is to lift the muscles under the sagging body parts. We know that gravity plays a part in pulling body parts downwards but you can take steps to resist its influence. You can lift sagging bits like your butt, chest, the backs of your arms, or even your breasts simply by toning and lifting the muscles beneath them.





For example, strengthening exercises like squats and deadlifts (see the start and end stance of a barbell deadlift in the image above) help restore and rebuild the muscles in your thighs and butt. Meanwhile, exercises like bench presses and other pressing type exercises help build the pectoral muscles on your chest, which can help lift your breasts. If you are a woman, don't think for a moment that these exercises will make you look "bulky" or make you look like a man. They will not. In fact, just the opposite occurs - when you tone your muscle tissue you are actually able to sculpt and shape your body. And that means you can create the curves that turn both men's and women's heads.

Sagging, flabby and weak muscles which result from not doing enough muscle building and maintenance activity add years to the way you look and feel.

I have touched on how accelerated and premature aging is fueled by the lack of growth and repair hormones. Although production slows down as we get older it slows down a whole lot faster if you do not do give your muscles their needed work. This affects our face as well.

As we hit our 30's and beyond the proteins that provide our skin with elasticity and firmness slow down and cells in and under our skin become less active and essentially "go to sleep". Our skin becomes dryer, looser, less supple and begins to show signs of wrinkling and sagging.



Generally when we think of exercise we get pictures of toned muscles, firm thighs and weight loss. We usually do not consider that exercise has many anti-aging benefits for our facial skin as well but it does play a large role in how youthful and healthy your skin appears.

We have known for decades of the many health benefits of a strength training program but we generally do not realize that it also has beneficial effects on our largest organ - our skin, which includes the face as well. Firming and toning the muscles under previously saggy and loose skin will always create a tighter more toned appearance.

Every time you do a strengthening exercise you are not only working the target muscle group, but every other muscle is bracing against the resistance to keep you in position while you do it. Even the muscles in your face contract to help hold your body stable. This effectively tones those muscles as well. So each time you engage in a workout your facial muscles go through a workout as well.

You are in effect giving yourself a mini face lift, firming and toning those muscles which lift, tighten and pull taut the skin that those muscles are attached to. A two for one deal - smoothing out your wrinkles so they become less obvious and slowing the rate your skin is aging. And of course when you do your workout you are stimulating circulation which shunts more oxygen and nutrients to the skin cells making them healthier.



When you work your body muscles there is another benefit: detoxification. This is the process of forcing out the potentially destructive poisons we have accumulated from chemicals that find their way into our bodies and into our cells. As the cells are cleansed they become more active and “alive” and are better able to do their job. The end result is you look more vibrant and youthful.

The earlier you get started with your exercise program the better you are able to prepare for and fight off the aging process ahead. Although your skin will continue to age you can do much to keep it young - from the inside where it really counts.

We all know the health benefits of exercise - it makes you stronger, fitter and more flexible. It improves strength, endurance, stamina, balance and energy. So, no matter how old you are or look exercise will knock off years and make you younger - period.

Your body shape will become more youthful as firm muscles take up their support positions giving you a more youthful posture and bearing.

I mentioned that a younger body starts with good muscle tone - and that a firm, well-shaped body is simply not possible without it. But it's also true that posture plays a huge part in this as well.

Posture ranks right up at the top of the list when you are talking about good health. It is as important as eating right, exercising, getting a good night's sleep and avoiding potentially harmful substances like alcohol, drugs and tobacco.

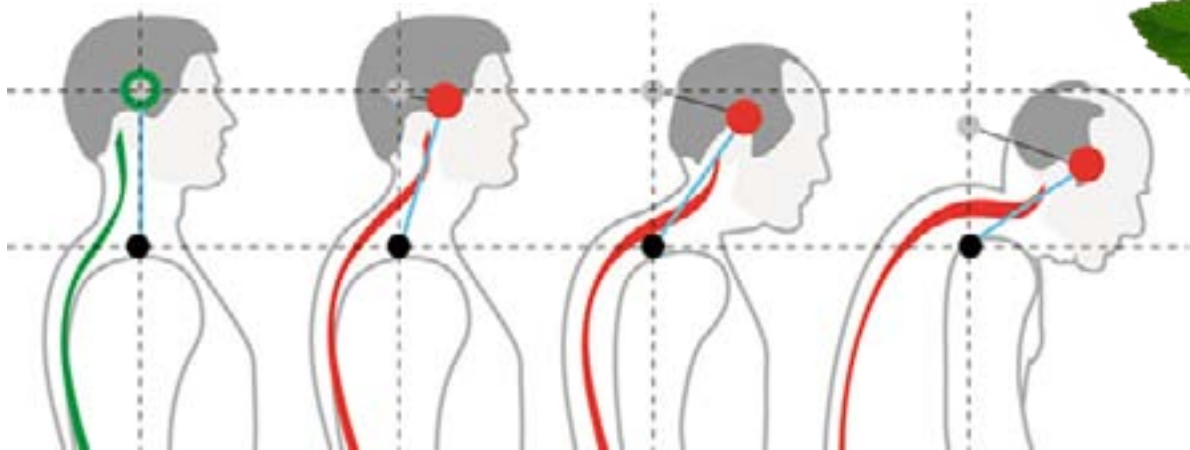


Good posture is a way of doing things with more energy, but less stress and fatigue. Without good posture, you can't really be physically fit.

Surprised? Well, you're not alone. The importance of good posture in an overall fitness program is often overlooked by fitness advisers and fitness seekers alike. Yet it is easy to avoid the problems that can be caused by bad posture - and improvements can be made at any age.

Good Posture Is Good Health

By the time we get to age 50 we have often developed such poor postural habits that our body and brain have simply forgotten where things should be.



The most common change in posture as we get older is the head and shoulders shift forwards, the chest curls inwards and the spine crunches from a healthy S-curve to a less healthy C-position as the pelvis tilts forward.

This places uneven pressure on the discs - the cushioning pads - between the bones of the lower back, and over time causes them to become compressed and painful. If you look around, you will see many people of all ages, who are starting to develop, or have developed, this stance.



Poor Posture

- How does it happen?

The main cause is weak “core” muscles from years of sitting in a hunched position. But poor posture can also develop from environmental factors or bad habits. A lifetime of poor posture can start a progression of symptoms in the average adult. It can start with...

Fatigue - Your muscles have to work hard just to hold you up if you have poor posture. You waste energy just moving, leaving you without the extra energy you need to feel good.

Tight, achy muscles in the neck, back, arms and legs - By this stage, there may be a change in your muscles and ligaments and you may have a stiff, tight painful feeling.

Joint stiffness and pain - At risk for “wear and tear” arthritis, or what is termed degenerative osteoarthritis. Poor posture and limited mobility increase the likelihood of this condition as we get older.

You may have heard the saying - a chain is only as strong as its weakest link. This law also applies to our body strength and many of us tend to have the shortcoming of a weak link - our mid section which includes our lower back and abdominal muscles.

This has to be the worst possible area on the human body to have a weak link because it supports most of the weight of the body. In fact chronic back pain can often be traced back to years of incorrect postural habits.



When your “core” muscles are allowed to grow weak, you lose the supporting and stabilizing tone of the back and spine muscles and your posture takes on an aged look. No matter how well you dress and take care of your “outer” looks it is very hard to look youthful and attractive with sagging posture.

To improve posture, a good level of strength in all the body’s muscles is needed so they can dominate the skeleton and demand that leg, hip and back bones stand at attention and stay put where they belong. This protects the spinal column and keeps body weight from weighing down on the vertebrae, compressing and squashing the fragile spinal discs.

A strong skeleton with strong muscles holding it all together firmly and upright means the muscles, joints, ligaments and tendons which allow us to move freely are in their correct positions. This means efficiency and the correct loading is placed on the structures that are designed for it rather than on bits that are not designed for it.

Sitting for long periods each day and avoiding a proper exercise lifestyle is a good recipe for back, neck, and hip pain that will just increase as the years go by. It is also conducive to a much “older body” both in looks and the way it feels. Yet just getting started on your strengthening program can reverse the damage and get your body upright and pain-free again in just a few months.




There are lots more positive benefits associated with regaining your strength with proper exercise. If you are overweight you can bring your body fat percentage back into a healthy range as your body composition (muscle/fat ratio) improves. This also boosts your metabolic rate - the rate at which you burn fat.

Forget the expensive and painful cosmetic procedures, get yourself started on a proper strength training exercise program supported with nutrient-dense eating. This will rejuvenate all of your body cells and stop the aging process dead in its tracks.

Just a couple of sessions are needed each week with the right program. When done properly to challenge the body only a little is needed as it is so effective.

The stimulation of exercise is what puts your body in constant regeneration mode. Exercise breaks down cellular tissue during every workout. Your body's innate ability to re-grow these cells using the building blocks provided by clean nutrition is the key to a younger body (and to recovering from your workouts).

It's quite clear that eating a diet consisting largely of processed foods will shorten your life. Yet 90 percent of the money Americans spend on food is spent on processed food. As a result, the number one source of calories comes from high fructose corn syrup - a staple "death" ingredient in nearly all processed foods, from frozen dinners, to condiments, snacks, and soda.



Researchers have even discovered that genetic mutations and malfunctions that cause disease are created in future generations when highly processed and artificial foods are consumed.

The theme all the way through this session is how you get to be biologically older - or younger - than your actual age and the things you can do to turn forward the clock or turn it back.

My focus has been primarily on exercise as it is the number one anti-aging strategy. But it does need to be supported by a great diet. A younger body is essentially a body that has regenerated its cells more recently, and adopting a clean diet will support you in this quest.

As you already know, a healthy diet is good for you, but even better, it can slow the aging process. So, for that reason, clean eating is number two on my list of anti-aging strategies after exercise.





Everything you consume becomes the building blocks of your body. The quality of the food we eat is consequently reflected directly in both our internal health and external appearance. A youthful, fit, lean, body at any age requires fresh and natural produce to supply quality protein, good carbohydrates and healthy fats.

Fresh vegetables, fruits, raw nuts and seeds and organic meats, fresh fish and free range poultry and eggs provide our bodies with the nutrients we need to function healthily and give our body energy rather than depleting us of vitality.



So, What Does Clean Eating Mean?

Essentially a clean diet is made up of natural foods, untouched by man. It has not been chemically altered, preserved, fried, or had added to it sugars, flavors, additives, thickeners, stabilizers... you get the drift. This is also true of beverages.

Examples of clean foods would include a carrot, a piece of grass fed beef, an orange, a bunch of spinach, a piece of fish from the ocean, a sweet potato and so on. In other words foods that DO NOT have a food label on them and which DO NOT come in a box, packet, can or bag with fancy graphics or are frozen.

A decorative border of vibrant green leaves and stems frames the top and right sides of the page.

Why Clean Eating?

If you wish to see changes in your health and fitness, you need to eat clean most of the time. A good level to aim for is around 80 percent of your meals. But you may start off much lower than this and simply build up your level over time as you swap out the nutrient-poor foods for nutrient-dense foods.

A truly healthy diet will always be reflected in your body shape and skin condition and give you a radiant, healthy glow. You can burn all the calories in the world, but without good quality food your health cannot improve if you are consuming low quality nutrient-poor foods.



Why Should We Eat Clean?

Every day we are bombarded with toxins. Toxins are found in the air we breathe, the foods we eat and even the water we drink. Chemicals - a large number of them toxic - are found in pollinates, pesticides, household cleansers, and beauty products (including makeup, soap, lotions, shampoo, hair dyes and perfumes).

Toxins enter the bloodstream, and the liver works hard to cleanse the body of these harmful substances. When the liver becomes overworked and sluggish, all the detoxification pathways suffer, and your health suffers.

Think about it, whatever you stock in your fridge is what your body will be made of next week... How's that for motivation to improve your diet! Our bodies do not recognize foods foreign to nature; we are simply not designed to digest them. And our systems get bulked up and become more and more sluggish.

The easiest way to detoxify your body is through exercise and clean eating.

To significantly improve your health and extend your life, you can begin tidying up your eating by simply eliminating as much sugar and as many starchy carbohydrates as possible and adding more lean quality proteins, healthy fats, fresh veggies, nuts, seeds and fruit.



You will be improving your health from the inside where it may not be visible. But this will give you not only a higher quality of life but a younger body.

The way I do it has nothing to do with eating less, but eating BETTER! It is simply back to the way you were meant to eat... without having to eat “diet” food or count calories. I call it Minimalist Nutrition and it’s a very simple and easy way to eat for the long haul.

What we can expect when we use Minimalist Fitness which covers both my simple exercise and nutrition style are these 8 Success Results:

1. A detoxified body
2. Natural weight loss
3. Dramatically improved health
4. Disease reversal
5. Slower aging
6. A younger look
7. Maximized longevity
8. Access the energy your body needs to keep you healthy

How many times have you heard commercials promising weight loss-only, by restricting calories, carbohydrates and fats, and telling you to eat more supplements or animal protein? This is the standard way to lose weight; the only problem is that these are unhealthy and non-sustainable ways to eat.



Switching to nutrient-rich healthy eating is different. When you make the Switch you are not focused on weight loss-only. You are on track to achieving ALL 8 of the Success Results which are the natural outcome for anyone who embraces the Minimalist style of eating.

And, they happen in order, one by one, symbiotically, each one adding to the success of the previous one. When you detoxify your body, you will lose weight naturally, dramatically improve your health, reverse lifestyle-induced diseases (obesity, heart disease and diabetes, etc.), age slower, look younger, and maximize your longevity!

Imagine detoxifying your body from the accumulation of the chemicals and toxins that cause the overweight condition and health complications. You will feel cleaner and lighter than ever before. Your body will start to self-heal, and your digestion will improve. You will have more energy, a lifted mood, and your skin will begin to glow and emit a more youthful radiance.

Now, while your body is becoming cleaner, it will also become lighter, as you lose weight naturally. You will finally be eating the way you were meant to eat, in-tune with your body's natural eating and fasting cycles. Your body has always been trending toward being healthy, desiring healthy foods, and you are finally appeasing it, by feeding it what it wants-nutrients!

As the toxins leave your body, and you are losing weight, your overall health will begin to improve dramatically because you are no longer overwhelming it with toxic foodstuffs and excess calories.



The continued weight loss and new-found energy and bliss will naturally inspire you to be more active, exercise and perform better in every way. Relationships, work, and even sex will begin to improve, too. It is only natural!

For probably the first time in your life, you and your body will be on the same team.

Slowing down the aging process and improving ones health is no longer something you do when you have a health scare or wait till later in life to put right. It makes sense to take steps to ensure that you stay healthy and remain youthful at a young age as it is something that builds and strengthens as time passes. So, by the time you reach your mid years you have built a healthy investment in yourself, your health and wellness.

You can turn the clock back - or at the very least slow it down - in many areas of your health and well being. Are you ready to fight the effects of aging?

There is not a single more beneficial activity you could do that can return you so much for so little output in time, effort and money.

Think about it - getting back into shape again, losing some weight and regaining your vitality and youthfulness. Imagine recovering years (maybe decades) of lost strength and stamina and increasing the quality and maybe the quantity of your life - priceless.




Now, it is very easy to read through a report like this one and find yourself agreeing with almost everything that has been said. Then the final page comes, you go on with your day, and nothing in your life changes.

Instead of doing this I would like you to promise yourself that you **WILL** commit to making the changes needed to begin reversing the aging process and turning back the clock by at least 10 years.

Don't wait for tomorrow. Allow my words today to be the instigating factor for change in your life and join me on my special program. The link to register and get started immediately can be found below.

It is not expensive. In fact, compared to the value you will derive from the health benefits associated with taking action today, the investment will be truly miniscule:



I'm ready. ARE YOU? Allow me to be your guide on this restorative, transformation as we reboot, renew and recharge your body and your life.

It's like wiping the slate clean - and starting over from the beginning. This is how you take back control of the aging process and add years of quality living to your life span and get that younger body both inside and outside. Can you imagine a more worthwhile goal?

[Click Here To Learn More About How To Reclaim Your Longevity](#)

