

5 Golden Keys to Slow Aging

The Anti Aging Foundation

By Nancy Hearn, CNC, EFT-ADV



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Introduction

Is it really possible to slow down your aging process?

New discoveries from research labs and medical clinics around the world are proving that it's definitely possible.

However, I think it is safe to say that most of us are not interested in living longer if it means prolonging pain, sickness, or unhappiness. Health and longevity go hand in hand.

The Hunzas' Secret

Take the Hunza people who live in the foothills of the Himalayas. They routinely live 120 to 140 years in good health, with virtually no cancer, degenerative disease, or bone decay. They remain strong and robust and are able to bear children even in old age.

In the late 1940's and early 50's researchers concluded that the Hunzas' health and longevity was attributed to many factors, including a natural diet, the pure glacial water they drink, the clean mountain air they breathe, their active lifestyle and cultural climate, as well as their spirituality.

Unfortunately, most people today are only looking for symptomatic relief from the typical signs of aging, such as wrinkles, age spots, achy joints, sagging skin, memory loss, illness, and disease.

However, anti aging research has proven there are many cumulative factors that contribute to aging. In other words, there is no single cause for aging and therefore no magic bullet.

My approach to anti aging is to take the latest research and to utilize a holistic lifestyle approach that will slow the aging process naturally from the inside out.

I believe this is the only true approach to anti aging that will not only help alleviate some of the undesirable symptoms of aging, but will also allow your body to heal itself and prevent disease.

First Things First

Thus, the purpose of this book is to inspire and empower you to develop the 5 Golden Keys into daily lifestyle habits that will provide a solid foundation for improving your health and longevity.

It makes more sense to provide a healthy terrain in your body before going out and spending a fortune on expensive wrinkle creams or anti aging supplements that may or may not work. Don't you agree?

For example, we know that putting an expensive wrinkle cream on top of skin that is parched from a dehydrated body is rather pointless. It makes a lot more sense to first hydrate your body from within and then apply a good wrinkle cream.

So I always advise my clients to establish the anti aging health basics first. In many cases, these basics, the 5 Golden Keys, will alleviate a huge percentage of problems or concerns—and save you a lot of time and money!!

After your baseline of health is well established, you will get the most benefit from any investment you make in anti aging products such as skin care creams and nutritional supplements.

Before we discuss the 5 Golden Keys, let's review aging. Do you know the main causes of aging?

Four Main Causes of Aging

As I mentioned earlier, there are a number of known causes of aging, but let's briefly review four of the main ones.

Later we will explain how the 5 Golden Keys will help to minimize these causes.

1. Dehydration

Water is absolutely essential to life, and most people simply do not get enough of it. Dehydration is the loss of water and salts essential for normal body function.

Since most adult bodies are about 70% water, it is easy to understand how important water is. To put it simply, water regulates all the functions in the body.

Just a few of the bodily functions most affected include:

- The flow of lymph fluid
- The movement of blood
- The transfer of nutrients into our cells
- The removal of waste out of the cells
- The functioning of our brains
- The movement of nerve impulses through the nervous system
- The balance of hormones

A few common symptoms of chronic dehydration include joint and muscle pain, acidosis, constipation, dry mouth, asthma, allergies, skin irritations, and the thinning and wrinkling of skin associated with aging.

But more importantly, what we don't see as readily are the shriveling and withering effects of dehydration on all of our internal organs, which can lead to illness and disease.

2. Free-Radical Damage

Millions of metabolic processes are occurring within our bodies all the time. These processes require oxygen and can create harmful by-products called free radicals, which are known to cause cellular damage.

In addition, most of us are exposed to many free-radical sources daily. Just a few of these sources include:

- Excess or chronic stress
- Processed and irradiated foods
- Heavy metals such as lead and mercury
- Drugs and medication
- Tobacco and alcohol
- Chlorinated water
- Electro-pollution from all our wired and wireless devices
- Toxic chemicals in our cleaning and personal care products.

Our bodies are designed to handle a certain amount of free radicals. In addition, nature provides us with many foods and herbs that are high in a class of nutrients called antioxidants, which neutralize free radicals.

The problem is that the standard American diet and lifestyle is conducive to producing huge amounts of free radicals, which our bodies cannot effectively handle.

Another major cause of free-radical damage is the accumulation of metabolic and acidic waste within the body.

3. Waste Accumulation

When we are young and healthy, our bodies are very efficient at removing toxins and accumulated waste.

The acid wastes from food as well as environmental toxins are normally dissolved in the blood and then eliminated primarily through urine and perspiration.

However, unhealthy diet and lifestyle habits (such as overwork and overeating) do not allow our bodies to completely dispose of these wastes.

In addition, most people consume an excess amount of acid-forming foods and beverages. Some of the most common of these are:

- Meat
- Dairy products
- Starchy carbohydrates
- Sweets
- Sodas
- Coffee
- Alcohol.

According to Sang Whang, scientist and author of *Reverse Aging*, we get old because we are not disposing of all our internally generated wastes and toxins, and we accumulate the leftovers within our body.

Medical researchers and scientists have proven that accumulated acid waste causes cellular deterioration and aging. Thus, helping our body detoxify itself is irrefutably one of the most important things we can do to slow aging.

Another reason for excess accumulation of waste in the body has to do with inefficient digestion and elimination, along with enzyme deficiency.

4. Enzyme Deficiency

As you may know, enzymes are the essential building blocks of life. They are vital to our body's ability to properly digest and assimilate nutrients from the food we eat.

But more importantly, enzymes are systemic (body wide) and thus provide the energy we use to rebuild cells, nerves, tissues, muscles, bones, and glands.

Dr. Max Wolf, M.D., researched enzymes and hormones at Columbia University from the 1930's through the 1960's. He determined that enzyme

production significantly diminishes in humans after age 27. Thus, he and others say that is essentially when the body begins aging.

Unfortunately, we are born with limited enzyme reserves. In past decades, people would naturally supplement their enzyme levels by consuming fresh, locally grown foods throughout their lives.

Modern food manufacturing, processing, preparation, and cooking destroy most, if not all, of the enzymes that foods contain.

Thus, most of us suffer an enzyme deficiency that causes our bodies and normal body functions to break down and age prematurely. Learning how to naturally increase our enzyme reserves is a key element for any anti aging program.

The Anti Aging Foundation

Even though the four main causes of aging are complex issues, you can begin to significantly reduce their effects by developing the 5 Golden Keys into daily lifestyle habits.

The 5 Golden Keys to slow down your aging process are:

1. Drink plenty of pure water
2. Breathe deeply and fully
3. Exercise your body
4. Eat food rich in enzymes
5. Develop an attitude of gratitude

I am sure you've heard these "keys" many times before. And you're right, there is nothing new here.

The question is: Do you do them?

Are they are part of your daily life?

We all know that knowing something is not the same as doing. It's the "doing" and "being" that makes all the difference.

So I challenge you to give this a try. Just go through this program step by step and see what happens.

If you truly incorporate all five of these Golden Keys into your daily life, I guarantee that you will begin to look and feel younger.

Getting Past Procrastination

Since you requested this e-book, I know you must have some degree of interest in slowing your aging process. Thus, before beginning this program, take a moment to reflect on the following questions.

What are you most concerned about in regards to aging? Check all that apply.

- Wrinkles or age spots
- Achy joints
- Fatigue
- Frequent illness
- Menopause symptoms
- Prostate problems
- Lack of mental focus
- Memory loss
- Weight gain or weight loss
- Osteoporosis
- Heart disease
- Diabetes
- Cancer
- Alzheimer's
- Parkinson's
- Other: _____

You've probably heard the saying:

**“If you do what you've always done,
you're going to get what you've always got.”**

Please take a moment to reflect on the following questions. Then write your answers in the space provided.

If you are not happy with your current state of health and rate of aging, are you motivated enough to make some minor lifestyle changes? Why or why not?

How to Develop a Healthy Habit

We all know how easy it is to create a “bad” habit. Creating a healthy habit takes some energy because of inertia.

Inertia is the resistance to change. It doesn't matter who you are or what the issue is, overcoming resistance to change is part of life. Everyone experiences it!

The good news is that our Anti Aging Foundation does not require you to give up anything! Thus, we have minimized the effect of inertia.

Psychologists have determined that it takes 21 to 40 days to develop a new habit. Thus, I encourage you to keep a journal and write down your daily successes for the duration of this program. Any type of notebook or day planner will suffice.

I guarantee it will make a huge difference in your success if you write it down. Just keep it simple so that it doesn't become a big chore. Better yet, find a friend or partner to do the weekly challenges with you and compare notes regularly. This will help you to stay accountable to yourself.

Focus on One Habit a Week

Even if you think you have already mastered a specific anti aging habit, I encourage you to focus on it for one week anyway.

Just consider it an experiment to become more aware of how well you are doing. I think you might be surprised by what you observe.

If at the end of the week you find that you were not able to do the specific habit at least 80% of the time, focus on the same thing again the following week. No judgment or self-criticism. Just more practice.

Remember that many of our unhealthy habits have been developed over many years, even decades. Thus, it may take several weeks or months to create new habits in their place. If you try to work on several things at once, it will be harder to stay focused.

If you find that you have mastered all of these habits, congratulations! You have built a solid foundation for a long and healthy life.

The 5 Golden Keys to Slow Aging

Even though the 5 Golden Keys are simple tips and common knowledge, what makes them “golden” is when we turn them into daily lifestyle habits. That is the real key.

Thus, my intention is to inspire you with perhaps a new perspective about some common knowledge that you may have previously taken for granted.

Golden Key #1: Drink Plenty of Pure Water

The human body is made mostly of water. Babies and small children are approximately 80 to 90% water, adults 70 to 75%, and the elderly 50 to 60%. This fact, in itself, is very telling about the importance of water to aging.

Babies have such soft and beautiful skin because their cells contain so much water. On the other hand, most elderly people suffer from chronic dehydration and thus have severely wrinkled skin.

**When it comes to aging, the skin is just the tip of the iceberg.
It's an indication of what is going on inside the body.**

Even though I have been involved in the health and fitness industry for over 30 years, I did not fully understand the importance of water until several years ago when I read the book *Water: For Health, For Healing, For Life: You're Not Sick, You're Thirsty* by F. Batmanghelidj, M.D.

I consider this book a must read for anyone interested in optimal health and longevity!

Only when you realize the damage that dehydration can cause will you take seriously the need for strict adherence to hydrating the body regularly and well.

It took me years (darn!!) to figure out the importance of drinking an ample amount of pure water. I had to learn the hard way that once we become increasingly dehydrated, our thirst mechanism fails. I have some irreversible wrinkles to prove it.

One of my goals in sharing what I've learned about anti aging is to educate others to not make the same mistakes I have made.

Thus, I cannot stress enough how important it is for people of all ages to drink the right type and the right amount of water daily.

The Right Type of Water

Part of my problem was that for several years (during my forties) I was confused by all the conflicting information about the best water to drink.

Thus, I avoided drinking any water and drank other beverages instead. Big mistake! The choice of water should not become a limiting factor to drinking it.

But which water is the best drinking water? Tap water, bottled water, distilled water, or reverse osmosis water?

After much research and personal experience, I have concluded that tap water filtered through an alkaline, ionizer device is the best possible drinking water.¹

The alkaline, ionized water is produced by a simple device that sits on your kitchen countertop and attaches to your faucet. This technology turns ordinary tap water or well water into super anti aging water.

Through the process of electrolysis, the water is restructured, or micro-clustered, making it 6 to 10 times more hydrating than other waters.

In addition, the ionized water is highly alkalizing and anti-oxidizing. Thus, it safely and effectively helps to remove acid waste from the body and neutralize free radicals.

My second choice for drinking water is tap water or well water run through a high-quality, three-stage filter that removes most contaminants including chlorine, fluoride, heavy metals, and pharmaceuticals.

I do not recommend bottled water. Besides the environmental issues and the high cost of bottled water, you never really know what you're getting.

¹ For more information about alkaline, ionized water, go to www.kangen4wellness.com. Check out the videos on this site or request a free DVD or free e-book on acid-alkaline balancing.

Then there's distilled water and reverse osmosis water. Both of these waters are devoid of minerals. They are considered "dead water" by many experts and are known to leach minerals out of the body.

If you currently have a distilled or reverse osmosis water system in your home, I highly recommend you consider investing in the alkaline, ionizer water system. If that is not an option, I recommend you supplement your distilled or reverse osmosis water with liquid ionic minerals.

I realize there are many other specialty waters and water systems on the market. The main things to look for when choosing drinking water are if:

- (1) the water is free of most contaminants, heavy metals, and chemicals
- (2) it is alkaline (healthy) rather than acidic (unhealthy), and
- (3) it is anti-oxidizing (healthy) rather than oxidizing (unhealthy).

The Right Amount of Water

As I mentioned earlier, for years I assumed that my body would tell me when and how much water to drink.

What I have since learned is that if we wait until we feel thirsty before we drink water, we are already dehydrated!

According to Dr. Batmanghelidj, "Every twenty-four hours the body recycles the equivalent of forty thousand glasses of water to maintain its normal physiological functions."²

Within this daily recycling process, the body comes up short of water, which must be replenished. In his book, Dr. Batmanghelidj explains in detail why all of us need to drink, on average, about half our body weight in ounces of water per day.

For example, if you weigh 190 pounds, you need approximately 95 ounces (or about 3 quarts) of water daily.

So take a minute now to figure out how much water you need to drink. How much do you weigh approximately? _____

² F. Batmanghelidj, M.D., *Water: for Health, for Healing, for Life; You're Not Sick, You're Thirsty!* (New York: Time Warner Book Group, 2003), p. 224.

Now divide that number in half. That is the number of ounces your body needs daily to stay hydrated.

Write the ounces here: _____

How many quarts is that? _____ (32 oz. per quart)

Dr. Batmanghelidj writes that the key is not to allow your body to become dehydrated before you start drinking water. You wouldn't let your car run out of gas before you filled the tank, would you?

The Best Time to Drink Water

It is best to consume water in quantities of about 8 to 16 ounces at a time, spaced throughout the day for optimum assimilation.

According to Dr. Batmanghelidj, "Water should be taken first thing in the morning to correct dehydration produced during long sleep."³

Two to three glasses of water first thing in the morning will also act as an effective laxative and help remove accumulated waste from the body.

In addition, I have found that drinking at least a quart of water before breakfast determines how well I stay hydrated throughout the day.

My morning routine goes something like this: As soon as I wake up, I fill my quart jar with alkaline, ionized water and then drink half of it right away.

I meditate for 30 to 60 minutes and then drink the other half-quart of water. I rebound exercise for 15 minutes, drink a bit more water, and then make breakfast.

Find a morning routine that works for you. Whatever you do, try to drink at least a quart of water before breakfast!

The other good habit I practice every day is to drink at least 16 oz. of water one hour before meals. The water will help to activate intestinal bacterial flora and enzymes while excreting waste and toxins.

³ Ibid, p. 226.

Avoid drinking more than a cup of water (or any beverage) during a meal. Drinking during meals hinders digestion and absorption. If you must drink something, sipping warm water or tea is the best choice.

If you don't like the taste of your water, then change your water! Or add a squeeze of fresh lemon to your water. (By the way, everyone I know agrees that alkaline, ionized water tastes great!)

Other liquids such as juices, teas, coffee, sodas, vitamin water, and so forth, do not count toward your water intake! In fact, many of these beverages are actually acidifying and dehydrating to the body.

Keep Track of Your Water Intake

Even if you think you drink "a lot" of water, I encourage you to measure it anyway by keeping track of how many ounces you drink.

Several years ago when I started measuring my water intake, I was surprised to discover that I was only drinking 3 to 4 glasses of water each day.

By measuring my water intake, I became more aware that I was actually drinking a lot of other beverages that were contributing to dehydration (especially coffee and tea).

Through trial and error, I gave up trying to remember or even keep track of how many 8 oz. glasses I drank. I learned that the only way I could keep track of how much water I drank was by filling a quart jar (glass is preferable to plastic).

Using a quart jar (32 oz.) makes it easy to keep track until you develop a solid habit of drinking enough water to keep your body hydrated and in a state of homeostasis, or balance.

Remember this: If you can't measure it, you can't manage it!

Week One Challenge

So, your challenge this week is to increase your water intake and actually measure how much pure water you drink each day.

Your daily goal is to drink half your body weight in ounces of pure water.

Helpful Tips:

- Write in your journal how much water you drink each day.
- Start drinking as soon as you get up in the morning and try to drink one quart before breakfast.
- If you don't like the taste of your water, try squeezing fresh lemon into it.
- If you start to lose interest or focus, go back to page 11 and read your "why."

Golden Key #2: Breathe deeply and fully

Our next key is one of the simplest yet most effective ways to minimize the damaging, anti aging effects of stress on our bodies.

Did you know that most people have unhealthy breathing habits? Most of us tend to breathe high in the chest or in an irregular and shallow manner.

We have adopted these unhealthy breathing habits for a number of reasons, but primarily because of a sedentary lifestyle.

Unfortunately, our typical shallow breathing patterns actually trigger physiological and psychological reactions to stress that accelerate aging.

Medical research has proven that people who breathe deeply rarely if ever get sick. And they live longer, too!

Did you know that with proper breathing and an optimal diet the respiratory system should eliminate up to 70% of your metabolic waste?

The remainder would be eliminated by perspiration, 19%, urination, 8%, and another 3% through the bowels.

However, for most people the opposite is true because of poor breathing patterns and unhealthy lifestyles.

Urination and perspiration are commonly the highest forms of waste elimination, followed by defecation and respiration.

We can begin to reverse that pattern and assist our body's natural processes of detoxification by learning to breathe deeply and to fully oxygenate our body.

How good is your breathing? Take a [free breathing test](#) and see.

The Importance of Oxygen

Oxygen shortage in the body has been linked to every major disease and symptom of aging. In addition, *oxygen is our primary source of energy.*

A well-oxygenated body can effectively neutralize free radicals and destroy bacteria, microbes, parasites, and viruses.

Oxygen is also critical for brain function. It calms the mind and stabilizes the nervous system.

The bottom line is that without adequate oxygen, nothing works well in the body. In fact, oxygen deprivation causes cellular death.

We know that all normal cells have an absolute requirement for oxygen. The only known exception to this is cancer cells.

In 1931, Dr. Otto Warburg, Nobel Prize winner, discovered that cancer cells are anaerobic (meaning they can live without oxygen). Cancer cells cannot survive in the presence of high levels of oxygen.

Now that we know how important it is to oxygenate our bodies, how do we improve our breathing habits? I think it is pretty safe to say that everyone could use some improvement in this area.

How to Breathe Deeper

Even though I practice yoga and have learned deep breathing techniques for meditation, the most effective form of deep breathing I actually learned from my dog, Fluffy.

If you have a dog, I am sure you can learn this technique from your dog, too. Seriously, just pay attention to your dog's breathing patterns next time you're sitting around.

What I observed was that Fluffy occasionally sighed heavily with a deep out breath. She did this most often when she lied down.

After doing some research on optimal and deep breathing, guess what I found?

Breath-work experts are teaching people to focus on expelling all the air from their lungs (rather than breathing in deeply). This is much easier to learn!

This technique makes a huge difference. If you expel all the air from your lungs, you usually get most of the air out, which creates a strong urge to breathe in deeply from the belly.

In fact, the vacuum you create sucks air back in and you will find that your body will automatically breathe more deeply for a few minutes. This, in effect, significantly minimizes the effects of stress and free-radical damage.

Try it now:

1. Purse your lips and slowly blow all the air out completely.
2. Now simply allow the air back in through your nose.
3. Notice that your belly fills first with air, then the diaphragm, and finally the chest. That is the proper way to breathe.

When to Practice Deep Breathing

So, with this technique, you don't need to take up yoga or go to a meditation class to develop a deep-breathing habit. (Although a yoga class would be a great idea!)

You can practice expelling all the air from your lungs anytime you're standing in line, waiting for your computer to boot, taking a break, reading your email, or walking to the post office.

Using those five seconds of downtime to fully expel your breath will give you five minutes of significant oxygenation benefits.

Of course, the trick is to remember to do it!!

When I decided to incorporate deep breathing into my daily routine, I followed Fluffy's lead and I tried to remember to expel air fully every time I sat down.

I also made a point to get up from my desk at least once an hour. This routine has continued to work well for me.

You could try my approach or figure out other routine times for deep breathing that might work better for you. Consider the following options:

- Before or after eating
- Whenever you drink water
- When going to bed
- Putting an hourly reminder on your computer
- After brushing your teeth
- When stopped in traffic
- Whenever you wash your hands
- Before and after cooking
- Whenever you stand up or sit down.

Week 2 Challenge

Your challenge this week is to fully expel your air several times a day, and be aware of your breathing for a few minutes afterward.

The exhale should be twice as long as the inhale. This is very important and will help your body rid itself of toxins and neutralize free radicals.

**Your goal is to breathe deeply several times a day—
ideally once every waking hour.**

Helpful Tips:

- Write in your journal your daily successes with your deep-breathing practice.
- Take the [free breathing test](#).
- If you find yourself forgetting, write yourself a note and keep it at your desk or tape it somewhere you will see it throughout the day.
- If you start to lose interest or focus, go back to page 11 and read your “why.”
- Continue to measure and drink your optimum amount of pure water.

Golden Key #3: Exercise Your Body

Sorry, there's no getting around this one. The hard reality of our biology is that we are built to move.

Exercise is the master signaling system that tells our cells to grow instead of die. When we exercise, every cell in our body receives important signals to continue the process of growth and repair.

Inactive muscles, on the other hand, release a steady stream of chemicals that tell the cells to decay, day after day after day.

Very simply, your body is made up of somewhere between 70 to 100 trillion cells that live mostly for a few weeks or months. These cells then die off and are replaced by new cells.

Regular exercise can tip the balance of your body toward growth and renewal or toward aging and death.

The Best Type of Exercise

The best type of exercise is the one that you will actually do every day.

However, not all forms of exercise will slow the aging process. In fact, many forms of exercise actually accelerate the aging process!

In order for exercise to be health promoting and anti aging, it should create an alkaline environment in your body rather than an acidic environment.

This means that your anti aging exercise should be pain-free, aerobic (rather than anaerobic), moderate (rather than excess or intense), and it should be fat-burning.

Some good forms of anti aging exercise include walking, rebounding, swimming, bicycling, golf, tennis, yoga, martial arts, strength training, dancing, and aerobics.

The key is to choose a form of exercise that you enjoy and is appropriate for your age and physical condition.

What types of exercise do you like? Write one or more here:

If you don't like any exercise, what form of exercise would you choose if it were a matter of life and death (because it is)? Write it down here:

The Benefits of Moderate Exercise

Moderate aerobic exercise promotes health and longevity. It is good for your heart, your muscles, your bones, and your joints.

Exercise is also essential for maintaining a health weight. It increases metabolism, oxygenates the blood, promotes fat burning, and flushes the lymphatic system of toxic waste.

For the greatest anti aging benefits, you will want to exercise aerobically (such as walking) a minimum of 15 to 30 minutes daily, or at least 5 times a week. Aerobic exercise builds stamina.

Ideally, you will also want to incorporate some strength training and stretching along with your moderate aerobic exercise.

Weight training is one way to strengthen bones and muscles. I recommend 20 to 30 minutes of strength exercise 2 to 3 times a week, skipping a day in between sessions.

My aerobic and strength training exercise of choice year round is rebounding,⁴ which is jumping on a mini-trampoline.

⁴ The type and quality of rebounder to use is very important, especially for your joint health. I recommend the Needak® Soft-Bounce™ Rebounder for its durability, design, and safety. For more information about rebound exercise and Needak rebounders, go to www.antiagingwisely.com

Not only does rebounding strengthen bones and muscles, *it strengthens every cell in your body!* And it is an ideal anti aging exercise for people of all ages and fitness levels.

Daily stretching will not only help to relieve stiffness, it also helps remove acid waste from your joints and muscles. I recommend stretching at least 5 to 10 minutes a day.

You might want to take a yoga or gym class to learn the proper techniques for safe stretching, but it's not necessary as long as you don't overdo it.

Avoid Excess and Anaerobic Exercise

Just as little or no exercise is unhealthy, excess or intense exercise of any type will most likely accelerate aging. Moderate aerobic exercise, light strength training, and gentle stretching will slow your aging process.

The specific type of exercise that accelerates aging is anaerobic exercise. Any type of exercise can be anaerobic if performed in excess or with high intensity.

I also learned this the hard way. During my teens I was a serious long distance runner and competed nationally. My love of running and training continued well into my forties.

I took a break from competing when I started having children in my early thirties. I got back into competing at 5K and 10K road races when my children were in grade school.

The nature of any type of athletic competition is that you want to continue to improve your performance. In order to improve, you have to train harder.

I noticed during my forties that it was taking me longer to recover when training, but I kept pushing myself anyway.

In addition, I felt fatigued and sore most of the time. I just figured that was the price to pay for being healthy and fit.

I woke up one day while attending a yoga-instructor training course. I met a lady there who was also a long-distance runner, but she ran much further and trained harder than I did. In fact, she was an ultra marathoner, meaning she ran anywhere from 26- to 100-mile races.

My realization that day was that even though she was younger than I was and obviously in better shape, she looked much older! Physically she was thin and strong, but she looked kind of withered and wrinkled.

It is always easier to be more objective about someone other than oneself. So I went home and reevaluated what I was doing and came to the conclusion that health was my priority, not my running performance.

I didn't need the competition anymore and I didn't want to feel tired and sore. Neither did I want to accelerate aging.

After doing more research I discovered that excess, anaerobic, and intense exercise actually produces a huge amount of free radicals in the body.

Thus, if you are an athlete and want to continue training for competition, you want to make sure that you are fully hydrated and are replenishing your body with large doses of antioxidants and alkaline water each day.

How Often Should You Exercise?

The simple answer is daily. Think of this: How many days would you go without brushing your teeth?

Why would you not want to miss a day of brushing? Because you don't want the bacteria and plaque to build up on your teeth, along with bad breath, right?

Do you realize the same type of unpleasant scenario is happening inside your body each day you choose not to exercise?

For example, the only way your lymph system gets adequately flushed of metabolic waste and toxins is through exercise.

Thus, if you don't exercise daily, your immune system is compromised and your body is accumulating waste and thus aging faster.

Daily exercise not only improves the function of the lymph system, it improves the health and efficiency of all cells, organs, and systems in the body.

Do you exercise daily without fail? If not, why not?

Write down all your reasons for not exercising daily:

For most of us, the main reason for not exercising is the same reason we procrastinate on making any changes, whether it's related to work, health, or relationships.

Remember the reason I mentioned earlier in regards to procrastinating about getting started? The reason is inertia. Everyone experiences inertia!

Even though being out of shape, overweight, tired, or stressed out make it harder to exercise, inertia affects everyone. I even experienced some daily resistance to running when I was in tip-top shape and fully enjoyed running.

So the point here is to understand that it's ok to resist exercise. It's even ok to not like it.

But do it anyway! The healthier and more fit you get, the more you will enjoy it.

The idea is to simply get in the habit of exercising every day. Make it a priority. Make it non-negotiable. And find a way to enjoy it.

When you can develop a habit of daily exercise, you won't have to struggle with the mind chatter that often goes something like this:

"I know I should go for a walk, but I had such a hard day at work I think I will go home and watch TV instead."

"It's too cold (or too hot, or too windy, or too whatever) today, I think I will skip my yoga."

Since I live in Montana and we usually have 8 to 9 months of cold, windy weather, rebound exercise has been my life saver.

I call it the “no-excuse exercise” because it is not dependent on good weather, gym membership, or any other outside factor. Thus, I highly recommend it to everyone.

Week 3 Challenge

Your challenge this week is to first commit to exercising every day. Then figure out some type of exercise that you can do that is non-negotiable, like brushing your teeth.

Your goal is to do moderate exercise (such as walking) at least 15 minutes every day.

Helpful Tips:

- Write down your daily exercise successes in your journal.
- If you find yourself forgetting, write yourself a note.
- If you start to lose interest or focus, go back to page 11 and read your “why.”
- Continue to breathe deeply and fully several times during the day.
- Continue to measure and drink your optimum amount of pure water.

Golden Key #4: Eat Food Rich in Enzymes

This next key will help to slow aging by increasing your enzyme reserves, as well as reducing the amount of waste that accumulates in your body.

Of the more than 5,000 types of enzymes working in the human body, there are two broad categories: (1) those made inside the body and (2) those coming from outside in the form of food.

How We Deplete Enzymes

Those made inside the body are affected by lifestyle habits that accelerate the exhaustion of enzymes. A few of the worst contributors include dehydration, poor respiration, and a lack of exercise, which we’ve already discussed.

In addition, other habits such as the use of tobacco and alcohol, mental and emotional stress, taking medications, and eating processed food containing chemicals and additives all exhaust large numbers of enzymes.

Dr. Hiromi Shinya, author of the international health bestseller, *The Enzyme Factor*, sums it up like this:

Knowing how to limit the unnecessary depletion of your precious source enzymes is the secret to curing illnesses and living a long and healthy life.⁵

So what can we do to naturally replenish enzymes? One of the simplest and inexpensive ways is to choose enzyme-rich foods and chew them well.

Enzyme-rich foods are primarily plant-based foods that are grown in your local area in fertile soil that is rich with minerals.

If possible, you want to eat primarily food that is organically grown, without the use of chemical fertilizers. The fresher the food is, the more enzymes it will have.

Thus, the best way to get enzyme-rich food is to grow your own. And if that doesn't suit you or your environment, I encourage you to make the effort to shop at your local farmers' markets or food co-ops.

Fresh Fruits and Vegetables

One of the most effective ways to replenish your enzymes is by eating a lot of raw fruits and vegetables. Lightly cooked vegetables will also contain some enzymes.

The Recommended Daily Allowance (RDA) for basic health is 8 to 10 servings of fruits and vegetables a day. A serving size, for example, would be 1 cup of leafy green vegetables, ½ cup of raw finger vegetables, ½ cup of cooked vegetables, 1 medium fruit, or ½ cup of small or cut-up fruit.

How many servings of fruits and vegetables do you eat each day? _____

When we eat overly cooked or processed food, our body is forced to extract enzymes from other areas of our bodies, including our glands, organs, and muscles to aid in digestion.

⁵ Hiromi Shinya, M.D., *The Enzyme Factor* (San Francisco, Calif.: Council Oak Books, 2008), p. 41.

In essence, our bodies then have to rebuild the food so that it is similar to its original fresh, enzymatic form. This is a huge energy drain on our bodies and this daily process exhausts our enzyme reserves.

However, most of us cannot eat all of our food raw or simply don't want to. The healthiest food is also food that your body can fully digest and assimilate.

Some people do have difficulty digesting raw food. However, if you increase your raw food intake gradually, your body will adjust accordingly.

Thus, I encourage you to start adding more raw foods (preferably organic) to your daily diet, especially vegetables, fruits, nuts, seeds, and sprouts.

Week 4 Challenge

Ideally, we want to be eating 70 to 80% or more of raw, plant-based food for optimal health and longevity.

If you are currently eating that much raw food, congratulations! You might want to try a new raw-food recipe this week.

Otherwise, your challenge this week is to increase your intake of raw food by 10%. For example, if you are currently eating 2 to 3 servings of raw food daily, increase it to 3 to 4 servings.

Remember, this includes primarily raw vegetables and fruits, as well as small amounts of raw nuts and seeds.

Your goal is to increase your daily intake of raw, plant-based food by 10%.

Helpful Tips:

- Write in your journal the number of servings of raw food you eat each day.
- Slow down when you eat and chew your food thoroughly.
- As soon as you wash vegetables, cut up a variety of finger vegetables, such as cucumbers, carrots, radishes, celery, and red, yellow, and orange peppers.
- If you start to lose interest or focus, go back to page 11 and read your "why."
- Continue to do at least 15 minutes of moderate exercise each day.
- Continue to breathe deeply and fully several times during the day.
- Continue to measure and drink your optimum amount of pure water.

Golden Key #5: Develop an Attitude of Gratitude

The final key of our Anti Aging Foundation is the most important. It has to do primarily with our attitude toward life and our inner sense of purpose.

So, what mentality or attitude is conducive to a long and healthy life?

In order to answer this, it is helpful to consider some of the traits that distinguish centenarians. The following list outlines a few of those traits, based on our research:

- They are independent and self-reliant.
- They don't worry about what others think.
- They are optimists and have a positive outlook on life.
- They don't hold on to resentments.
- They tend to remember more good memories than bad.
- They spend a lot of time doing what makes them happy.
- They laugh a lot and often have a good sense of humor.
- They have good coping skills for dealing with change and loss.
- They are appreciative of the simple things in life.

**However, the single biggest secret of centenarians
is that they almost always have a strong sense of purpose
throughout their lives.**

Find a Strong Sense of Purpose

It is easy to get caught up in the roles we play as adults and the routines of daily life that seem to deprive us of our significance. Sometimes we might feel that life is passing us by or has already passed us by.

In addition, whenever we become stressed out, we are cut off from that inner sense of purpose. We then tend to get stuck in the conscious mind, usually fretting about the past or worrying about the future.

Psychologists know that when we don't have a strong sense of purpose, we can become vulnerable to depression, despair, and physical illnesses.

We also know that these negative attitudes and emotions contribute significantly to the primary causes of aging.

Thus, at any time in your life, if you don't have a strong sense of purpose, finding one needs to be a very high priority.

Having a strong sense of purpose means different things to different people. What does it mean to you? Write it down here:

If you don't know your purpose, think of what makes you happy. Think about what gives you joy or a deep sense of appreciation and fulfillment.

Eckhart Tolle, best-selling author of *A New Earth: Awakening to Your Life's Purpose*, suggests that there is a difference between our outer purpose and our inner purpose.

He says the things we do and the roles we fulfill—such as parent, wife, husband, grandparent, partner, friend, employee, etc.—are not our true purpose.

**There is no substitute for finding true purpose.
 But the true or primary purpose of your life
 cannot be found on the outer level.
 It does not concern what you do but what you are. ⁶**

When you are aware of your inner purpose, everything you do has quality—even the most ordinary actions, like washing dishes or walking up stairs.

⁶ Eckhart Tolle, *A New Earth: Awakening to Your Life's Purpose* (New York: Plume, 2006), pp. 257-58.

If you can regain (or maintain) more of the childlike quality of being present in each moment, fully appreciating life, accepting whatever challenges or blessings life brings to you, your inner purpose will find you. And your outer purpose will unfold naturally.

Tolle writes: “Your inner purpose is to awaken. It is as simple as that.”⁷

In other words, in order to have a strong sense of inner purpose, it’s not so much what you do but how you do it.

For example, when you’re with people, give them your fullest attention. When you’re preparing food, prepare the food with love and appreciation, and you will bless those who eat it.

More Gratitude in Your Life

One of the surest and quickest ways to find or to strengthen your inner sense of purpose is to bring more of an awareness of gratitude into your life.

Even during difficult times, there is always something to be grateful for, such as the breath of life, one’s heart beat, the blessings of family and friends, sunshine, food, or any number of things we usually take for granted.

You can begin by simply allowing yourself (as best you can) to fully welcome the feeling of thankfulness in your heart for the simple things.

Another way to cultivate gratitude is to simply accept whatever is manifesting in your life right now, whether you see it as “good” or “bad.” This means letting go of dissatisfactions and even the desire to change.

I know this sounds contradictory, but oftentimes the desire to change creates negative feelings that can block inspired solutions.

The more you can let go of resistance to whatever is appearing in your life, the more you can feel grateful for what you already have.

Thus, developing an attitude of gratitude is essential to health and longevity. The best way I know to develop this anti aging mentality is to keep a gratitude journal.

⁷ Ibid, p. 258.

Week 5 Challenge

If you don't already have a gratitude journal, I recommend starting one and adding to it each and every day.

Undoubtedly, you already have a list of things you're grateful for in your heart and perhaps you have already written some of those down.

With focus, gratitude tends to take on a life of its own. Over time you will find a more positive (anti aging) attitude of gratitude will become more automatic.

Love and gratitude will surely strengthen your inner sense of purpose, the most important key to longevity.

Your goal this week is to become more aware of at least five things each day that you are truly grateful for.

Helpful Daily Tips:

- Write in your journal five things each day that you are grateful for.
- If you don't currently have a strong sense of inner purpose, seek it.
- If you start to lose interest or focus, go back to page 11 and read your "why."
- Continue to increase the number of servings of raw food you eat each day.
- Continue to do at least 15 minutes of moderate exercise each day.
- Continue to breathe deeply and fully several times during the day.
- Continue to drink your optimum amount of pure water.

Summary

Developing the 5 Golden Keys into daily lifestyle habits will eventually have a significant impact on your health. And it is never too late to start.

I encourage you to keep working on all of these habits for at least three months or more to fully realize the benefits.

Depending on your current health condition, the speed at which your body can heal itself and reverse the aging process is up to you. You are not a victim of your environment or your genes.

All of us at Look and Feel Younger would love to hear back from you regarding your experience with this program.

Let us know how well you are doing and what changes or benefits you have experienced. If we can use your testimonial on our website, we will offer you a free 20-minute anti aging consultation.

Send your message via email to info@antiagingwisely.com.

If you would like to build on the Anti Aging Foundation you have established, check out the intermediate and advanced anti aging programs at www.antiagingwisely.com

About the Author



Nancy Hearn is a Certified Health and Nutrition Consultant, Holistic Health Practitioner, Fitness Advisor, Yoga instructor, Emotional Freedom Techniques (EFT-ADV) practitioner, health educator and writer.

She has been involved in the health and fitness industry for over 30 years and is passionate about helping others achieve their health and fitness goals. Nancy offers a holistic approach to health and nutrition and recognizes that all aspects of wellness—physical, emotional, mental, and spiritual—are equally important.

Nancy owns Total Wellness Health and Nutrition Center in Livingston, Montana. She specializes in health and longevity, nutrition and fitness, body cleansing and detoxification, weight management, and cancer prevention and recovery.

Through her writings, classes, consultations, and programs, many people have been empowered to improve their health, reduce or eliminate pain, increase energy levels, lose weight naturally, achieve greater emotional balance, and experience a deeper sense of peace with life.