

## Anti-Aging 101

- Think young – develop an “ageless” attitude about yourself and everything you do.
- Act young – Do things that are fun. Find the fun in what you are already doing.
- Exercise regularly – Take part in some form of aerobic and resistance training three to four times a week.
- Eat a nutrient dense diet
- Walk more, drive less
- Drink lots of purified water – 6-8 glasses daily
- Start each day by drinking the juice of half a lemon in an 8 oz glass of water. This helps to ignite the digestive system and cleanse the liver and kidneys.
- Maintain a healthy weight by eating only when genuinely hungry and only as much as needed to satisfy hunger.
- Avoid adulterated fats, which cause cell degeneration. (E.g. margarine, shortening, trans fats, and overheated fats and oils)
- Make olive oil your dietary fat of choice.
- Avoid concentrated and refined sugars of all kinds – they weaken the immune system and contribute to weight gain.
- Avoid tobacco, both direct use and second-hand smoke.
- Replace white flour and white rice products with 100% whole grain counterparts.
- Keep bowels moving at least once a day – The intestines are capable of holding up to 65 pounds of waste. It takes water and fibre to keep the bowels healthy.



- Get to know your body and pay attention to symptoms – learn to recognize potential problems before they developing into something more serious
- Eat a diet rich in antioxidants and omega-3 fatty acids - both help neutralize the damaging effects of free-radicals (toxins).
- Drink alcohol in moderation. Alcohol's damaging effects on the central nervous system and liver is well documented.
- Take a multivitamin that contains B vitamins. The B vitamins: folic acid, B6 and B12 are related to healthy cognitive function.
- Love your life, live longer.