

Slow Down Aging

Meditate

Sleep Well

Eat Well

Avoid Processed Meats and Fast Food

Detoxify

Exercise Well

Stimulate your Brain

Stick to Healthy Attitude

Hydrate

Avoid Refined Carbohydrate and Sugar

Avoid Saturated Fat food

Include Fiber in your Diet

Eat Light at Night

Avoid Stimulants

Don't Smoke, Drink Alcohol or Take Drugs

Avoid Becoming Overweight

Restrict your calorie intake

Maintain your Cholesterol and Blood Pressure at Normal Levels

Avoid Polluted Environments

Strengthen your Core Muscles

Avoid Bad Posture

Stretch your Muscles

Perform Self Massage

Elevate your Legs

Breathe Deeper

Optimize Gut Function

Choose the Right Friends

Be Social

Don't take any Vitamin's Supplements without Doctor Approval

Don't take any Hormone Supplements without the Doctor Approval

Slow Down Aging

The key for everyone to control their lives is to control their bodies. Age is not an amount of time but a state of mind.

The ultimate challenge of every human is to gain and maintain a healthy and long life. This is a challenge which has no finish-line, but rather a continuous process of continual improvement and persistent desire. Knowing what you have to do and actually doing it is a world apart, so “Just do it.” Live healthier, look younger, stave off cancer and heart disease, enhance your immune system, fight off illness and boost your energy by adapting a healthy life style. And while we can’t prevent aging, we can do a lot to ensure that we age *optimally*.

This research paper represents a synthesis of tons of medical advices which had been written by several medical institutes, writers and Doctors who have been concerned with developing the best and most effective ways to stay healthy and slow down aging (however, we have to be careful about what we read, because most of these articles were written to promote a certain products, supplements or programs, etc. for financial goals.) I am neither a nutritionist, nor a Doctor. I am nobody when it comes to the medical field. However, I can say that I am a very conscious person who love all people and is dedicated to helping others and always trying to make others’ lives easier and better.

Practice skill power, not willpower. Proficiency at health maintenance takes dedication, practice, patience and experience, not willpower. No matter who you are, whatever your age, gender, ability, or talent are, or what you do for living, you certainly, absolutely, positively have all the skill power you need to change your life. Make changes to improve your health gradually, but with consistency and persistence. Think evolution, not revolution. Gradual changes are more easily adjusted to and maintained.

Before we start, yes we know that **everyone age and health is already determined**, written and can’t be changed. However, also it is determined weather you are going to follow a healthy or unhealthy way of life style, so pick your choice.

Aging is not a disease. Aging isn’t caused by “flaws” in the body’s systems. **Aging is the system.** Aging is inevitable process. After years of use, the body just “wears out.” Aging processes is a breakdown of the bodily rhythms, the body’s communications system and the immune system (which leaves us more susceptible to infections and cancer and slower to heal. Once you hit 40 years of age, whether you're a man or a woman, your body starts aging faster than normal. **After the age of 40, maximum heart rate falls by about 1 % per minutes each year, the body loose 1 % bones and lose 1 % muscles every year).**

Studies have shown that without the proper **nutrients and exercise**, your body will age about 6 months extra for every year that passes (e.g., If you are 40, that means by the time you hit 44 you will look and feel 46 and by the time you reach 60, you will look and feel 70 years old.)

In 1920 the average life expectancy was **54** years. Today, the U.S. Census Bureau projects life expectancy will reach **79** years. Change your life style and behaviors to live long, healthy and happy life, also to enjoy what is known as “active life expectancy,” the time in late life free of disability.

So, if your aim is to maintain your youth and health and slow down aging in your 40’s, 50’s, 60’s, 70’s, 80’s and 90’s, you need to follow a healthy way of life style by adhering to the following **Thirty Anti-Aging Factors** which none require a truck load of anti-aging drugs, supplements or gimmicks.

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(1) Meditate

The most powerful healing tool for stress and prolonged life is meditation.

Meditation guaranteed to make you feel a lot better, because it make you feel that you belong, beloved, not alone and that some one very important (the creator “God”) is looking out for you.

Whether you believe in God or in something you call creator, several studies have found that religious people are generally less stressed, healthier and live longer. Meditation has been shown to have a positive effect on people dealing with severe levels of stress, depression and obsessive compulsive disorder. The physical changes likely to occur during meditation include less consumption of oxygen, decrease in the rate of breathing and pulse rate, lowered blood pressure and decreased muscle tension.

(2) Sleep Well

Lack of sleep may actually precipitate death. Research shows that if you sleep less than six hours a night, you are at far greater risk of having a heart attack or experiencing a stroke.

The fountain of youth is located right between your ears. It is a tiny conical gland at the center of your brain known as the **Pineal Gland**. It releases almost undetectably minute quantities of a substance known as **Melatonin** into the blood stream. **Aging process is a process that begins in the pineal gland and it's a process that can be controlled.**

Pineal gland is the biological clock that controls aging, by its daily production of **melatonin**. **Melatonin is the anti-aging hormone.** **Free-radicals** oxidation is the fundamental cause of aging. **Central to melatonin's role as an anti-aging hormone is its action as a free-radical scavenger.** **Free-radicals oxidation is the fundamental cause of aging.** Free radicals, is the leading cause of heart attacks and cancer. **Melatonin** pushes diseases off to later years and helps prevent many cases of cancer, heart failure and other diseases of aging.

Melatonin's level changes promote sleep at night and keep us alert in the daytime. This basic cycle of melatonin production helps protect the body from the effects of aging. **The patterns of light and dark-and our bodies' chemical responses to them hold the key to unlocking the mysteries of aging.** At the onset of darkness, melatonin production begins to rise, peaking in the middle of the night and declining toward morning.

Melatonin is one of the most powerful hormones in the body. The **pineal gland** is **connected** by a **direct nerve pathway to the eyes**, the **pineal gland produces melatonin when darkness falls**, helping to regulate the basic daily rhythms to your body.

Also, when our bodies are in the repair mode of deep, restful sleep, we produce growth hormone. People who have trouble sleeping often have lower levels of growth hormone. As well, lack of sleep is a stressor.

(3) Eat Well

You need to eat healthy food all the times to keep the body disease-free, healthy and young.

The following food items are packed with **Vitamins, Protein** (A gram of protein for every kilogram of body weight is a good rule of thumb,) **Complex Carbohydrates** and **Fiber**; also they are powerful Antioxidants. **Antioxidants** will lower **high blood pressure** and **high cholesterol levels** to help protect against heart disease. Antioxidants protect the body from the harmful effects of by-products known as free radicals, made normally when the body changes oxygen and food into energy. There is good evidence that oxidative damage caused by toxins and metabolism contributes to the aging process. Foods (but not supplements) high in antioxidants seem to protect us from oxidative stress. You may **take vitamins A, C and E and selenium** (often available in one pill) daily to help clean up free radicals, but only with Doctor Approval.

1. **Vegetables:** Spinach, Broccoli, Tomatoes, Lettuce, Sweet Potato, Sweet red and green Peppers, Onion, Garlic, Celery, Parsley, cilantro, Mushroom and Corn.
2. **Fruit:** Apples, Orange, Banana, Carrots, Dates, Beets, Grapes and Pomegranate.
3. **Meat:** Beef, Poultry and Sea Food.
4. **Legumes:** Beans and Lintels.
5. **Milk and Cheese.**
6. **Oil:** Olives, Canola and Corn.
7. **Whole Grain.**
8. **Cerials** (Fortified.)
9. **Nuts:** Almond, Cashios, Pistachios, Hazel Nuts, Walnuts and Brazil Nuts.)
10. **Honey**
11. **Yogurt**
12. **Tea**
13. **Herbs and Spices**

- **Onion** and **Garlic** are the magic double punch: They lower bad cholesterol level and high blood pressure. Help in preventing and fighting heart diseases, cancer, hardening of the arteries, bacteria, angina, bronchitis, inflammation, asthma, colds, flu and pneumonia.
- **Spinach** and **Broccoli** are the grand vegetable loaded with numerous vitamins and minerals.
- **Apples, Orange, Banana** and **Carrots:** Eating these fruit, you don't miss other fruit.
- **Whole Grain, Cerials** (Fortified,) **Milk, Nuts, Yogurt, Olive oil** and **Honey:** Eating these daily, you can relax and not worry much about your health. **Whole grains** (not fake "whole" grains that are ground into flour) are an excellent source of vitamins, minerals and soluble fiber. They are also perfect fuel for those killer workouts. Fats like **Olive oil** has innumerable health benefits. **Nuts** are the perfect snack food and are filled with anti-aging fats, vitamins and minerals. They are also great for suppressing appetite. However, just don't eat more than a handful.
- **Green, black or white tea** is full of antioxidants and other cancer-fighting compounds. Green tea is anti-inflammatory, anti-cancer, an anti-oxidant and pro-weight loss.
- **Herbs and Spices** (**Parsley, Celery, Ginger, Turmeric, Nettles** and **Rosemary.**) These herbs and spices are powerful anti-inflammatory that significantly boost the body's overall immune system, improve digestion, protect against heart diseases and cancers.

Numbers 1 through 9

(Vegetables, Fruit, Meat, Legumes, Milk, Oil, Whole Grain and Fortified Cerials)

The following are general information of the various vitamins, minerals, its food sources and health benefits:

1. **Vitamin E**

Spinach, Broccoli, Cabbage, Cauliflower, Nuts, Vegetable Oils, Beans, Whole Grains (*Brown rice, Oatmeal, whole wheat bread*), **Fortified Cerials**, Peanut butter and Sweet potatoes.

Vitamin E reduces or prevents the risk of diabetes, colon and prostate cancer and obesity.

2. **Vitamin A :**

Spinach, Broccoli, Cabbage, Cauliflower, Carrot, Eggs, Dairy products, Milk, Green Vegetables, Beef Fortified Cerials, Poultry, Tuna and Sweet potatoes.

Vitamin A helps fight infection and keeping skin and bones healthy, builds up or maintains an effective immune system and protect against blindness.

3. **Vitamin C :**

Spinach, Broccoli, Cabbage, Cauliflower, Fortified Cerials, Citrus fruits, Tomatoes, Peppers and Potatoes.

Vitamin C Reduce or prevent the risk of stomach, esophageal, colon, rectum, pancreas, cervix and bladder cancers. Lower blood pressure and cholesterol. Prevent heart attacks. Improve the body immune system. Aid in preventing kidney stones. Improves wound healing. Protects gums, joints, ligaments, artery wall and skin. Also it stops migraines, fight depression, keep teeth healthier and regulate body's blood sugar metabolism, raising energy level.

4. **Vitamin D :**

Eggs, Nuts, Milk Fortified Cerials, Salmon and Sardines.

Vitamin D is responsible for getting the important bone builders calcium and phosphorus to the places in the body that they need to go to help bone grow in children and re-mineralize in adult. Vitamin D strengthens the bones in the ear's hearing mechanism.

5. **Vitamin K :**

Spinach, Broccoli, Cabbage, Cauliflower, Brazilian Nuts, Cauliflower and Kale.

Vitamin K is needed for proper clotting of the blood when you are injured.

6.1 **Vitamin B1 (Thiamin)**

Beans, Beef, Orange, Whole Grains, Fortified Cerials and Soybeans.

Vitamin B1 (Thiamin) converts carbohydrates (starches and sugars, meat, whole grain and cereal) into energy. A severe B1 deficiency kills the brain cells responsible for memory, causes mood changes, vague feelings of uneasiness, fear, disorderly thinking and other signs of mental depression.

6.2 **Vitamin B2 (Riboflavin)**

Spinach, Broccoli, Cabbage, Cauliflower, Milk, Fortified Cereals, Poultry, Fish, Yogurt and Cheeses.

Vitamin B2 (Riboflavin) helps preventing cancer and control cholesterol buildup. Riboflavin deficiency can affect your vision; eyes will become light sensitive and easily fatigues blurred vision and itching, watering, sore or blood shots eyes.

6.3 **Vitamin B3 (Niacin)**

Nuts, Beef, Poultry, Fish, Tuna, Beans, Whole Grains and Fortified Cereals

Vitamin B3 (Niacin) raises the levels of HDL the good cholesterol, while lowering the levels of LDL, the bad cholesterol.

6.4 **Vitamin B5 (Pantothenic Acid)**

Salmon, Whole Grains, Mushrooms, Peanuts.

Vitamin B5 (Pantothenic acid): B5 deficiencies include the sensation of burning feet, loss of appetite, depression, fatigue, insomnia, vomiting and muscular cramping or weakness. Up to 50% of B5 is destroyed by processing, canning or cooking.

6.5 **Vitamin B6 (Pyridoxine):**

Eggs, Walnuts, Milk, Beef, Poultry, Fish, Banana, Yeast, Soybeans, Whole Grains and Peanuts

Vitamin B6 (*Pyridoxine*) is as important to your body as oxygen and water. It serves the important purpose of ensuring that biological processes, including fat and protein metabolism, take place in the body. B-6 is also important in brain function. A lack of B6 impairs your memory, causing trouble with your ability to register, retain and retrieve information. Shortage of B6 may impair the secretion of insulin and glucagons, the hormone that tells your pancreas when to stop producing insulin. Shortage of B6 can also lead to nerve damage in the hands and feet, numbness, tingling, swelling and pain in the knees, shoulder and arms. With Doctor's approval you may take 100 to 200 milligrams each of vitamins B6 and B12 daily to reduce cortisol and increase levels of serotonin, a chemical in the body that helps ease depression and anxiety.

6.6 **Vitamin B7 (Biotin) :**

Eggs, Walnuts, Milk, Corn, Peanuts, Yeast, Soybeans, Cauliflower and Fortified Cereals

Vitamin B7 (Biotin) is essential for healthy **nails** and to avoid having clipped brittle nails.

6.7 **Vitamin B9 (Folic acid / Folate) :**

Green Vegetables, Beans, Whole Grains, Spinach, Broccoli, Orange juice and Fortified Cereals

Vitamin B9 (Folic acid / Folate) works with 20 different enzymes to build DNA. It is essential for normal nerve function. Folic acid prevents heart disease and stroke. It may help protect against cancers of the lung, colon and cervix. Folic acid keeps the blood cells and the nerve system healthy.

6.8 **Vitamin B12 (Cobalamin) :**

Tuna, Salmon, Clams, Oysters, Crab and Herring

Vitamin B12 (Cablamin) keeps the blood cells and the nerve system healthy. B12 is vital to the production of myelin, the fatty sheath that insulates nerve fibers, keeping electrical impulses moving through your body. B12 is important for the production of red blood cells, and that will mean more oxygen carrying capacity. B12 protect against memory loss, confusion, delusion, fatigue, loss of balance, decreased reflexes, impaired touch or pain perception, numbness and tingling in the arms and legs, tinnitus and noise-induced hearing loss.

7. **Omega 3 :**

Eggs, Walnut, Salmon, Cod, Mackerel, Haddock, Sardines, Tuna Anchovy, Flaxseeds, Wheat and Soybean oil.

Omega 3 is a cure all for heart diseases. The heart and the mind are two separate organs, except when it comes to Omega-3, they are one. Omega 3 helps conserve brain energy and helps maintain mental balance.

8. **Beta-Carotene :**

Spinach, Broccoli, Cauliflower, Cabbage, Kale, Carrots and Sweet potatoes.

Beta-Carotene has frequently been portrayed as the blockbuster nutrient that will save the world from unlimited diseases. Beta-carotene stimulates the immune system, protect against lung cancer and heart disease, aging, cataracts and a host of other ills. About three carrots a day cut the risk of heart attack and stroke almost in half. Foods rich in beta-carotene have an added benefit, since the body converts it into vitamin A.

9. **Celenium :**

Dairy products, Brazilian Nuts, Milk Beef, Whole Grains Salmon, Tuna and **Fortified Cerials**

Selenium protect against stomach, lung, bladder and pancreas cancers & cataracts (eyes blindness.)

10. **Tryptophan :**

Eggs, Dairy products, Milk Poultry and **Tuna.**

Tryptophan help the body to make serotonin which help in mitigating depression.

11. **Zinc :**

Eggs, Dairy products, Green Vegetables, Nuts, Beans, Beef, Whole Grains, Poultry, Seafood (Oysters) and **Yogurt.**

Zinc is essential for healing of wounds and sores. It helps in creating new skin and sperm cells. It helps build new immune system cells and protect against cancer. It is important in regulating the production of proteins, fatty acids and DNA. It is essential for preserving vision.

12. Copper :

Green Vegetables, Nuts, Beans, Lentils, Beef, Fortified Cereals, Seafood, Poultry, Whole Grains, Yogurt, Breads (dark) and Mushrooms.

Copper plays a role in the body's formation of strong, flexible connective tissue of muscles, nerves and the immune system. Copper has a big effect on immunity.

13. Iron :

Spinach, Broccoli, Cabbage, Cauliflower, Beans, Beef, Fortified Cereals, Poultry, Seafood, Soybeans, Potatoes.

Iron is essential for the production of hemoglobin (the red pigment in the blood that carries oxygen from the lungs to the body's cells.) Iron enhances the immune system's infection fighting ability.

14. Magnesium :

Spinach, Broccoli, Cabbage, Cauliflower, Beans, Green Vegetables, Nuts (Almond), Whole Grains, Fortified Cereals, Seafood, Yogurt, Banana, Corn, Potatoes, Figs, Apples, Lemons and Grapefruit.

Magnesium cuts risk of heart disease. It helps nerves and muscles function properly. It helps in preventing high blood pressure and heart arrhythmia. It helps in preventing asthma and kidney stones. It helps relax blood vessel walls. It helps to turn food into energy and transmit electrical impulses across nerves and muscles.

15. Calcium :

Spinach, Broccoli, Cabbage, Cauliflower, Green Vegetables, Milk, Yogurt, , Kale, Salmon, Sardines & Orange

Calcium is essential in preventing osteoporosis (brittle bone disease). Calcium is essential for building bones and teeth. 99% of the calcium in your body is stored in your skeleton.

16. Boron :

Green Vegetables, Parsley, Apples, Cherries and Grapes

Boron has bone-building properties.

17. Potassium :

Spinach, Broccoli, Cabbage, Cauliflower, Banana and Potatoes

Potassium Maintain and protect the cardiovascular health and nerve system.

18. Manganese :

Nuts, Tea, Whole Grain, Pineapple and Cocoa

Manganese helps the body to build and maintain strong bones, cartilage and brain function. It helps the body to break down carbohydrates and fat for energy. Low levels have been associated to seizure disorder such as epilepsy.

19. Phosphorus :

Spinach, Broccoli, Cabbage, Cauliflower, Eggs, Beans, Green Vegetables, Nuts, Milk, Beef, Fortified Cereals, Poultry, Seafood, Salmon, Yogurt, Banana, Corn, Whole Grain and Potatoes.

Phosphorus helps the body create strong bones and teeth. In fact, 85% of the body's phosphorus is located in bone. Phosphorus prevents nearly 75 percent of all colon cancer. It helps regulate the release of energy that fuels our bodies.

20. Chromium :

Spinach, Broccoli, Cabbage, Cauliflower, Yeast, Cheese, Corn, Mushrooms, Pastas and Potatoes.

Chromium lower blood sugar levels and guard against cholesterol.

21. Sulfur:

Beef, Poultry and Seafood,

Sulfur Neutralize toxins.

22. Cobalt :

Dairy products, Cheese and Beef

Cobalt Essential for the body's formation of red blood cells

23. Flouride :

Fluoridated Water, **Tea, Salmon** and Mackerel.

One cup of tea offers 1-3 mg of fluoride.

Flouride prevent tooth decay.

24. Iodine :

Milk, Whole Grain, Iodized salt and Sea food.

Iodine helps regulate energy production, body temperature, breathing, muscle tone and the manufacture and breakdown of tissues.

25. Molybdenum :

Beans, Green Vegetables, Nuts, Milk, Dairy products, Whole Grain and Fortified Cereals

Molybdenum detoxify Sulfites.

26. Sodium :

Sodium regulates the amount of fluid that your body contains, facilitates nerve and muscle impulses, and together with potassium, it maintains the permeability of your cell's walls.

9. Nuts

Almonds, Pistachios, Cashews, Hazelnuts, Walnuts and Brazil nuts contain the following minerals and vitamins: **Potassium, Phosphorus, Magnesium, Manganese, Copper, Zinc, Selenium, B2 (Riboflavin), B7 (Biotin), B9 (Folate), Vitamins K and E, and Omega 3.**

These **Nuts** protect and prevent heart diseases, lower high blood pressure, cholesterol level and inflammation. Keep eyes, the nerve cells and the immune system healthy. Helps regulating moods and help in the formation of red blood cells. Keeps bones healthy. Regulates blood sugar levels and helps your body absorb other nutrients. Maintain healthy brain function. Stimulates the metabolism and makes you burn more calories and reduce the chances of asthma attacks and arthritis.

Six things cause food to lose its vitamins:

1. Vitamins in fruits and vegetables **degrade after four to five days**.
2. **Don't peel** produce, the area just below the skin have more vitamins, minerals and fiber than the center.
3. **Cook above**, not in water as much as possible. Use a steamer or microwave. If you must boil vegetables, use the least amount of water.
4. **Freezing** doesn't significantly affect the antioxidant content of foods.
5. **Canning destroys** between one-fourth and three-fourths of the vitamins in foods.
6. **Don't overcook vegetables**. Cooking destroys some antioxidants. When frozen vegetables are cooked, they lose about 30 percent of their vitamin C content. Vegetables will retain more nutrients if they're micro-waved or steamed rather than boiled.

(4) Avoid Processed Meats and Fast Food

Avoid processed and fast food as much as possible. Processed meats are associated with many different health problems in humans. However, if you do choose processed or fast food, don't do it every single day if you want to stay healthy.

Phosphates included in the processed food fuel the aging process, interfering with vitamin D activation and weakening your bones. And they even are linked to early death. There are 45 different types of phosphates added to processed foods, sometimes falling under ingredient names like "sodium phosphate," "calcium phosphate" and "phosphoric acid." Some aren't even required to appear on the label. Genetically engineered food has also been linked to accelerated aging, so, be sure to opt for organic.

Also, stop drinking all types of soda. It's not just the sugar in the soda that's doing a number on your insides. All colas, whether diet or regular, contain **phosphates**, or phosphoric acid, a weak acid that gives colas their tandy flavor and makes them shelf stable for longer periods of time. Too much phosphoric acid can lead to heart and kidney problems, muscle loss, and osteoporosis, and it could trigger accelerated aging.

(5) Detoxify

Detoxification, in general is the removal of toxic substances from the body. Every day we absorb, inhale and ingest allergens, pathogens, chemicals and other toxins from food and the environment. Detoxification clean the body from the inside out by removing and eliminating **toxins** and **poisonous chemicals** to protect us from disease and illness and to maintain optimum health, consequently slowing down aging. The body removes most but not all toxins through the kidneys, intestines, lungs, lymph and skin. Detoxification help remove impurities from the blood in the liver where toxins are processed for elimination.

Symptoms and Signs of Toxification:

Unexplained fatigue, Constipation , Skin rashes, Allergies, Low-grade infections, Puffy or Irritated eyes, Bloating, Menstrual problems, Mental confusion, Coughing, sneezing, and Sore throat, Itchy and runny nose, Frequent colds, Dizziness or Nausea, insomnia, weight gain, Depression or Anxiety, Mood changes, Bad breath, and Indigestion.

Recommendations to help detoxify your body:

1. **Drink** fresh **fruit** and **vegetable juices** and eat plenty of **fiber** and **healthy nutrients**, including brown rice and organically-grown fresh fruits and vegetables (beets, radishes, tomatoes, onion, garlic, artichokes, spinach and broccoli.) Eat food rich in **vitamin C**, which helps the body produce glutathione, a liver compound that drives away toxins. Also drink **green tea**.
2. **Hydrate** by drinking 8 – 10 glasses of clean filtered water per day (most tap water contains arsenic, fluoride, chlorine and a host of other unhealthy toxins.)
3. **Exercise** and sweat every day (this is the most important way to detoxify and remove heavy metal toxins from the body, because excess toxins are stored in our fat tissues.) The recommended exercises are preferred to be intense such as weight training and short bursts of high intensity speed interval runs (120 meters).

4. Ensure daily **Bowel** movement (It is recommended that gut elimination done once a day.)
5. Get enough **Sleep** (Seven to nine hours per night.)
6. With your Doctor approval, you may take a high quality **Multivitamin / Multimineral** supplement, including **Omega-3** supplement daily. These supplements will help support your body during its daily detoxification process as well as during time of increased detoxification focus.
7. Avoid worry, tension or **Stress**, which triggers your body to release stress hormones in large amounts creating toxins and slowing down detoxification enzymes in the liver.
8. **Avoid Alcohol, Cigarettes**, coffee, processed foods, refined sugars, gluten, artificial sweeteners and saturated fats, all of which act as toxins in the body. Also, Reduce **Red meat** consumption (free-range grass-fed, hormone-free and organic meat is recommended.)
9. **Minimize** use of chemical-based **Household Cleaners** and personal health care products (cleansers, shampoos, deodorants and toothpastes), and substitute natural alternatives.
10. Under controlled circumstances, **Fasting** can be a good choice for you (but drink water as normally needed) for 10 to 12 hours once or twice a month to give your body time to catch up and complete the detoxification. However, extreme fasting, can release toxins too quickly, and the end result may make you feel awful.
11. **Breathe** deeply to allow oxygen to circulate more completely through your system which will help the body to detoxify.
12. **Utilize Hydrotherapy** by taking a hot shower for few (2 to 3) minutes followed by cold shower for 30 seconds. The body's reaction to hot and cold stimuli is vital in stimulating the immune system, improving circulation and digestion and encouraging the flow of blood which will aid the body detoxification. **Warning:** (Get your Doctor approval and recommendation before you try hydrotherapy.)
13. **Sweat** in a **Sauna** so your body can eliminate wastes through perspiration.
14. Do not take **Unnecessary Drugs**.
15. Keep your **Skin Clean**. Use a loofah to remove dead cells and improve circulation.

(6) Exercise Well

Exercise is the number one defense against diseases and aging. Regular aerobic, anaerobic and weight exercises is a must-do for anyone committed to slowing the aging process.

Exercise help you maintain your weight, it improves our cardiovascular health and strengthens the bones, reduce stress, improve quality of sleep, promote relaxation, enforce belief and appreciation of God, improve balance, focus and mental health and improve the immune systems.

When you're physically active, you make more growth hormone, a key factor in **remaining youthful**. "Growth hormone plays a role in everything, whether it's skin, libido, **weight gain**, muscle mass or energy level.

Energy problems are due to lack of exercise. When you get very little physical activities, you hold a tremendous amount of tension in your body, all of which can be exhausting. Although it may seem contradictory, **expending energy can actually increase your energy.** Exercise if done right, it will relieve muscle tension and send oxygenated blood to the brain and other vital organs.

Doing a lot of aerobic and anaerobic exercises, you will need more nutrients to keep your body healthy and active. Doing lots of exercises means you are breathing in more oxygen, which means you're making more oxidants. Therefore, you need more antioxidants. You also using more energy, which uses up B vitamins, which you need to replace and your muscles relax and contract using the minerals Calcium, Potassium and Magnesium.

Strength training or as called Resistance Training is the use of forces **training** that use gravity (through weight stacks, plates or dumbbells) or the use of elastic resistance **to resist the muscular contraction** to build strength, anaerobic endurance and size of skeletal muscles. Weight training provides the majority of the strength resistance training.

The benefits of strength training include: increased muscle, tendon and ligament strength, bone density, flexibility, tone, metabolic rate and postural support, HDL (good) cholesterol and improved cardiac function blood pressure levels.

The main two key Exercises that have an **anti-aging effect** are: **Resistance (Weight lifting or Elastic band) and Interval (Speed running) Training.**

The **First** is *Resistance (Weight lifting / Elastic band)* which helps to build muscles. Building muscles promotes production and this has an anti-aging effect on the body.

The **Second** workout which will give you the **maximum anti-aging benefits** is **Speed Interval Training** and consists of short, fast bursts of activity, such as sprinting. Example of the fast bursts activity can be one to two sessions a week consisting of **Eight 30-second Sprints** (120 to 150 m) with 90 seconds (150 to 200 m) of slower jogging (or walking) in-between the sprints to recover. The two sessions a week must be separated at least by two days of cross training, easy runs or rest. Warm up for 15 minutes just before doing the interval training. Be careful, if you are not active runner and not in good physical condition.

Warning: Extensive and long-duration exercise workouts will accelerate the aging process by increasing free radicals (free radicals are scavengers that prey on your body's essential nutrients and tissues) unless you recover properly by getting enough recovery rest and good diet. Also, you should avoid the speed interval workout for at least six to 12 months until you are in good physical condition, otherwise you could get injured.

If you don't work out at all, you're going to lose muscle tissue every year. Studies have shown that men and women **in their 90's** were able to gain muscle tone in just a matter of weeks of simple weight training. Even **30 to 45 minutes** a day of brisk walking has been shown to grow new brain cells as well as to reduce the risk of heart disease, cancer, diabetes and depression.

(7) Stimulate your Brain

If you want to live a long and vibrant life, you're going to need a vibrant and sharp mind. The brain, like the rest of the body, needs exercise to avoid becoming sluggish and even disease-ridden. The brain needs to

be challenged to keep neurological pathways open. Keep your brain busy, think, read or even simply practice awareness of your surroundings: smells, sounds, visual input. The old saying "**Use it or you'll Lose it**" has validity when it comes to your mind. Got it, this means that retirement is not an option anymore. So if you planning to save your health at old age then make sure you always have a job (mainly the one that keeps your brain working.)

(8) Stick to Healthy Attitude

- **Don't Get Angry. Forgive and Forget:** People having a high level of anger were over three times more likely to develop premature heart disease than people who have lower anger level. They were also over six times more likely to have a heart attack by the age of 55. The higher your anger and hostility, the greater the likely hood you'll have a heart attack
- **Don't be Stressed. Be happy:** Stress kills more people than just about anything else. Stress is an unavoidable fact of life. Researches reveal that mental stress speeds up the aging process. Cut down your stress by meditation, doing exercises, Yoga and deep breathing. **Deep breathing** exercises can cut tension in half. Excess and constant stress and **depression triggers premature aging** of the immune system and cause the body to produce high levels of **cortisol**, which cut your life short. **Ignoring and not** treating stress for long time could lead to depression. Depression isn't being sad. **Depression is an illness**, which can be healed or it will ruin your life if ignored. Depression leads to heart disease, raising the risk of fatal cardiac events to **five fold**.
- **Don't be Pessimistic. Be optimistic:** Optimistic people had a 50% decreased risk of early death compared with those who leaned more toward pessimism.
- **Don't forget to Laugh more often:** Laughter reduces levels of stress hormones like adrenaline and cortisol. Laughter also releases endorphins that work as pain killers and gives your blood circulation a boost and relaxes blood vessels.
- **Don't be Unsocial. Be Friendly:** Socialization decreases loneliness and depression, encourages laughter and nurturing, and stimulates exercise.

(9) Avoid Dehydration

The body is made up of **65% water** that must be replaced to maintain proper body temperature. Water transports nutrients, carries away waste, burns fat, hydrate cells throughout our bodies and save our kidneys and liver from chronic overwork. When your kidneys are taxed from too little water, your liver has to take over. But your **liver** is your **number one fat-burning organ**; don't let your liver process liquids and toxins rather than burning fat. In addition, water helps protect the spinal cord, and it acts as a lubricant and cushion for your joints and keep you from getting constipated. Having adequate water content in the body will keep your internal organs hydrated as well as in good working condition. Additionally, it can help your digestive system run smoothly and stop bowel irregularity. Last but not least, it'll help your skin by keeping it hydrated and flushing out wastes from the body.

Once you feel thirsty, you are already dehydrated. Get into the habit of drinking water all day long. **Drink a minimum of eight 8 to 12-oz. glasses of pure water daily**, depending on your environment.

(10) Avoid Refined Carbohydrates and Sugar

Sugar is an anti-aging enemy. It switch off the anti-aging benefits, the secret to switching on anti-aging genes is to eat a diet called low-GL (one that means eating very little refined carbohydrates and sugar) which keeps your blood sugar level really even (keeping your insulin production down.)

Don't eat too much sugar. Don't become diabetic. Excess sugar can lead to weight gain and possibly heart disease. To cut back in sugar intake, turn to fruits, sweet vegetables and honey to tame the craving. **Read labels** to minimize your intake of added sugars.

Americans currently eat, on average, about 40 pounds of various sugars each year (that's 61,600 calories.). Sugar supplies calories and little else nutritionally.

(11) Avoid Saturated Fat Food

Don't eat highly saturated fat food, eat unsaturated fat food. Keep **Saturated fat** intake to **10 percent** or less of your total calories. Eat **Monounsaturated fats** found in olive, canola and peanut oil and **Polyunsaturated fats** found in safflower, corn and flaxseed oil.

However, suitable amount of fat is they don't make you fat; rather, they help your body regenerate your power hormones. Testosterone, the 'strength' hormone, for example, is the direct result of *cholesterol and dietary fat intake*. Your body needs dietary fat and cholesterol in order to produce any and all vital hormones.

Saturated fat food (the solid kind found in meats and dairy products): Saturated fat foods raise your "bad" (LDL) cholesterol level in your blood. Food high in saturated fat and cholesterol are Animals meat, Fried foods, Butter, Chips, Processed meat, Cheese, Pizza, Gravy, Chocolate, Ice Cream, Milk (whole, 2%, 1%), Cakes, Cookies, Cream Pudding, Popcorn (microwave, buttered)

Unsaturated fat food (the liquid type of fat): There are found in vegetable products. Unsaturated fat lower bad cholesterol (LDL). Unsaturated fat food are olive, canola, sesame and peanut oil and nuts.

(12) Include Fiber in your Diet

Fiber helps prevent colon cancer by ridding the body of toxins more quickly and cleansing abnormal cells from intestinal walls. High-fiber foods keep your insulin levels stable. Your body releases insulin after you eat. The more food you consume at one sitting, the more insulin your body releases.

Insulin is a hormone that encourages your body to burn carbohydrates for energy. To reach your daily fiber need, you need to eat servings of fruits, vegetables, whole grains, beans, cereals everyday.

(13) Eat Light at Night

If you eat a big meal just before you go to bed, your body won't process it as efficiently and makes it hard to get a good night's rest. And your body is less likely to burn off the calories, instead converting them to fat. Also, try **Not to eat late at night** especially not after **8 P. M.** Eating late at night disrupt sleep, create digestive distress, inhibit production of growth hormone and minimize the detoxification process.

(14) Avoid Stimulants

Stimulants such as coffee, sodas or tea can interfere with your sleep. Eliminate or reduce their use, especially in the evening.

(15) Don't Smoke, Drink Alcohol or Take Drugs

Smoking, drinking alcohol or taking drugs poses a great danger to your health and absolutely will shorten your life span by as many as 15 years.

Smoking, sugar and too much alcohol and caffeine are the main culprits in premature aging. If you want to boost the quality of your life and slow down the clock, **stop smoking**. Cigarette smoke is one of the most potent agers out there, thanks to its 4,000 potential toxicants. Smoking increase your risk of cancer, vision loss, alzheimer's disease, damaged lungs, heart disease, digestive system and immune system. Also will increase risk of both hepatitis and aids, raise your blood pressure, cause all kind of birth defects in new born babies and can lead to the impairment of fertility. They cause to become lazy, procrastinator, lacks self-discipline, hallucinator, more moody, stressed and confused.

Warning: **Drinking alcohol** can knock as many as **15 years** off your life span.

Warning: Don't swap traditional smokes for e-cigarettes. Resist the temptation to ease off of traditional cigarettes using electronic cigarettes. The aerosol devices are under Food and Drug Administration scrutiny for various health threats. And get this: E-cigarettes often spew benzene, the same aging compound emitted from most scented candles. Plus, carcinogens and reproductive toxins like formaldehyde, lead, cadmium, and nickel have also been detected in e-cig aerosols.

(16) Avoid becoming Overweight

Obesity can kill you. But by losing weight you can eliminate that potential. Losing weight will cut your risk of contracting cancers, heart disease and high blood pressure and Type 2 diabetes.

For people who are overweight or obese, life is a ticking time bomb. The key to success for losing weight is to cut back on food intake and pick a diet that fits your lifestyle. Exercise doesn't take weight off. Exercise maintains weight. **"Weight control is 80% dedicated by the kind and amount of food that you consume daily."**

Warning: Diets (Self-starving to lose weight), can cause you more harm than good. When you deprive your body of food, it thinks it's starving and tries to preserve your fat stores to maintain the status quo. As your hunger continues, your body reacts to "starvation" by decreasing its basic metabolic rate (the rate at which your body burns calories) in order to conserve energy. Your body becomes super-efficient at storing calories. The less you eat, the harder your body tries to retain fat.

Avoid gaining unwelcome weight (Fat) by eating complex carbohydrate, at least 20 to 35 grams of fiber every day and keep your intake of saturated fats to a minimum (no more than 8 ounces of lean red meat weekly.)

(17) Restrict your calorie intake

Calorie restriction may be one of the most of slowing down aging factors. Try to not eat until you completely full. Try to stop eating whenever you feel you are about 80 to 90 Percent full. The reason for this link between calories and slowing down aging is not the danger of obesity and cholesterol. It is because at the molecular level, age is not counted as time but as the number of cell doublings. Calories restriction could slow cellular growth and thus lengthen the time between cell divisions (doubling), which in turn slows down aging.

(18) Maintain your Cholesterol and Blood Pressure at normal levels

Stroke, heart attack or kidney diseases are the three major health consequences of high blood pressure. High blood pressure is just as likely to be caused by low levels of potassium, magnesium and calcium in your body.

(19) Avoid Polluted Environments

Stay away from environments that expose you to high levels of air pollution, Electromagnetic fields, Industrial chemicals and Radiation.

(20) Strengthen your Core Muscles

The **core**, roughly **30 muscles** **connect** your legs to your hips, spine and rib cage and **stabilize** your **torso**. Core muscles are everything from your chin to your thighs. **Core muscles** are: Transversus Abdominis, Rectus Abdominis, Lower Rectus Abdominis, Rectus Femorus, External Obliques, Erector Spinae, Quadratus Lumborum, Gluteus Maximus and Gluteus Medius.

Core muscles and smaller stabilizing muscles in our pelvis, abdomen and back help you to maintain your proper posture, resist unwanted movement, such as twisting or bending, around the spine and keep the spine stiff and supple when outside forces are placed upon it. **Core muscles guard against hip and back pain** and make us stand taller and up which **improve your breathing and blood circulation**. Core muscles aid efficient **transfer of power from the lower to the upper body**. A solid core is the key to true health, strength and function. Weak core muscles can lead to chronic fatigue, pain and even injuries. If your core is weak, you end up putting too much stress on your hips, knees and shins.

(21) Maintain Good Posture

You need to maintain good posture all the times, while sitting, standing or walking, to allows many muscles to relax, reduces muscle usage throughout the body and allows the body to use less energy, thus **boosting the efficiency of your heart and lungs**

Good posture is the single most important factor in the health of your back and joints. Nothing ages you faster than a stooped posture. Slumping decreases your chest measurement, narrows your shoulders and can decrease your height by up to 2 inches.

The Main Causes of our terrible posture is “Sitting too much and for along time (in front of computers, TV and steering wheels.) **The hunched position** we tend to assume sitting leads to laxity and weakness in the muscles that externally rotate and retract (pull back) the shoulders. **Poor posture causes some muscles to over work while others just get weaker and weaker, setting up a vicious cycle.** *Improve your posture instantly as follows:*

Sit properly: Your **head should be centered over your shoulders, not dropped forward.** The upper back should not be curving forward. The front of the rib cage should be lifted slightly. Sit squarely on your bottom. While sitting, **make it a point every hour to purposely sit upright for at least a few minutes.**

Stand upright (Straight): Stand in an evenly-balanced position without leaning or supporting yourself. Pull your belly in slightly and your shoulders up, back and then down.

(22) Stretch your Muscles

Every **one minute**, the human **heart** pumps at least **five quarts** of blood around the body, through **60,000 miles** of arteries and veins where the capillaries will exchange oxygen, nutrients with carbon dioxide and waste materials / free radicals). During that minute about **120,000,000** new blood cells will be created for the effective maintenance of the body. The approximate number of times your hearts beats in one day is **100,000**. This Cardiovascular System (Heart, Arteries Veins, Capillaries) to work efficiently needs always to be stretched (and not left contracted especially when sitting or being inactive for so long, muscles tend to bunch up and shorten which makes blood flow harder.) That is where stretching the muscles come into the picture as a critical factor in maintaining an efficient Cardiovascular System and Veins (which return blood to the heart). **Stretch daily.**

Stretching shall be very gentle and light. Don't stretch or push beyond feeling slight tug. Stretching shall be done after a mild warm-up when the muscles are more elastic, stretched and warm. Stretching **a muscle that has been tightened** allowing the muscles to relax and elongate will increase blood flow to the muscle leading to increase the blood pumping through the body and more blood leads the muscles to get more nutrients, oxygen and become healthier. However, be careful **overzealous stretching** may cause injury.

(23) Perform Self Massage

Stroking movements flush out waste products and promotes blood flow so oxygen and nutrients flow more effeciently. Massage stretches and alleviate tightness in the muscles, releases tension. Also massage lessens soreness, swelling, and anxiety and stop muscles's damage (microtears) from building up. Having a massage within 24 hours after an intense workout or inactivity can soothe muscles. A massage for **four to five minutes twice a day** will relax the muscles and help them recover. Don't forget to thoroughly massage your feet. Perform self massage daily.

(24) Elevate your Legs

Lay down flat in your back and elevate your legs about 12 inches above the floor for **5 to 10 minutes**. Do it for **two to three times daily** (after sitting or walking for long time and before you go to sleep). This will give your heart and brain a breather and a well needed break.

(25) Breathe Deeper

Practice at least two to five minutes of slow diaphragmatic breathing daily. Deep breathing support toxin elimination, reduces stress, increases energy, composes the mind, improve mood, enhance appearance, help clear carbon dioxide from the lung tissues, stimulate the organs of digestion and can, over time, retain the diaphragm to move freely.

(26) Optimize Gut Function

Healthy digestion and elimination are fundamental requirements for optimal health (It is recommended that gut elimination done once a day). Constipation undermine energy, digestion, detoxification and it can fuel inflammation and can create breeding ground for chronic disease or even cause colon cancer. Symptom of chronic constipation is having fewer than three bowel movements a week for a minimum of three months. If you have difficulty achieving that, check that your daily intake of food rich in fiber (whole grains, vegetable, legumes and fruits) is adequate. The recommended daily amount of fiber is 20 to 35 grams. Drinking at least 8 to 12-ounce of water daily and exercise will help in preventing constipation.

(27) Be Social

We are social creatures, and we need to set a goal to be part of a pack. If we don't achieve that goal and we can get it through many different ways, then we're not being fully human. Socialization decreases loneliness and depression, encourages laughter and nurturing and stimulates exercise. Schedule time to just hang out, with your friends. Make dinner family time. Call your folks more often. Because here's the real truth: Your heart has to have a reason to keep beating.

(28) Choose the Right Friends

Choose the right people to have a relation with, the ones who are trustworthy and display character traits of integrity, honesty and authenticity. Associate with like-minded positive people who support you. Your people environment greatly impact your mental, physical and spiritual well-being.

(29) Don't take any Vitamin's Supplements without Doctor Approval

(30) Don't take any Hormone Supplements without Doctor Approval

Hormone Therapy: The suggestions that treatment with hormones can slow or prevent aging is not true. The truth is that. To date, no research has shown that hormone therapies add years to life or prevent age-related frailty. And, while some drugs have real health benefits for people with clinical hormone deficiencies due to a disease or disorder, they also can cause harmful side effects. That's why people who have a diagnosed hormone deficiency should still only take hormones prescribed by a doctor and under a doctor's supervision