

Natural Anti Aging



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Anti Aging Tips

Most of us would love to feel and look better. Imagine what it would be like if we were ten years younger.

The truth is you can't technically turn back the years but you can make improvements in your life that will create a more youthful and energetic you. If you really want to then yes, you can change yourself enough that you and others will notice the improvements.



Here are some ways that you can do this listed below. We will go into detail about these further into this report.

- Diet
- Exercise
- Emotions and Mental Outlook
- Supplements
- Alternative Therapies

Prevention is very important so start now. If you have been abusing yourself for years don't worry. You can still produce great improvements if you decide to use these ideas.

I hope that you will consider these ideas and start making decisions to be happier and healthier by taking action.

Lambert Klein

Diet or Lifestyle Changes

What did you have for breakfast today? Was it a donut, pop tart or maybe nothing? If so then you are starting the day on the wrong foot. Junk food is just that, junk. Why would you put junk in your body?

You have heard the saying “Breakfast is the most important meal of the day”. Its true. If you break the word down, “Break-Fast”, you will understand that your body has been fasting while you sleep, repairing your body and mind, rebuilding muscles and now you need to add nourishment to start the day right.

If you eat a good breakfast then you start the day off better. You will have the edge. The day will be enjoyable and you will feel better.



What kind of food should you eat? Think natural. Don't eat processed and junk food. Eat delicious, natural and fresh whenever possible.

If it comes in a package then consider reducing the amount that you eat.

Fresh fruit, vegetables, beans, nuts and other health foods are what you should strive for. Those are the ones that will give your body the fuel it needs to do the many task that are required of you each day.

A healthy lifestyle will let you do more and improve your life, while you increase your happiness as well.

Will it be tough? Sure, at first, but are you worth it? Of course you are. These changes will become easier every day. After about three weeks they will become natural to you. The changes in your energy and mood will be apparent and you will wonder why you haven't done this before.

What if you decide not to make improvements to your diet? How will you feel a month from now? Probably like you do now.

How about if you decide to invest in yourself and make some changes starting today?

Imagine seeing yourself a month from now. Looking more slender, fit, glowing with more energy. A smile on your face and really enjoying life again. That's the mood and the life you want right?

So let's get started by changing your eating habits today. Scientist say that if you make changes that they become habits in 21 days.

Here's more. Sugar can be very detrimental to you health. Both your body and brain. Here's the scary part. Too much sugar can cause memory loss.

Take a look at a recent entry in ThinkHealthyBlog.com

[Or Just read it on the following page...](#)

Recent studies find that excess sugar can affect your brain causing memory loss and Alzheimer's.

Too many sodas, donuts, pop tarts or whatever sugary mix you are eating could be destroying your mind's thinking capacity.

Studies were performed on mice and humans. Sugar fed mice gained 17% more fat and their brains showed evidence of Alzheimer's disease more than the control mice.

The "Sugar Mice" performed worst on the test and had twice the amount of plaque deposits.

There seems to be a link to diabetes as well. Although its not completely understood. But it seems that common sense says its sugar and insulin

A Swedish study reports that humans with borderline diabetes have 70% increased risk of developing dementia.

They believe that tight control of blood sugar may reduce Alzheimer's risk.

The aging process results from the toxic reaction of free radicals. So eat your fresh produce and cut back on processed foods.

You combat free radicals with antioxidants. So give yourself a fighting chance.

So you see that its very important to control your blood sugar levels. Have a check up and stop over dosing on sugar.

Many sugar substitutes are just as bad as sugar but for other reasons that is an article in itself.

We do need some sugars but these are easily attained by eating a healthy diet.

Studies have shown that rising blood sugar levels target the part of the brain that controls memory.

Now you have another reason to live healthy. To save your sanity.

BTW exercise lowers blood sugar levels. So get moving!

In the next section you will discover how walking and gardening can help make you fit.

Enjoy Yourself As You Exercise And Get Fit

People were designed to perform physical exercise. Today we have so many conveniences that many of us are in conflict with nature. Through most of history humans had to walk, run and toil just to survive.

Hunting, fishing, searching and escaping were things our ancestors needed to do to live. Today we rarely need to do any of those things.

We are lucky right? Well yes and no.

Most of us don't get the exercise we require. Even at the gym it's not a natural form of exercise.

We are lucky enough to be able to choose the way we exercise. We just have to make some choices.

Almost everyone can walk. So if you are really unfit start there. Walk in places you enjoy like your yard, a park or someplace else.

If you love sports then that's a great option, although you have to protect yourself from injuries.

Working in the yard is another way to gain your health and stamina.

If you enjoy gardening then that will hardly seem like you are exercising, but you still gain the benefits.

The bottom line is that you should find something you take pleasure in and will give you some form of exercise. If you enjoy it then you will keep doing it.

Emotions And Mental Health

Your brain, mental attitude and emotions control your health more than you may realize. Changing the way you think, the stress in your life and gaining a positive state of mind can do wonders for you.



When you feel good mentally and emotionally you are sending positive messages to your body. This can impact your blood pressure, amount of pain and various other body functions.

Increase your happiness and you will be healthier. One way to do this is by doing things you enjoy.

If you don't have a hobby then you might consider taking one up. Do something you fancy to be happier.

If you enjoy your work then that's a real plus. Many people do not. If you really loathe your work then you may want to consider finding something you appreciate doing more.

Many individuals have turned an interest or hobby into a home based business. You could also do that. Start slowly as you work your regular job, then build it up until you can quit the job you dread.

Let's face it. If you lost your job wouldn't you do what you could to find another one? Well then, why not do that now while you have choices?

As you read on I'll tell you more about techniques you may never of thought about.

There are many alternative therapies that can improve your emotions and outlook. Let's take a look at some of them.

Alternative Therapies

Acupressure

Acupuncture is an ancient Chinese process that uses fine needles. These are placed in strategic points throughout your body. Based on meridian points, the theory is that the process will unblock energy points letting it flow freely in the correct direction.

Acupuncture has help people overcome pain, high blood pressure, emotional stress and many other problems.

If you don't like needles then look into acupressure. This follows the same principles but involves applying pressure to the points with the hands and fingers instead of using needles. It also produces great results for many.

[Acupuncture Article](#)

EFT

EFT stands for Emotional Freedom Technique. It involves a system of tapping on the meridian points while saying certain phrases. Think of it as a emotional acupuncture without needles. You can easily perform EFT on yourself once you learn how.

Some amazing results have been seen with EFT. You can download the manual free at Gary Craig's web site. [EFT Manual](#)

Hypnotism

Look into my eyes! Well it may sound silly, but hypnotism can make a big different in your life. Especially if you incorporate other techniques with it like Energy therapy, and EFT.

Your brain controls every cell in your body. The subconscious mind is busy working 24/7 doing everything necessary to keep you alive. It keeps your heart pumping, your lungs breathing, the digestive tract working and so many other little jobs.

It does this without you having to think about it.

Hypnosis can help you harness this part of the mind and provide the power to bring you happiness, and health.

Other benefits include self improvement and eliminating bad habits.

We have all been hypnotized at some point. You may have noticed this while driving or reading a book. All of a sudden you wonder how you got from point A to Point B or wonder what you just read.

Your conscious mind is bypassed with hypnosis This way you can make changes without it saying “ Oh, I can't do that” Your sub conscious will not think that way.

Energy

Chinese Energetics is often used to unblock energy and release old habits that don't benefit you. Your brain is like a computer running programs. Some of these that we installed over the years could be causing us problems now.

Energetics can help you resolve issues by having your energy support you in the ways that benefit you physically, emotionally, spiritually and mentally.

Usually muscle testing is used to find the problems which can be many layers deep. These are discovered one at a time and then resolved.

It is believed that once the aspect is remedied that it's permanent.

If you can find someone in your area that can improve your life using these techniques then consider yourself lucky.

Yoga

Yoga has many health benefits both physical and physiological. Here are a few of many:

- Improve Blood Pressure & Heart Rate
- Improve Breathing
- Endurance
- Balance
- Improve Mood
- Improve Memory
- Concentration

Guided Imagery

Guided Imagery can often provide considerable healing benefits by using the mind to affect the body.

The brain uses images and other senses such as smell and hearing to communicate with other organs.

What can Guided Imagery do for you?

- Heal Yourself & Gain Better Health
- Reduce Stress & Anxiety
- Sports Enhancement
- Leadership and Self Confidence
- Reduce High Blood Pressure
- Lower Cholesterol
- Boost Immunity
- Weight Loss
- Reduce Pain

Just imagine what else is possible with Guided Imagery.

Guided Imagery can help you heal, ease pain and even speed recovery. It's quite remarkable how you can use the power of your mind to heal yourself. Guided Imagery works by the mind visualizing images, sounds, smells, pain or whatever.

By using images you are using the mind's language. The brain understands these images and uses them to communicate with your body.

You could say "Cut, I want you to heal", but you should imagine your wound actually healing by visualizing it. Watch it starting to shrink, as it heals until it's completely gone in your mind. This is what the brain can understand.

You may want to become aware of other images you have at times that aren't in your best interest. When you have realized this, be sure to replace these

with positive images.

Your thoughts have an influence on how you feel and heal. Try your best to eliminate negative thoughts. Staying positive brings on even more meaning when you understand how your mind works.

Imagery has been used in ancient civilizations and has been understood for ages by many. Now you too can benefit from this knowledge.

Athletes today use Guided Imagery to enhance their performance, stamina and accuracy. In billiards, before you actually shoot a ball, visualize it going where you want it to. Your brain will genuinely believe it, and your shot will improve.

See it, feel it and experience it before you do it. That's the power of Guided Imagery or visualization.

So if you want better health, less stress and anxiety or the desire to improve your quality of life then you owe it to yourself to learn more about Guided Imagery.

Besides the health benefits you can vastly improve your leadership ability, job performance and mental attitude, all of which will let you enjoy a better lifestyle.

Hopefully I peaked your curiosity enough for you to explore this further. For starters, search the World Wide Web for information on Guided Imagery.

Conclusion

Well I hope this short free report on anti aging has given some ideas and inspiration to try things both old and new.

Even if you do just one thing described here you are sure to benefit from it in some way. Maybe it will motivate you to try even more things that can improve your health and keep you as young as possible in all ways.

Look for a more detail report on anti aging coming in the near future hopefully...

Well God Bless...

Wishing You the Best of Health...

Lambert Klein

Resources

- [Think Healthy Supplements](#)
- [Anti Aging Tactics](#)
- [Health Articles](#)

Anti Aging Supplements

[Proxacine](#) Formulated by Dr. James Chappell

[Acai Blush](#) with Cocoa & Vitamin D3