

Discover the secrets of reverse aging. Using the correct combinations of supplements, super-foods, exercise, and holistic treatments, you can learn how to become younger, and live longer. You can STOP growing older and grow younger with this great resource book.

Stop Growing Older, Grow Younger

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Stop Growing Older... **Grow Younger**

A Resource Guide on
Reverse Aging Techniques,
Nutrition and Therapies

How I became Younger
and Healthier!

J Collin Towers

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Chapter Four

The Benefits of Healthy Nutrition

“If the doctor of today does not become the nutritionist of tomorrow, the nutritionist of today will become the doctor of tomorrow.” Thomas A.

Edison

“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.” Doug Larson, famous English racer

“The key to staying young is eating right.” Anonymous

Healthy Nutrition Adds Years to Your Life, and Life to Your Years

Healthy nutrition is good health. Healthy nutrition, along with an active lifestyle, plays a vital part in being healthy, staying happy, and becoming younger. Eating healthy promotes a strong immune system and helps keep your body fit and resilient. Many of the common health problems you face today, like cardiovascular disease, can be prevented or lessened with good healthy nutrition. Conversely, a poor diet can have an injurious impact on one’s health, leading to deficiency diseases and health-threatening conditions. Aside from not smoking, the most important determinants of good health are what you eat and how active you are.

Benefits of Good Nutrition:

- Decreased risk of chronic diseases such as Type 2 diabetes, hypertension, and cancer
- Decreased risk of overweight and obesity
- Decreased risk of micronutrient deficiencies

Good nutrition as a lifestyle becomes even more important as you reach your 60s, 70s, and even into your 90s and beyond. With careful planning, it’s possible to prevent malnutrition as you live to a ripe old age. You simply need to acknowledge the fact your nutrient needs will change with age and make sure you supplement and select more “functional” and “super-foods” for your diet. These are foods that have health promoting and disease-preventing properties.

An ever increasing number of American adults are becoming aware of the importance of nutrition and physical activity and are taking steps to eat a healthy diet and engage in exercise, according to the American Dietetic Association’s nationwide consumer opinion survey, Nutrition and You:

Trends 2008. You might just be one of those savvy adults, because you're reading this book.

Key Fact: Less than two percent of the training medical doctors receive is on nutrition.

You Are What You Eat

The old adage "you are what you eat" is absolutely true. It is impossible to be healthy and vital if you are not eating the proper nutrients needed to keep your body performing at its best. Being mentally and physically healthy is impossible when you fill your body with chemicals and additives, mass produced fast foods, and sugar laden soft drinks. Have you seen the slogan from Dunkin Donuts™ that insists that "America Runs on Dunkin?" Well according to a recent article in the Boston Herald the "The new Dunkin Donuts menu runs on salt and lacks fiber."

Research consistently shows a good healthy diet is the primary component in being mentally and physically fit and the biggest key in the fight against aging. Did you know the average American eats three hamburgers and four orders of fries every week? As Americans, we are proving every day it is much faster and easier to grab a fast food combo than to cook a well-balanced and nutritious meal. No wonder 17 percent of American children are now obese. You really are what you eat.

It takes a lot more time and energy for you to follow an individualized nutrition plan than to eat fast food but doing so could:

- Add years to your lifespan.
- Give you much more energy.
- Help you avoid cancer, heart disease, diabetes, and arthritis.

You may be eating plenty of food, but your body still may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have vitamins, minerals, fiber and other nutrients, but are also lower in calories.

What Should You Eat?

Knowing what to eat can be confusing. Everywhere you look, there is new research about what is or isn't good for you. These days, a wealth of nutritional information is at your fingertips, or just a mouse click away. From thousands of diet books and hundreds of newspaper articles to over two million pages on the Internet, everyone seems to have an opinion about nutrition, and what you should be eating!

The Standard American Diet reflects the influence of the meat and dairy councils and is heavy in protein because it sells. This is one reason why cholesterol is a problem in our society. After all, you can only get high cholesterol from eating meat. The average American now eats about

97 pounds of beef every year. Farmers are now feeding broken potato chips and chocolate scraps not fit for the junk food aisles at the local grocery store to their cattle. This is one more reason why Americans should eat less beef or no beef at all.

Try to keep all of your calories in check, so you can avoid weight gain and don't forget to make exercise a key component to your healthy diet and regimen. When it comes right down to it, the best advice on what to eat is easily discernible and straightforward. That advice is to eat a plant-based diet rich in fruits, vegetables, whole grains, and fat-free dairy products, take nutritional supplements, and choose healthy fats like olive oil and coconut oil. Incorporate functional and super-foods daily into your diet. Choose to limit or eliminate red meat and unhealthy fats, like saturated and trans-fats.

Four tips on making healthful choices:

- 1) **Eat lots of vegetables and fruits** high in vitamins, minerals, and fiber. They are low in calories and give you carbohydrates for energy. Eating a variety of fruits and vegetables helps to control your weight and blood pressure. Aim for at least five servings a day. To maximize variety, try to pick from the rainbow of colors available. It is a good idea to have fresh fruit or vegetables at every meal.
- 2) **Choose unrefined whole-grain foods** as they contain fiber your body needs to lower your blood cholesterol and help you feel full.
- 3) **Eat fish at least twice a week** as recent research shows eating oily fish containing omega-3 fatty acids can help lower your risk of death from coronary artery disease. Salmon, trout, and herring are good examples.
- 4) **Choose lean meats and poultry** without skin and prepare them without adding any saturated or trans-fat. Include eggs, dry beans, and nuts as other good sources of protein.

Healthy Snacks

What do you do when your next meal isn't scheduled for a while and your stomach starts growling? What about those chips and cookies in the vending machine? Maybe they're ok, but then you feel guilty if you give in to them. However, waiting for lunchtime and passing up a snack altogether is not a wise option. A healthy snack is the best possible solution. Experts say snacks are not necessarily bad for your health; a small snack-like meal in between meals is far more beneficial than taking main meals three times a day.

A piece of fresh fruit, some raw sliced vegetables, a handful of nuts, or some low-fat whole grain crackers are found to be helpful in minimizing the intake of food during the next mealtime. If you snack on these healthy

foods, you can effectively cut down on the second or third helpings when you have your main meal.

When you select snacks, make sure that they satisfy your appetite. Snacks must provide energy for your body. Nutrient levels of the snacks should also be higher. Whole grains contain lots of fiber and are also storehouses of complex carbohydrates. Nuts and seeds are high in protein content and monounsaturated fat, and fill you up for a longer period. Fresh fruits and raw vegetables easily provide a feeling of fullness with minimal calorie increase.

Healthy snacks can be beneficial to your health, so stay away from the candy bars, the bags of potato chips, and the fattening cookies as they will result in accumulation of calories and artificial additives that will do more harm than good.

There is No Silver Bullet--Fad Diets Don't Work

Many new fad diets are just short-term solutions that do not work in the long run. Many people go off the new diet and are back to their old eating habits and lifestyle within just two weeks.

Americans have now become used to changing their eating habits regularly and not sticking to any one diet for very long. However, beware that constantly changing your diet may actually sabotage good health, especially if healthy eating patterns are never established. Jumping on the next fad diet isn't always as beneficial as basic good nutrition like whole grains, fresh fruits and vegetables, and high quality protein sources like raw nuts and seeds.

A study by the Consumer Attitudes about Nutrition uncovered that 74 percent of consumers changed eating habits in the past three years due to health concerns, a number that has remained relatively consistent over the past fifteen years. According to the International Food and Information Council, 67 percent of Americans changed their diets over the past six months alone. They found 69 percent of Americans change their diets to improve overall well-being, 69 percent to lose weight, and 64 percent to improve their physical health. Overall, nine in ten Americans in the study expressed concern about nutrition.

“The epidemic of adult obesity continues to rise in the US. We need to encourage people to eat more fruits and vegetables, engage in more physical activity and reduce the consumption of high calorie foods and sugar or artificially sweetened beverages in order to maintain a healthy weight,” says Dr. William Dietz, director of the CDC's Division of Nutrition.

At any given time, 35 percent of all Americans are trying to lose weight and no wonder—in the 1970s almost half, or 47 percent of Americans, were overweight and/or obese. Today, two out of three adults are

overweight with one third of those are so overweight they are classified as clinically obese. The latest CDC data shows a similar statistic. They say an estimated 27 percent of all American adults are now reported as obese. Americans are getting fatter and dangerously overweight and they are (rightfully) worrying about it much more.

Statistics on obesity:

- In the last four decades obesity has increased more than 100%.
- Over 4,000,000 Americans weigh over 300 lbs.
- The average adult woman weighs a staggering 163 lbs.
- 400,000 Americans weigh a massive 400 plus pounds.
- Childhood obesity has increased 300% in the past twenty years.
- Obesity is responsible for over 300,000 deaths every year, and some studies show this figure even higher and increasing.

Obesity is at an all-time high and has become an epidemic in this country. Its corresponding health risks have now overtaken the risks from smoking cigarettes. We are literally eating and drinking our way to an early grave. Today, the diet industry is more profitable than the oil companies. Why is this? Because the way Americans eat and prepare their food practically guarantees that they will overeat.

This is not a good recipe for reverse aging. As these obesity rates continue to escalate, so does the increased risk for many chronic diseases and health complications like Type 2 diabetes, hypertension, coronary heart disease, stroke, and cancer. The CDC now reports over 50 percent of the American population have a chronic disease. Yet, most people today are extremely uneducated and misinformed when it comes to nutrition. This is something I am trying to change with this book.

While increased portions and super-sized fast meals have not been the sole contributor to the obesity epidemic, large quantities of cheap food have distorted our perceptions of what a typical nutritious meal is supposed to look like. When it comes to nutrition it's often the battle among the quick-fix diets that commands the most attention while a focus on healthy lifestyles takes a back seat. Every year, these overweight and obese adults spend \$90 billion on products and services to lose weight. With obesity rates spiraling out of control, top nutritionists are leading a campaign toward a more commonsense, holistic approach to one's diet and wellness.

Key Fact: A new survey has found that a shocking number of people around the world are not aware that obesity and being overweight are among the main risk factors leading to cancer.

Change your Bad Habits

The top killers in our country are cancer and heart disease. Cancer claims 650,000 lives and heart disease claims 600,000 people annually. That comprises nearly half of all deaths each year—not counting iatrogenic deaths. Heart disease has declined steadily over the past several decades. In comparison, cancer deaths over the same time period have increased to where cancer is now our number one killer. So, despite all the advances in modern medicine, research, and technology, why aren't we winning the battle on cancer?

It is because our diet promotes cancer. It is both what we eat, and what we don't eat that counts. Our lifestyle and bad habits promote cancer. Many Americans continue to smoke, in spite of the thousands of reports on how bad smoking is. Smoking has fueled the unprecedented rise in lung cancer in women. Secondhand smoke gets all of us. We can do a lot to win this battle by stopping smoking.

We eat generous amounts of red meat and processed meat. They are both associated with cancer, especially colon cancer. Overcooked meat, poultry, and fish are a problem since heterocyclic amines are formed when flesh is heated over 350 degrees. These heterocyclic amines are very carcinogenic. Their consumption may be related to various cancers including prostate, colon, and breast cancer.

Americans do not eat enough vegetables, fruits, whole grains, and super-foods. These super-foods are loaded with phytonutrients, antioxidants, minerals, and vitamins in the proper forms and proportions that we have evolved to assimilate. The consumption of these foods is associated with a decrease in many cancers and heart disease. Try eating plenty of fruits, vegetables, whole grains, and super-foods. Limit red meat, processed meats and avoid altogether overcooked and burnt meat. Next time, at the restaurant, if you do order steak, order your steak rare instead of well-done.

To obtain a higher level of immunity and improved health, it is necessary to stop eating processed, refined foods and start eating whole, unprocessed raw-as-possible vegetables, beans, grains, nuts, sea plants, small amounts of fish, and lots of pure, clean water.

Exercise, as we have seen in the above chapter, also works to protect us from many cancers—and we don't get nearly enough. Exercise regularly—making it part of your daily schedule. Change gradually. Change one item at a time and get accustomed to the healthier alternative before tackling another.

Remember “you are what you eat.” Proper eating habits are necessary for excellent health. If you stuff your body with food lacking in nutrition, you will eventually pay the price with illness and disease. In America over

11,000 new food products came on the market in 1998. More than two-thirds of these products were candy, snacks, baked goods, ice cream and soft drinks. Once these new products are in the store, the companies push them at us with their advertising. The food industry spends over \$30 billion a year on advertising their products.

Reduce the Stress

One of the first steps you should take to grow and feel younger is to reduce the stress in your life. Everywhere you look in life, there is stress. Stress is one of the most destructive forces at work against good health. Stress slows digestion, impairs nutrient absorption, and creates free radicals. The stress-related free radicals attack your body's proteins and impair cellular function, accelerating the aging process. Stress weakens your immune system, depletes the body of important nutrients, and makes your body vulnerable to many diseases and toxins.

To get the most nutrition out of the food we eat, you must greatly reduce or eliminate the stress in your life. This can be done by learning to relax, taking deep breaths, and getting plenty of physical exercise. Exercise is one of the best stress releasers, helping to balance your body weight to a proper natural level. This, along with eating lots of nutrient rich foods and super-foods, leads you to a state of optimum health slowing the effects of aging. This healthy lifestyle will allow you to age comfortably and gracefully.

Nutrition and Mental Health

Nutrition has a lot to do with your mental health. When a person has a nutritional deficiency, it can cause psychiatric problems including apathy, low energy, irritability, insomnia, fatigue, aches and pains, weight changes, and concentration problems, just to name a few. That list pretty much defines depression right? Well, the truth is the average American diet is low in vital nutrition. This is the nutrition you need to be mentally healthy and for your body to function correctly. All depression is not caused by poor nutrition, but it certainly contributes in many cases, and research has shown that inadequate nutrition—a lack of minerals and vitamins—will always make a depression worse.

The thing to remember here is anti-depressant drugs do not correct nutritional problems, so if your depression is because of nutritional deficiencies, taking anti-depressant drugs will only cover up the problem and your body will still not function properly. If your doctor prescribes Prozac® or Paxil®, it doesn't mean that you have a Prozac™ or Paxil® deficiency.

Nutrition and Heart Health

Heart disease is the number one killer in the world and the number two killer in the US. It is estimated one in every three men and one in every

four women will have a heart condition before the age of sixty. And as you grow older, your risk of suffering a heart attack or stroke increases greatly.

The Standard American Diet is loaded with fried foods, meat, and salty junk food snacks. This is something American people are doing to themselves to cause heart attacks. Add the growing numbers of people with depression, and you have created another serious health crisis.

Researchers have found in many studies that when peoples' diets include high consumption of fresh fruits and vegetables, like natural health advocates have been urging us for decades, heart attack rates plunge. After adjusting for known cardiovascular risk factors, scientists found that:

- People who consumed more fresh fruits and vegetables had a 30 percent lower risk of heart attacks compared to people who ate very few or no fruits and vegetables at all.
- People who ate a typical western diet, no matter what part of the US they lived in, had a 35 percent greater risk of having a heart attack compared to people who consumed little or no fried food, fried meat, and processed meat.

Instead of waiting for some "miracle drug" Big Pharma is scrambling to invent that would slash the risk of heart attack by a third, you can choose to take charge of your health now and get on a healthy daily regimen of nutritious foods that are good for you.

Colorful Nutrition—Different Colors, Different Parts

Red and pink protects your heart:

Nutritional research shows red and bright pink fruits and vegetables contain phytochemicals that help your body to fight disease and promote excellent health. Watermelon, guava, pink grapefruit, fresh tomatoes, all belong to the red family. Other red fruits and vegetables, such as strawberries, raspberries, and beets help circulatory problems and make your heart stronger.

Green protects your liver:

Green fruits and vegetables are common everyday foods like avocados, green apples, green grapes, honeydews, kiwifruits, limes, green pears, artichokes, green beans, and cabbage. All have nutrients that protect your liver.

Black protects your kidneys:

Black beans, Chinese olives, black olives, eggplant, black berries, and black currants are all members of the black food group. These are good for your kidneys. Black beans are great for lowering cholesterol, as their high fiber content prevents blood sugar levels from rising rapidly after a meal.

White protects your lungs:

Garlic, ginger, jicama, pears, potatoes, white mushrooms, and white corn are all from the white family. These foods clear out your lungs and protect them.

Orange protects your spleen:

Oranges and tangerines, melons, pumpkins, and papaya all belong to this group. All of these orange foods have vitamin C and vitamin A which are good for your spleen.

Purple protects your brain:

Grapes, blueberries, purple cabbages, and onions all belong to the purple group. Purple fruits and vegetables are important for their antioxidants and reverse aging benefits.

Phytonutrients and Free Radicals

Phytonutrients are certain organic components from plants that act as antioxidants and detoxifiers, and these components promote human health. Phytonutrients—protective plant compounds—are an emerging area of health and nutrition, with new research being reported around the globe almost daily. The term “phyto” originated from a Greek word meaning plant. They also protect the plants from oxidants and toxins, both externally and internally. To get some of the very same protection and benefits the plants have, you want to include an abundant and wide variety of phytonutrients in your diet.

The good news is that safe, consumable plants such as brightly colored fruits, dark greens, vegetables, grains, legumes, nuts, and teas are all rich sources of phytonutrients. These plant’s phytonutrients are able to work together with your own nutrients to build your body’s ability to fight disease and infection with their powerful antioxidants and healthy nutrients.

Optimizing phytonutrient intake:

- Increases your energy naturally without stimulants
- Reduces your appetite, improving metabolism and assisting in weight loss efforts
- Restores regular elimination and assist digestion
- Reduces inflammation and relieve stiff, achy joints and muscles
- Lowers your risk of cancer, diabetes, heart disease, and stroke
- Inhibits hardening of your arteries and maintains strong bones
- Protects your vision from age-related vision loss and blindness
- Supports immune function and increase resistance to infections
- Improves mental acuity and protect mind and memory
- Detoxifies toxic metals and chemicals
- Slows aging of your skin and dulling of your hair

Additional Health Benefits to be Gained from Phytonutrients

A large number of health giving benefits of these phytonutrients have been found in blueberries, cherries, goji berries, Acai berries, and pomegranates, just to name a few. Even lemons and other citrus fruits are proving very capable at providing useful phytochemicals of their own. Phytoalexins, also antioxidants like resveratrol, are found in berries and have special properties which prevent infection and viruses. These compounds can help or suppress harmful body aging processes that often end in heart attacks, stroke, faulty blood pressure, and Alzheimer's disease.

There are many different kinds of phytonutrients in plants. Research into these fantastic compounds to date has managed to index almost 1,000 already, with more being discovered all the time. A whole area of nutrition and preventative healthcare has opened up. Recent studies have indicated phytonutrients found in fruit provide a whole host of natural health benefits, like anti-inflammatory agents contained in tart cherries—proving beneficial for joint pain, arthritis, and gout.

Any strongly colored fruit or vegetable will contain phytochemicals, as these compounds are found in the highly colored skins. Tomatoes are rich in lycopene, and research has already shown a link between consumption of tomatoes and the reduction of prostate cancer. Other important phytonutrients found in plants include carotenoids and flavanoids. Flavanoids are great for the health of blood vessels. They strengthen the capillaries that supply important nutrients to the skin's cells, as well as supporting cellular membranes. Healthy cell membranes regenerate quickly and slow the aging process.

Studies show flavonoids are a rich source of antioxidants. Flavonoids are part of a larger class of antioxidants called polyphenols that have similar properties. They are in strawberries, blueberries, apples, and more. Red wine, long known to be healthy for you in moderation, also contains polyphenols. Plant carotenoids also strengthen cell membranes, and flavanoids help reduce inflammation, as well as increase levels of glutathione, which is a super antioxidant.

Based on thousands of studies, flavonoids are beneficial because they act as antioxidants. Roaming oxygen atoms, called free radicals carry enough energy to damage cells. Antioxidants work by supplying an extra oxygen molecule to those molecules that are missing one, called free radicals. If antioxidants do not supply the missing oxygen molecule to the free radical, the free radical will take an oxygen molecule from another compound in the body, making one that was previously healthy and intact, now itself a free radical. Free radicals are simply unstable chemical molecules, but the effect they have on your body is negative, as they can

alter cells. Free radicals are produced as a normal by-product of the metabolic processes of your cells.

Key Fact: The key is keeping equilibrium in your body so there is an adequate supply of antioxidants to cope with your body's production of free radicals, combine with them and render them harmless.

Phytonutrients:

- Serve as antioxidants
- Enhance immune response via cell-to-cell communication
- Convert to vitamin A
- Cause cancer cells to die
- Repair DNA damage caused by smoking and other toxic exposure
- Detoxify carcinogens through activation of enzyme systems

A study in the *Journal of the American Medical Association* linked fruit and vegetable consumption to a decrease in the odds of stroke. People who ate three daily servings of fruit and vegetables had a 22 percent decrease in the chances for hemorrhagic and ischemic stroke.

The average American eats about 3.3 servings of vegetables per day. However, dark green vegetables and deep yellow vegetables—those vegetables containing high levels of phytochemicals—are consumed in much smaller quantities, only about 0.2 servings a day. On any given day, about 49 percent of the population consumes at least the minimum number of servings of vegetables recommended; 41 percent consumes the number of servings recommended based on caloric intake (3 servings a day for those consuming around 2200 calories). About ten percent of the population eats less than one serving per day of vegetables, and less than a third of the population eats the minimum number of daily fruit servings. Nearly half eat less than one serving of fruit per day.

Research into Phytonutrients

Many recent studies have coupled fruit and vegetable consumption with lower risks of specific cancers and heart disease. Thankfully, consumer interest in phytonutrients and super-foods is much further ahead of established proof that documents the health benefits of these foods for humans. Phytonutrient research is experiencing amazing growth and more specific information on phytonutrient benefits will be forthcoming soon. Until then an effective strategy for reducing the risk of cancer and heart disease is increasing the consumption of phytonutrient-rich foods like the fruits and vegetables we have been talking about.

What are Antioxidants?

Antioxidants are a group of compounds found naturally occurring in most plants. They have the health giving benefits to help combat heart diseases and fight cancer. Antioxidants fight harmful molecules called free

radicals. Free radicals are a normal byproduct of living things creating energy. They are also produced from smoking, radiation, sunlight, high sugar diets, polyunsaturated, trans-fats, and chemical pollutants. Even exercising creates free radicals.

If our bodies are well nourished with sound nutrition and not over stressed, they can create many antioxidants, but never enough to prevent the slow but steady “burning up” of our tissues. Oxidation damage builds up over a length of time, eventually leading to the well known signs and symptoms of aging. Wrinkles, cataracts, age spots, arthritis, macular degeneration, emphysema, heart disease, strokes, and all cancers are symptoms of oxidation damage.

There is now scientific proof that a diet which is high in antioxidants from fresh fruits, vegetables, sprouts, algae, spirulina, herbs, and spices helps postpone the onset of these common complications and diseases of aging by supplying extra antioxidants in the never-ending battle against free radical damage. By incorporating super-foods that promote detoxification and fight oxidation with antioxidants into our diets, most anti-aging specialists agree we can in fact, slow or reverse the aging process.

“...adults may be able to reduce risk of diseases of aging—including senility—simply by adding high antioxidant foods to their diets,” said Floyd P. Horn, administrator of the Agricultural Research Service’s Human Nutrition Research Center on Aging at Tufts University.

It must be noted here that our mass produced foods and even the fresh fruits and vegetables, while abundant at the supermarket, are, nonetheless nutrient-poor because of the mineral depleted soil, shipping times and distance, and modern agri-business practices. Fifty years ago when I was a kid, we ate much more nutritious fruits and vegetables than we do today. The main reason for this is artificial fertilizers, pesticides, and mass farming have depleted the soil of minerals so the plants cannot get them from the soil. With this being the case, I find it imperative for me to supplement.

While most nutritionists, dieticians, and doctors today say seven to nine servings of fruits and vegetables are optimal for health, the age and size of the person, the exposure to environmental toxins, taking of medications, disease states, and high physical activity levels will increase the optimal servings a day to as high as thirteen.

Foods high in dietary antioxidants:

- Hawaiian Spirulina, chlorella, and barley and wheat grass—numerous antioxidants
- Apples, and green tea—high in quercetin

- Grapes, seeds and skin—high in resveratrol
- Broccoli and cabbage—high in sulforaphanes
- Spinach, parsley, and kale—high in lutein
- Tomato—high in lycopene
- Blueberries, and cranberries—high in anthocyanins
- Oranges—high in hesperidin

As you can see, antioxidants are abundant in many fruits and vegetables, but they are also abundant in other foods as well including nuts, grains, poultry, and fish.

Here are some more excellent sources of antioxidant nutrients:

- **Beta-carotene:** found in many foods which are orange in color, including sweet potatoes, carrots, cantaloupe, squash, apricots, pumpkins, and mangos. Some green leafy vegetables such as collard greens, spinach, and kale are also rich in beta-carotene.
- **Lutein:** best known for eye health, lutein is abundant in green, leafy vegetables such as collard greens, spinach, kale, and spring mix.
- **Lycopene:** a potent antioxidant found in tomatoes, watermelon, guava, papaya, apricots, pink grapefruit, blood oranges, and other foods. Eighty-five percent of the American dietary intake of lycopene comes from tomatoes and tomato products.
- **Selenium:** is a mineral, not an antioxidant. However, it is a component of antioxidant enzymes. Plants like rice and wheat are the major dietary sources of selenium. Brazil nuts also contain large amounts of selenium.
- **Vitamin A:** is found in three forms—A1, A2, and A3. Liver, sweet potatoes, carrots, milk, egg yolks, and mozzarella cheese are all rich in these forms of vitamin A.
- **Vitamin C:** can be found in high concentrations in most fruits and vegetables, and is also found in cereals, beef, poultry, and fish.
- **Vitamin E:** known as alpha-tocopherol, is found in almonds, wheat germ, safflower and corn oil, mangos, nuts, broccoli and other foods.
- **Folic acid:** has been shown to lower homocysteine levels in our blood. High levels of homocysteine damage the lining of our blood vessels. Green leafy vegetables such as spinach, kale, and collard greens contain folic acid. More dark greens, please!

Further study has shown the fruits and vegetables that come in rich vibrant colors, like tomatoes, carrots, spinach, broccoli, blueberries, and raspberries, are much more potent and beneficial than the pastel colored produce like iceberg lettuce, bananas, celery, corn, and potatoes.

Furthermore, certain foods may contain greater quantities of antioxidants, minerals, vitamins, and fibers. This would be the result of conventional farming methods that rely heavily on chemical fertilizers and pesticides, all which deplete the soil of nutrients. These are nutrients that must be absorbed by the plant in order to be passed on to you. This makes a strong case to purchase organic produce whenever you can.

Greens Fill the Nutritional Gap

With today's fast paced life styles, our diets consist of nutrient-lacking foods. Nearly every major health organization recommends eating five to nine servings of fruits and vegetables per day to protect against degenerative diseases. To enjoy these benefits and protections the US Department of Agriculture (USDA) just announced that American adults need to eat approximately 50 percent more vegetables, 150 percent more fruit, 250 percent more orange, and 350 percent more green vegetables every day. That's seven to thirteen servings a day, every day. Yet, according to the USDA, less than nine percent of adults (and far fewer children) consume the recommended minimum five a day. That means that 91 percent of us are eating "junk" and "fast" foods. This is not a prescription for good health, but a disaster in the making.

Because of this you must supplement with nutritious, whole super-foods, making them a critical part of your diet. Some of the best nutrient-dense super-foods available are found in green super-foods. Green super-foods contain chlorella and other powerful phytonutrients that boost your immune system, detoxify your body, and purify your blood. They also contain potent amounts of antioxidants such as vitamin C, E, and beta-carotene. These antioxidants help prevent the ravages of age-accelerating oxidation, helping you to reverse aging. Green super-foods have even been shown to boost your immunity against disease and assist in preventing cancer.

Green super-foods contain alkaline-forming minerals such as sodium, potassium, and magnesium, which keep your body from becoming acidic. This is important as an acidic environment promotes diseases, particularly inflammatory diseases including cancer, heart disease, arthritis, digestive issues, and respiratory disorders. Green super-foods also aid in digestion and decrease inflammation.

Supplementing with green super-foods will:

- Increase your energy, naturally, without stimulants.
- Reduce appetite, improve metabolism, and assist your weight loss efforts.
- Restore regular elimination and assist digestion.
- Reduce inflammation; relieve stiff and achy joints and muscles.

- Lower the risk of cancer, diabetes, heart disease and stroke.
- Protect your vision from age related vision loss and blindness (ARMD).
- Maintain strong bones.
- Support immune function and increase resistance to infections.
- Reduce allergy symptoms without drowsiness.
- Improve mental acuity and protect your mind and memory.
- Detoxify toxic metals and chemicals.

Green super-foods provide:

- Micro-algae like blue-green algae
- Sea vegetables like spirulina and seaweeds
- Cereal grasses like wheat grass, barley grass, and kamut
- Green tea, which contains cancer-fighting polyphenols
- Dark green vegetables and their juices like spinach and broccoli

I use three exceptional green super-food products in my diet as an integral part of my reverse aging regimen:

1) Greens SuperFood® from Amazing Grass™

My first choice of greens is Greens Superfood® from Amazing Grass™. One scoop a day of this complete raw food provides an easy and delicious way to give my body the fruits, vegetables, phytonutrients, probiotics, digestive enzymes, fiber, and immune-supporting antioxidants I require in my diet. Greens Superfood® is designed to fuel your body and brain to promote better cardiovascular, circulatory, neurological, musculoskeletal, reproductive, and digestive health.

Greens Superfood® is blended to perfection in a delicious tasting powder that mixes well with juice or even water. I mix it in my orange juice that contains the pulp. One scoop provides me with the antioxidant equivalent of seven servings of fruits and vegetables, helping me to meet my daily recommended quota. Greens Superfood® is all natural, containing organic ingredients, and has added acai and maca to provide a powerful dose of whole food nutrition. I choose to take whole food products rather than individual nutrients because it is crucial to me to properly balance my nutrients for them to be absorbed and utilized by my body. For more information on this awesome tasting Greens Superfood® or to order, call 1-866-472-7711 or visit:

www.myreferer.com/mydb/?M=amazinggrass&ID=growyounger&L=3

(38) Mention you heard about their super-food from this book.

2) Greenergy™ from EnergyFirst®

Greenergy™ is backed by nutritional science as it is a specially formulated super-food that has a concentrated blend of over 30 potent

green foods, designed to help you meet your daily nutritional needs. Each serving of Greenergy™ is equivalent to two pounds of fresh, wholesome green vegetables. This nutritional green super-food is rich in vitamins, minerals, phyto-chemicals, chlorophyll, and plant fiber. It contains potent reverse aging antioxidants essential for increasing energy, metabolizing fat, boosting your immune system, detoxifying your system, and optimizing your health and well-being.

Greenergy® benefits:

- Promotes alkaline pH and lowers risk of cancers, diabetes, heart disease and stroke.
- Reduces appetite, boosts metabolism, and helps you lose body fat.
- Improves mental acuity and protects your memory.
- Boosts immunity and detoxifies your system.
- Contains added probiotics and digestive enzymes for healthy digestion.
- Increases your energy naturally without stimulants.

Greenergy™ contains powerful phytonutrients, probiotics, digestive enzymes, anti-cancer green tea extract, antioxidants, added MSM for joint health, and strong immune boosting nutrients. As stated above, Greenergy™ contains the antioxidant content equivalent to two pounds of green veggies. Greenergy™ also contains 160 mg of green tea extract, which is high in catechin polyphenols, and has been shown to reduce the risk of stroke and certain cancers. Green tea has been shown to lower LDL cholesterol and triglyceride levels. Greenergy™ has the recommended dosage of green tea extract, as well as fiber, important for lowering your cholesterol. You get five servings of rich vegetables, containing nutrients, and minerals in just one scoop. Greenergy™ taste great and mixes instantly in water or your protein shake.

For more information on this excellent, 100 percent all-natural, great-tasting super-food, or to order, call 1-888-883-6374 or visit: www.energyfirst.com/Green-Drink-Powder (39) Tell Gerry you found out about Greenergy™ from this book.

3) NanoGreens10® from BioPharma Scientific™ “Fruits and Vegetables to the Power of 10”

A team of scientists, physicians, nutritionists, and pharmacists joined forces in 2004 to co-found BioPharma Scientific™. They gathered to create a quantum leap in the science of nutrition. Their flagship product is NanoGreens10™, a green super-food that supplements your diet with the phytonutrition of us to ten servings of fruits and vegetables.

Today, scientists better appreciate that dark greens, brightly colored

fruits and vegetables are not only rich in vitamins and minerals, but phytonutrients that benefit and protect you from debilitating diseases.

The team of scientists at BioPharma Scientific® created NanoGreens10® to be a functional food phytonutrient supplement containing numerous different nutrients and phytochemicals in a biologic circumstance not currently replicated in pill or capsule form. NanoGreens10® is a once-a-day, easy mixing drink supplying only 50 calories. In spite of all the healthy vegetables in it, they were able to create a green super-food that tastes good in plain water.

Nothing is as good as eating the recommended 7 to 13 serving of fresh greens, fruits and vegetables each day, but very few of us do this, so when you take NanoGreens10® as directed, you can be very confident NanoGreens10® will supply the proven phytonutrition and antioxidant power of up to 10 servings of fruits and vegetables of all the colors.

The maximizing bioavailability (the degree to which a nutrient becomes available to the target tissue after it has been administered) of phytonutrients is also of vital importance today. To quote Jean Mayer of the USDA Human Nutrition Research Center on Aging, Tufts University, Boston, MA, "the effort to understand the health benefits of plant foods is the characterization of their physiologically active constituents, the phytochemicals—as our knowledge grows—we will learn how best to create new products through altering their concentrations, combinations and their bioavailability."

The importance of delivery systems when formulating nutraceuticals is further underlined in *The Journal of Drug Targeting*, "...antioxidants, which are found in many phytochemicals, are biologically unstable, poorly soluble in water, and poorly distributed to target sites. We strongly advocate serious consideration of the bioavailability of dietary supplements, to improve their bioavailability using delivery systems such as liposomal formulations."

Today liposomes can be spontaneously created as highly absorbable nano-particles. Biopharma Scientific™ has created NanoGreens10® as a quantum leap in phytonutrition by developing high-compliance, pharmaceutical grade, and organic nutraceuticals of proven potency incorporating its "Super Sorb Enhanced Delivery Systems" to maximize absorption.

For more information on NanoGreens10® overview and science, nutritional test and analysis, "Super Sorb Enhanced Delivery Systems", and product ingredients go to this website: www.mybiopharmacy.com/a/2106/ (40) There is an incredible amount of information about nutrition and other great BioPharma products you can order, along with NanoGreens10® will help you to become younger and

healthier. To order by phone call 1-888-236-2504, ext 81 and tell them you heard about NanoGreens from this book (store 2106).

Beauty Cuisine

Reverse aging is a very hot and popular topic, and researchers have made great discoveries about how to turn back the clock with natural hormones and cosmetic procedures. One of the most powerful ways of prolonging your youth and enhancing your health is consuming foods which allow for a beautiful, healthy body inside and out.

Beauty cuisine is food that nourishes and strengthens your body, slows down and reverses the aging process, and rejuvenates your cells. As Paleolithic humans, eating beauty food was part of our evolutionary diet, but now has become infrequent with our quest for fast foods void of nutrients but have a longer shelf life. The foundation of true youth, health, and beauty lies within eating the right foods daily picked fresh, organic foods that are nutrient dense, pH balanced, as well as high in enzymatic value, antioxidants, and phytochemicals.

Six Important Qualities Found in Beauty Foods

1) **Low glycemic index rating:** Foods with high glycemic ratings promote insulin secretion. Excessive insulin is proven to age and destroy your body. Low glycemic foods are high in fiber, low in sugar, and therefore are more desirable.

2) **Anti-inflammatory properties:** Diabetes, rheumatoid arthritis, heart disease, and bowel disease are all caused by inflammation. Spices such as ginger, turmeric, cayenne, and oregano have anti-inflammatory properties. Foods like salmon, garlic, and blueberries are also anti-inflammatory.

3) **Have an alkaline or neutral pH:** Fast foods, processed foods, and refined foods are more acidic and encourage deterioration and rapid aging. Foods like green vegetables, salads, watercress, sprouts, seaweed, sesame seeds, and berries are alkaline forming and rejuvenate your body.

4) **High enzymatic content:** Illness can occur as a result of enzyme deficiency. Enzymes are critical in digestion of your food and the assimilation of nutrients. They are truly lacking in the packaged and microwave prepared foods of today. Foods high in enzymes are energizing and invigorating, allowing your body to heal and recover faster from an injury or from aging skin cells. Fresh raw vegetables and berries, as well as raw cheeses, and yogurt are some foods high in enzymes.

5) **High mineral content:** Minerals are important for strong hair, nails, and young looking skin. Eat beauty foods which are abundant in silicon, biotin, sulfur, magnesium, zinc, and manganese; beauty foods like hemp seeds, walnuts, pumpkin seeds, broccoli sprouts, raw local honey, aloe vera juice, papaya and berries, all have high mineral content.

6) **Rainbow of colors:** The vibrant colors of natural beauty foods signify their wide range of antioxidants, phytochemicals, and nutrients which protect, nourish, and heal your body from disease and aging. Pick a different color from the rainbow every day to optimize your eating of beautifying beauty foods.

Reverse Aging Nutrition

Researchers in search of the fountain of youth keep coming back to one fact: you are what you eat. Everyone wants to stay young and beautiful, so more and more adults are beginning to look for natural ways to slow the aging process. As we get older, everyone wonders about living longer and healthier. One of the best ways to stay young is to work from the inside out and eat certain foods that have special properties and unique components that make them literally reverse aging foods. Any food that forms part of a healthy diet might be considered a reverse aging food, but it is also true some foods in particular seem to have unusual reverse aging properties. Eating these foods will help you reach your goal of living longer and healthier.

It is becoming evident many of the life threatening diseases experienced by aging adults are the result of unhealthy lifestyles, poor diets and living in a polluted world. Reverse aging foods give you better endurance, prolong your lifespan, promote a better quality of sleep, help you to feel vital and energetic, and promote a sense of calmness and well being. Remember, aging is not an illness. In fact, many healthcare professionals do not consider the aging process natural and think it can be slowed or avoided all together.

Our bodies produce their own antioxidants, but the level of production declines over time because of environmental factors and because of the aging process. A study published by the Journal of Neuroscience showed that rats fed antioxidant-rich strawberries and spinach had better memories and slower decline of the nerve cell functions than rats fed a standard diet. This confirms that you need to eat fruits and vegetables that are packed full of antioxidants to protect against and possibly reverse the cognitive declines of aging.

There are many reverse aging foods that will benefit your health and, in some cases, even reverse the damage to your body caused by living a stressful life. The challenge is, in today's times, mainly because of the soil conditions, trucking produce to the market, and living in a chemical world, we have to eat more of these foods to get the same nutrition as we previously had to.

Why Reverse Aging Foods?

The largest groups of these reverse aging foods are the fruits and vegetables containing vitamins, minerals, and antioxidants. Antioxidants

are chemicals that defuse and destroy free radicals and other biologically damaging molecular fragments that do damage to the body cells and accelerate aging. Free radicals are produced in our bodies constantly, so antioxidants are needed to remove the free radicals before they have a chance to do damage. Real fruits, vegetables, and whole grains—not processed foods—contain the most antioxidants. These will help to keep your body strong and disease-free. They consist of nutrients such as beta-carotene, coenzyme Q10, selenium, vitamin C and vitamin E. These nutrients are well known for their antioxidant properties. They also help the skin renew itself, making you look and feel younger.

By designing a diet full of reverse aging foods, you will build up your immune system, your body in general will become healthier, and you will annihilate free radicals from your body helpful in avoiding the signs of aging. Eat organic foods when you can and avoid consuming pesticides and other toxins. Stay away from foods high in processed fat, salt and sugar. Stay away from processed grains. Whole grains are the best because your body converts the sugar in these carbohydrate sources at a slower and steady pace.

Reverse aging foods are whole vegetables and fruits. Get your proteins from beans, nuts, and seafood. You can eat a minimum of dairy and poultry, but stay away from red meat products. Consume healthy fats like olive and coconut oils.

If you include these reverse aging wholesome and healthy foods in your diet regularly, you will quickly discover a feeling of increased well-being, show positive healthy results, and gradually enjoy eating these foods far into your senior years.

Nutrition is important to a healthy body during your lifetime, but it becomes even more essential as you age. When you were younger, you could easily digest the poor foods lacking nutrition, but as you get older, digesting poor food becomes more problematic. Older adults need to keep their immune system strong and their health in balance since the older they become, the more vulnerable they become to disease.

Reverse aging nutrition is the procedure of getting the correct nutritious foods you need to stay healthy and slow the aging process. Reverse aging nutrition is about a total healthy lifestyle, taking supplements and eating super-foods, reducing stress, and exercising. Stress creates free radicals, which attack the body, setting the stage for disease development.

Nutrient Rich Foods

Aging is a natural process that can be slowed with healthy nutrition, weight control, exercise, and lifestyle changes. As your body ages, it becomes more difficult to absorb certain nutrients from foods. It is ever more important to eat nutrient-rich super-foods. Some of the best nutrient-

rich foods for reverse aging are blueberries, cranberries, seaweed, and red kidney beans, followed by fish, avocado, carrots, raw nuts and seeds, brown rice, fish oil, flax seed, bananas, garlic, green tea, and barley greens.

Because of the pollution in our air and the increasing amounts of stress in our everyday life that speed up the aging process, you need to take additional nutrients, antioxidants, vitamins, and minerals.

The Top Ten Reverse Aging Foods

The best reverse aging diet consists of keeping your calorie consumption and saturated fat intake down. Lower your sugar intake; eat plenty of wholegrains, oily fish, fresh fruits, and vegetables. Try staying five to ten percent below your ideal body weight as this is recommended for reverse aging. In addition to these general guidelines, there are specific foods that contribute to reverse aging that you should regularly include in your diet.

Following are ten of the best:

- 1) **Avocado:** This fruit, which is usually eaten as a vegetable, is a great source of healthy monounsaturated fat that helps to reduce the bad type of cholesterol in your body. They are a great source of vitamin E, helping to maintain healthy skin and preventing skin aging. Avocado is rich in potassium which helps prevent fluid retention and high blood pressure.
- 2) **Berries:** Berries are fruits that have many health benefits. Eating berries reduces brain aging, enhances memory and reduces oxidative stress in your body. Berries enhance the strength of the blood vessels, prevent oxidation of low-density lipoprotein cholesterol, reduce plaque formation and increase plasma's antioxidant capacity. Berries are even good for your eyes as they prevent the onset of cataracts as they reduce oxidation, increase blood flow and blood vessel strength. Berries reduce diabetic angiopathy, improve starch digestion, reduce the onset of colds, and protect against infections from microbes. All black and blue berries, such as blackberries, blueberries, black currants, and black grapes contain phytochemicals known as flavonoids. These are powerful antioxidants which help to protect your body against damage caused by free radicals and aging.
- 3) **Cruciferous vegetables:** These include cabbage, cauliflower, broccoli, kale, turnip, Brussels sprouts, radish, and watercress. These special cruciferous vegetables assist your body in its fight against toxins and cancer. Try to eat them raw or lightly steamed so the reverse aging enzymes remain intact.
- 4) **Garlic:** Raw or cooked garlic helps to protect your body against cancer and heart disease. The cardio-protective effects of garlic are well researched. Garlic reduces cholesterol levels and assists blood thinning

more effectively than aspirin, thus helping to reduce your risk of heart disease.

5) **Ginger:** This spicy root boosts the digestive and circulatory systems in older adults. Ginger also helps to alleviate rheumatic aches and pains.

6) **Nuts:** Nuts are a great source of minerals, particularly walnuts and Brazil nuts. Walnuts are rich in potassium, magnesium, iron, zinc, copper, and selenium. Adding nuts to your diet can enhance your digestive and immune systems, improves your skin, and helps control and prevent cancer. Raw organic nuts are the most nutritious.

7) **Fermented soy:** Menopausal women might find that fermented soy products help to maintain estrogen levels. Soy may alleviate menopausal hot flashes and protect from heart disease. Fermented soy products are easier to digest, and more nutritious. Stay away from any soy product that has been genetically modified.

8) **Whole wheat pasta and brown rice:** Complex carbohydrates provide a consistent supply of energy throughout the day. Whole wheat pasta is high in fiber and contains twice the amount of iron as normal pasta. Brown rice is another recommended complex carbohydrate, which is high in fiber and B vitamins.

9) **Watermelon:** The flesh and seeds of the watermelon are both highly nutritious. Watermelons are one of the best fruits to help against free radical damage and aging.

10) **Water:** Water is not a food, but you must have fresh water every day in order to remain healthy. Drinking lots of water helps rid your body of the toxins and unwanted waste materials that build up in your body. You should drink water, even when you are not thirsty, as the sensation of being thirsty diminishes with age. Drink often from nutritious liquids like 100 percent fruit and vegetable juices, broths, sparkling water, and teas. You can get a lot of water from frozen yogurt, soups, watermelons, oranges, lettuce, tomatoes, etc.

Remember: the most important thing about a reverse aging diet is you have to be persistent and consume healthy reverse aging foods every day.

Healthy Nutrition Odds n Ends

- Eliminating animal products and adopting a plant-based diet is one of the most single beneficial decisions you can make to slow the aging process in your own diet.
- Diets containing a higher percentage of raw, organic, uncooked foods are significantly associated with better weight loss, improved blood sugar control, and lower blood pressure.
- The average non organic fruit contains more than 20 pesticides.

- Organic food is richer in vitamins, minerals and fiber, retains the levels of nutrients for much longer, and taste better.
- When you eat dairy or farm produce you are also eating the chemicals, drugs and growth hormones given to the animals.
- Organic farms respect our water resources and do not leach nitrogen's and other pollutants from their soil
- If you can eat raw vegetables, such as peppers and tomatoes, then so much the better. The lack of cooking means more nutrients are retained.
- Fiber rich foods such as beans, peas, broccoli, prunes, figs, whole grains and other commonly available plants, organically grown to ensure the highest nutrient levels, aid in digestion by carrying waste and toxic products through your body, so it can pass them quickly without absorbing too much.
- According to the experts at Johns Hopkins, three out of four adults in the US will be obese by the year 2015.
- With obesity on the rise, researchers are anticipating an alarming rise in other chronic health issues such as heart disease, stroke, high blood pressure, diabetes, sleep apnea, osteoarthritis, and several types of cancer.
- Researchers from Ohio State University just published a study in *The American Journal of Clinical Nutrition* that showed eating salad vegetables with added full-fat salad dressings, actually promotes the absorption of lycopene, alpha-and beta-carotenes, all of which aid in the fight against cancer and heart disease. Many salad dressings contain alpha-linolenic acid, an essential fatty acid that may protect against fatal heart attacks, and vitamin E, which has shown to help your heart health. Make sure you use a salad dressing free of trans-fats.
- New technology is proving how the nutrients in organic foods interact at the fundamental gene level to promote health, prevent disease, and slow aging.
- With good nutrition and focusing on the prevention of disease, the aging clock can be slowed—and in many cases reversed.

Chapter Conclusion

The core of your nutritional program should begin with 100 percent delicious organic fruits and vegetables containing vitamins, micronutrients, minerals, antioxidants, phytonutrients, and that are fiber rich. Adapting this healthy lifestyle of nutritional eating will help reduce the risk of a host of other diseases like diabetes and cancer and help in reverse aging.

Now is the time you should adopt a healthy diet, do daily regular exercise, initiate a stress management program, and take supplements that add nutrients to your diet because the food you eat doesn't always provide the nutrition you need. The only way you will ever make this happen is to take total control of your health and adopt a lot of the things mentioned in this book, and do not let others steer you in the wrong direction.

Discover the secrets of reverse aging. Using the correct combinations of supplements, super-foods, exercise, and holistic treatments, you can learn how to become younger, and live longer. You can STOP growing older and grow younger with this great resource book.

Stop Growing Older, Grow Younger

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