

# **The 5-Minute Guide to Anti-Aging**

**- SPECIAL REPORT -**

## Your 5 Minute Guide to Anti-Aging: Keep Your Body and Mind Nimble and Powerful as You Age

It's common to think of aging physically as somewhat inevitable. We look to people we've known in our own lives, or perhaps people we see in the street and we see them finding it hard to move around, doddering and shaking and probably dealing with all manner of health issues. We assume that this is 'the norm' and that we will suffer the same fate when we reach that age no matter what we do.

But in fact, you couldn't be more wrong. In fact, the way we age is something that we have a LOT of control over and many of the side-effects you might have presumed were unavoidable are actually very possible to circumvent.

If you need convincing, then go and run a marathon some time. What you'll find is that there are plenty of competitors there who are well in their 50s, 60s, 70s and even their 80s. Or do a Google search for Johanna Quaas – the oldest gymnast in the world. She's nearly 87 and can do handstand push ups!

Or even just take a look at Arnold Schwarzenegger. He's in the latter half of his 60s and he's very easily managed to add his muscle back on and get into fantastic shape. He's sharp as a whip and currently conquering social media.

So what did these people do differently to the old men and women in homes? And what can you do to emulate them?

## The Secret

The reality is that some people won't have this good fortune. Sometimes, the negative effects of aging are the result of illness or accident and this makes them practically unavoidable. But in most cases? It comes down to lifestyle, nutrition and attitude.

So what is the 'secret'? There's actually one big key to all this and it's really rather simple:

### **Keep using your body and mind!**

And don't just keep using it – keep pushing it and keep taking yourself further and harder. The more you do this, the more you'll be able to continually challenge yourself and the more your body will stay adaptable and keep growing.

The problem is that too many of us start to treat our bodies like they're made out of glass once we get past a certain age. In reality, even in old age your body should be able to stand up to some punishment and this is actually what it craves.

## The Science

That might sound like a nice piece of motivational talk but in reality, it's actually very literally true. And when you look at the lifestyle most people lead, it's easy to see why this is the case...

So let's run through it. What is the lifestyle like of your average person as they age?

When you're young, you would have been learning all the time and you would have been constantly active. You'd have run nearly everywhere you went, you'd have been constantly learning new things (everything you learned would have been new!) and even the way you used your body would have been a constantly learning experience.

Then you'd go to school. That meant learning and socializing, punctuated with lots of playing. Then you'd have gone to University and continued to learn, probably while taking part in various activities and clubs.

But now, the learning you're doing has started to become more focussed and the activity a little less regular...

Fast forward a few years and you're starting a new job. You're probably still fairly active in your spare time and you're learning at work.

A few years more and you've adapted to your career. It's still stressful (which wreaks havoc on your body) but you're not really learning anything 'new' per say. Thus your brain stops being so plastic, you produce less 'BDNF' (brain derived neurotrophic factor) and you generally become less efficient at learning. Activity becomes less still because you're burned out from work and because you probably have responsibilities at home – like looking after kids.

Time is so scarce though that you're mainly eating processed foods. You barely have time to go outside. And you're turning to drink as a way to unwind artificially in the mornings (while another elixir – coffee – is what starts you again the next day).

This remains pretty much the same for the next 20, 30 or 50 years. Meanwhile, you are breathing in toxins, not eating properly and barely moving. Your body starts to break down, you pick up aches and pains as a result of losing your mobility and your flexibility and you generally become slower and tired than ever before. You're so stressed all the time that your digestion and immune system are constantly suppressed and your heart rate is constantly accelerated. Is it any wonder you look 15 years older than you actually are?

Then you retire. And you're so exhausted from years of doing those things that you don't do anything else. Maybe you attend a few classes or communities. Maybe you volunteer on weekends. But you spend most of your time sitting down at home because you're so stiff and low on energy.

And now you're not even challenged at work. And you're not socializing. Your brain is not only less plastic, it now starts to deteriorate as 'pruning' takes place for unneeded neuronal connections. Decades of being malnourished have taken their toll on your bones and your neurotransmitters. As has all the poor sleep, all the stress...

And what do people tell you to do? Take it easy. Rest up. Stay at home.

And slowly die.

## Let's Put This Straight

Man, that sounds depressing right?

But it's unfortunately the reality for a lot of people. And that's why aging is so painful and ungraceful for so many of us.

We're living longer than ever thanks to modern medicine but our lifestyles and diets are the worst they've ever been. The result is that we end up old and decrepit – unable to enjoy those long lifespans.

So how might we put this right?

First: we eat right.

If you are currently living on ready meals and fast food, then know that it is aging you. It will make you less healthy when you're older but it's also making you look older right now. That's because our body needs the nutrients that come from our food in order to keep our bodies running well. You literally are what you eat and your body is being broken down all the time – you need nutrients in order to build it back up again.

This is also what will give you just that bit more energy – no matter your age – to start being more active and to start training again.

And that's the next step: we move.

Moving regularly will keep your heart strong, your blood pressure down and your muscle tone healthy. It's also very good for your brain and will encour-

age the formation of new neural connections and the production of all important neurotransmitters – including ‘feel good hormones’ that combat depression.

Most important of all though, moving is the antidote to sitting at a desk all day. Try and squat down with your heels flat on the floor right now. If you can’t do it, it’s because you have tight muscles. Sitting in the same position for hours at a time has caused some muscles to become elongated and weakened (quadriceps, glutes) and others to become short and tight (hamstrings, pecs). The result is that you have uneven pressure on your joints which can cause problems such as an anterior pelvic tilt (this causes your pelvis to tilt, thereby creating back pain and actually making you appear shorter!).

Having our arms forward typing all day meanwhile shortens the pecs and begins our hunch back appearance that is so common in older age.

We then correct for these problems by changing the way we walk or run, which makes us more likely to fall over or to develop even worse imbalances and pains.

And over time, all this is enough to lead to poor mobility, inflammation, arthritis and a lack of movement and energy.

**The less we move, the worse it gets.**

Which is why the answer isn't to move less. Instead, it is to gradually start correcting that lack of mobility. To start strengthening the muscles again, restoring flexibility and squatting, lunging and deadlifting.

It all just boils down to the simple SAID principle. Specific Adaptations to Imposed Demands.

If you move a lot, your body adapts to cope with lots of movement. You become stronger and more flexible.

If you stop moving, your body adapts to not moving. It becomes, softer, weaker and imbalanced.

### **And finally: we think.**

Because the exact same principle also applies to the brain. If you aren't using your brain to constantly learn new things, then you will lose the ability to form new neural connections and it will become less plastic. If you aren't socializing and aren't challenging yourself, then you will become more set in your ways, more forgetful and less sharp.

So even though you're retired, that doesn't mean you should stop working or stop having ambition. In fact, now is the perfect time to go after other ambitions and things that you want to achieve. This is the perfect opportunity to start a business, to start an acting career, to write a book or to do any of those exciting things that will keep you drive, keep you excited and keep you young.



But again, you can't just jump into all that if you're already starting to decline. You need to build up to it and that means starting with simple diet and lifestyle changes to gain more energy.

### And Then There's the Rest

Doing all this will not just make you healthier as you age: it will make you more energetic and make you look more youthful even. When you feel better, you look better.

But there are other specific things you can do to stop the age showing in your face, in your teeth or in your hair too. Once again, it all comes down to the right lifestyle and the right nutrition and the sooner you start, the better off you'll be.

You can boost your testosterone for instance by consuming more saturated fats and getting more sleep. This makes guys look younger but it also makes them more muscular, more virile and more energetic even in old age.

Or you can improve your hair just by eating the right nutrition and staying away from certain harmful chemicals. Fixing your skin regime can make you look decades younger very easily.

We discuss all this and much more in the full ebook and go into detail regarding all the things you can do when you're young or when you're already old to keep wrinkles and grey hair at bay, to keep your teeth white and to maintain a youthful attitude. We even look at things like inconti-

nence, sexual dysfunction and eyesight and show how similar principles can be used to prevent all these things.

And of course we go into much more detail regarding how to keep your brain sharp and your body nimble.

Don't think this just applies to the elderly. This is most important for those who are in their late twenties or thirties. You are probably already starting to see your body age but now is the very best time to combat it and to keep yourself looking and feeling young.

But if you're already a little more advanced in years, then it's not too late. Read the book and discover the secrets to turning back the clock and getting the very most out of your golden years.

Getting older doesn't have to be entirely bad news. It actually has a ton of positives as well and if you can keep the aches, pains and grey hair away you might just be able to enjoy the freedom, the respect and the knowledge that can only be gained with time!