

# POWERFUL HABITS

TO GROW YOUNGER EVERY DAY!

*Look And Feel  
10 Years  
Younger -  
Naturally!*



WENDY VINEYARD

POWERFUL

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HABITS

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WENDY VINEYARD



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“Powerful habits  
create consistent  
action to achieve  
anything you want  
with less effort.”

– Wendy Vineyard



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## DEDICATION

**T**his book is dedicated to my past, present and future clients. You are the reason I wrote this book. Your heartfelt desire for, and belief, in higher levels of health, wellness and youthful aging inspire me every day.







“Good habits are as  
addictive as bad habits,  
and a lot more  
rewarding.”

– Harvey MacKay



# FOREWORD

**T**he book you are holding offers you simple yet powerful steps to create healthy habits that will improve every area of your life, so that you can look and feel more vibrant and energized, naturally.

As you journey through its pages, you'll receive techniques and resources to help you heal physical or emotional challenges without pharmaceutical drugs, added hormones or surgery. Of course, conventional medicine is invaluable in emergency situations. It's good we have doctors who know how to expertly mend a broken bone, stop a bleeding wound, or replace a damaged organ. But often, physical ailments and premature signs of aging are symptoms of a deeper problem – your habits.

Habits are a powerful force that can empower you, or destroy you.

The problem is that there is so much information out there – about what to do and what not to do – that it's easy to get confused or overwhelmed. But Wendy has simplified the process of creating good habits.

She has personally witnessed the horrors that happen when a person loses control of their health and ends up giving away their power to substances and procedures that have consequences of their own. And she's on a mission to illuminate a better way.

Taking 100 percent responsibility for what shows up in your life is crucial for healing. Wendy has paired the development of healthy habits with key strategies for looking and feeling younger longer. Taking small and consistent steps every day leads to success in any area of life – including youthful aging. It's a strategy that works!

## FOREWORD

You will also learn the benefits of whole foods, supplements, moving your body, avoiding foods and substances that are harmful to health, and paying attention to your spiritual well-being. But this book isn't just about youthful-aging strategies. It also focuses on the importance of having the right mindset to achieve your goals so you can align your personal goals with the latest youthful-aging research and take your desires beyond mere wishes – into action and personal transformation. Lifelong benefits begin as soon as you take your first step towards creating the life you want. Wendy sets you up for success by coaching you to tune into your body, align with nature and make choices consciously.

She is a trustworthy guide who has the knowledge, heart and skill to show you how to create *Powerful Habits To Grow Younger Every Day!*

The information she presents will help you with many of the challenging questions facing anyone committed to achieving greater vitality and maintaining it for the rest of their life. It's important to get curious, and to ask ourselves where we want to be in the last 10 years of our lives; what we want to be doing; and how we want to live. We clearly have the power to influence that picture – more than we sometimes think.

This book has the power to change your life – if you're open to it and take action on what you learn. It will help you to consistently ask empowering questions like: How can I be even more focused on creating the youthful-aging results I want easily and effortlessly while having fun doing it right now? The quality of your life will mirror the quality of the questions you ask.

I suggest treating this book like a reference book. This isn't just a book you read casually. It's more of a health and wellness blueprint that gives you tools to develop your own daily practice for creating lifelong exceptional health, wellness and youthful vitality.

## WENDY VINEYARD

Are you ready to rise to your next level of strength, energy and well-being? Are you ready to live at your highest level of excellence and inspire others along the way?

It is my prayer that you integrate the knowledge in this book and become a model of possibility, uplifting all whom you encounter, reminding them that they too have power to look and feel 10 years younger naturally.

To your health and happiness, and with Supreme LOVE,

*Niurka*



Niurka is the founder and CEO of Niurka, Inc., and the creator of Supreme Influence. She is a transformational leader and master teacher who educates, inspires and empowers people to live in their true power and purpose. She is the author of *Supreme Influence: Change Your Life with the Power of the Language You Use*. For more information visit: [www.niurkainc.com](http://www.niurkainc.com).



# ENDORSEMENTS



“Wendy is one of my trusted personal health guides and her help is a blessing in my life. If you’re feeling overwhelmed and unsure about how to cost-effectively feel great now and slow your aging process naturally, read her book, take notes and take action.”

James MacNeil,  
*The Guru Builder*, Author, Speaker, Trainer  
[www.thegurubuilder.com](http://www.thegurubuilder.com)

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“This book is in a class by itself. Wendy provides so much excellent content that you’ll return again and again to these pages as you follow her strategies and suggestions. Her vulnerable sharing of her own story and the challenges she has faced in creating her own powerful habits make this an inspirational as well as an informational resource. *Powerful Habits To Grow Younger Every Day!* is a valuable tool to help you build the successful habits that will have you look and feel 10 years younger for the rest of your life.”



Nancy Forrester,  
Founder and Executive Director of National Emotional  
Freedom Techniques (EFT) Training Institute  
[www.NeftTI.com](http://www.NeftTI.com)

## ENDORSEMENTS



*“Powerful Habits To Grow Younger Every Day!* is packed with wisdom, inspiration, insights and practical suggestions to slow your aging process naturally. Wendy has done the work so you can achieve your health, wellness and youthful-aging goals easier and faster than you could on your own.”

Marg Hachey,  
Serial Entrepreneur, Managing Director of GroYourBiz  
[www.GroYourBiz.com](http://www.GroYourBiz.com)

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“If you want to build a successful business or career and enjoy the results of your hard work, you must take care of your #1 asset – your health and wellness. If you have to stop and deal with your own health crisis, your professional life will take a back seat. Wendy’s book is an excellent resource that tells you exactly how you can look and feel your best – at any age!”



James Burgess,  
Author of *Chaos: How Business Leaders Can Master the Power of Focus*  
[www.focus31.com](http://www.focus31.com)

## WENDY VINEYARD

“Most of us want to look and feel younger, but only a handful have figured out how to make it happen naturally and easily! I’m excited that Wendy has worked to make it simple and automatic for me to slow down my aging process! *Powerful Habits To Grow Younger Every Day!* is packed with the latest youthful-aging and wellness secrets, plus a system to get new powerful habits working for you, and inspiration to get you started now.”



Marybeth Haines,  
Author of *The Power Of Pets*  
[www.authormarybethhaines.com](http://www.authormarybethhaines.com)







# INTRODUCTION

**W**hat if you could look and feel 10, or more, years younger – naturally – and keep that edge for the rest of your life? What if it were within your personal power to actually prevent or reverse premature aging, and enjoy what is now being called ‘youthspan’ for a longer period of your life?

What if you had access to proven steps you could take to achieve these results, would you be ready to do whatever it takes to commit to your own success? Are you ready and willing to put a plan of action in place now, and then take the daily steps that are required to get and keep the results you want?

If that is your intention – your desire – then you’re reading the right book!

I am passionate about this book.

It’s not just because I poured my heart, knowledge and wisdom into writing it.

It’s also because I know that everything I’ve included in this book *actually works* to help you look and feel 10 years younger – or more! I researched *Powerful Habits To Grow Younger Every Day!* for myself first, after I decided to remain youthful well into my 90s and beyond. I’m achieving my goal without drugs, added hormones or surgery.

## INTRODUCTION

And I walk my talk. Most of the time, I look and feel 10 years younger than my chronological age. I say ‘most of the time’ because we all have days when we don’t look our best: When we’re recovering from a cold or flu, for example, or when we don’t get enough sleep. Upsetting events can also affect the face we present to the world. We’re human, after all. During my research to find natural youthful-aging strategies that work, I discovered and used several exceptional processes, products and services that inspired me and made me feel hopeful about the future. I wrote this book because I felt driven to share these strategies with health-conscious people who want to live longer, in better health, without drugs, hormones or surgery.

My inspiration came from watching my parents age, and I am determined to make more empowering choices about my physical and emotional health. My parents believed the medical doctors who told them that pharmaceutical drugs, artificial hormones and surgery were their only options for staying healthy and pain-free. My parents did what they were told and trusted that their doctors’ advice would keep them happy and healthy.

My mother took hormone replacement therapy (HRT) for many years, stopping it only when the Nurse’s Health Study revealed in 2001 that HRT increased the risk of heart disease and cancer. Mom had a difficult menopause and a hysterectomy at age 50, and now in her 80s, she continues to experience hot flashes. Surgery for cataracts and glaucoma left her with poor vision. She has used pharmaceutical drugs for high cholesterol, diverticulitis, polymyalgia and Raynaud’s Syndrome. She used steroids and cortisone cream for a bad case of hives – likely brought on by the emotional stress of being the primary caregiver for my 83-year-old father who has dementia caused by a

Parkinson's-type illness. He is now living in a long-term care home because of the toll his care was taking on mom.

Mom is now learning how to live alone in our family bungalow, and cope with loneliness at age 82. She has aches and pains and her memory is not great. Compared to other people her age, mom's current health is generally good. Unlike most 82-year-olds who take multiple drugs, the only drug she's currently taking is for high cholesterol.

When my father was in his mid-70s, he had successful knee-replacement surgery, but a reaction to the drugs used to sedate him ironically resulted in terrifying hallucinations that caused him severe psychological trauma. In addition to the dementia, he has high blood pressure, 'mild' congestive heart failure and an enlarged prostate that ultimately led to him being catheterized.

Dad takes multiple drugs four times a day to treat his symptoms, all of which cause serious side effects. Most days, he feels unwell and is confused – he doesn't know where he is or where he's going when he walks around. Until his doctor at the long-term care facility changed his medications, he was still having hallucinations.

He has no attention span and is restless. This means that reading and TV don't interest him, and he can't operate the simplest device to listen to music or adjust the recliner in his room. He needs help to get dressed and to use the toilet. Even though he's able to walk slowly on his own, he's encouraged to use his walker because he's unsteady.

## INTRODUCTION

Most of the time, he's depressed; frequently, he's fearful, angry and petulant, bitterly complaining that he's been 'banished' from his own home and that he got the 'short end of the stick.'

Dad grapples with the knowledge that his brain is failing. He's lost the capacity for conceptual and detailed thinking, and he knows it. He starts to speak and stops because he's forgotten the second half of his sentence. It's frustrating for him and for us. We really want to know what he was going to say! Sometimes he'll use the wrong word. Sometimes he forgets who my mother is, although they've been married for more than 57 years.

Sometimes, he's like his old self: Humble, loving, affectionate, grateful and extraordinarily thoughtful of others. At times, he surprises us with his dry sense of humor and he can still come up with witty quips and insights.

Thankfully, he has mom, who visits as often as she can and takes dad out for meals; my brother lives nearby and regularly helps and visits both our parents, and my sister and I drive five hours to see our parents as often as possible. Dad has many loyal and loving family and friends who take the time to visit him, and he's much admired by residents and staff in his long-term care home.

The situation isn't all bad – many would say my dad is blessed; but his mental and physical state are not how I want to enter my final years. My desire is to live well into my 90s or beyond – I value being mentally sharp and physically healthy, mobile, pain-free, constantly learning new things, sharing my wisdom, contributing to worthwhile causes and being excited about the next adventure my life holds!

Many other baby boomers I know also have high expectations around aging. The youngest of us turned 50 in 2014. We make up approximately 30 percent of the Canadian population and 25 percent of the U.S. population. We want to live long, look good and feel good – forever! We don't want to get 'old' and this situation is creating a huge and growing worldwide market for youthful-aging products that is expected to exceed \$290 billion in 2015.

*Powerful Habits To Grow Younger Every Day!* is the healthy aging plan that I've researched and developed for myself, and I'm pleased to share it with you. This plan will save you time, money and energy in the vital quest to find the answers you need to live longer and stronger. Success in any area of your life happens incrementally over time. It requires faith, focus, persistence and consistent daily action. Those actions and the attitude you bring to the aging process determine – more than genetics – how long, and how well, you're likely to live.

It's important to pay attention to the stories you tell yourself about aging. If you're convinced that you'll age the same way as your parents, for good or for bad, it's likely that you will. If you're convinced you can change your own aging process by adopting healthy habits, beliefs and a positive attitude, then you're setting yourself up for long-term health, wellness and youthful aging.

With *Powerful Habits To Grow Younger Every Day!*, you now have the most effective, healthy, natural youthful-aging solutions – the knowledge, tools, techniques and strategies that will be your biggest allies in your decision to stay healthy and vibrant until your life ends at an advanced old age. With this book, you'll know how to look and feel 10, or more, years younger for the rest of your life.

## INTRODUCTION

When you finish reading the 10 habits and are inspired to add one or two into your life, take the next step to set yourself up for success. Read how to set goals that are in alignment with what you value most, and how to create powerful habits to easily achieve your goals. I've included my one-page Power Habits System in this book and, to help you create your habits, a handy worksheet is available online – one of the eight bonuses you receive as part of this book.

In this book, I present 10 general youthful-aging habits and many ways to customize your own youthful-aging plan that includes specific foods, supplements, herbs, water, exercise, stress management/elimination, hormone balance, restorative sleep, weight control and more. You'll also find information on natural remedies and products that will produce the greatest effects on how you'll age. The goal is to make healthy choices that work for you, turn them into habits to reduce stress in your life and help you achieve your youthful-aging goals.

I wrote this book so you could easily find the information that interests you. Each habit is meant to stand alone on that particular topic, so feel free to jump right to it. For example, in the chapter on controlling your weight, I've chosen to summarize the information found in the habit chapters on stress, food and supplements that correspond specifically with weight management.



As you read through these pages, you will find:

1. Hundreds of proven-effective, youthful-aging methods to help you look and feel 10 years younger naturally – without drugs, hormones or surgery.
2. Resources you can use to triumph – forever – over a common human failing known as self-sabotage. An important part of developing youthful-aging habits – and getting to a better emotional state – is to believe you can and know that you deserve it.
3. A special section about setting your own powerful habits. This includes *My Youthful Aging Manifesto* so you can set your intentions for enjoying life and living longer; plus my *12-Step Power Habits System* that turns your healthy choices into powerful habits – so you get the results you want the ‘auto-magic’ way, easily and painlessly.
4. Exclusive online access to a series of powerful bonuses only available to readers of this book. Your bonuses include:
  - My one-page **Power Habits System Personal Worksheet** to help you create your new habits and put into action what you’ve learned from reading this book.
  - My **Youthful Aging Manifesto Worksheet** to help you create your plan for what you want to do and achieve in your lifetime.
  - A **Gratitude Journal** to help you increase your level of happiness.
  - A **Healthy Weight Journal** to help you achieve your healthy weight.
  - A **Food and Mood Log** to help you discover the effect food has on your mood, give you a reason to make more empowering food choices and the ability to make better life choices.



## INTRODUCTION

- My list of the **60 Funniest Movies Of All Time** so you have recommendations when you want to relax, lighten up and laugh.
  - My **Inspirational Book List** to help you develop a reading habit to keep yourself positive and focused on what you want.
  - **Sources** – web links and books where I gathered many of the facts used in my book.
5. Plus, I'll let you know how to:
- Request a 30-minute **FREE Power Plan** session with me to discover how we can work together to slow your aging process naturally – when you're ready to take action.
  - Register for my **webinars** and **live seminars**.
  - Get more information about my **coaching services**, including my six-session '**Fast Start Breakthrough**'.

During my research for *Powerful Habits To Grow Younger Every Day!*, I conducted personal interviews with many of the health experts I quote in this book, participated in numerous seminars and conferences, and read hundreds of books and articles on youthful aging, natural healing and personal development.

I learned that there are many effective tools available to help you enhance and maintain good health. These tools can help reverse the signs of aging, relieve/eliminate pain, detoxify your body, release unwanted fat, build lean muscle, balance your hormones, help you look and feel more youthful and self-confident, and help you get a good night's sleep – every night.

I use or do everything I recommend in this book, and I endorse it all from my own personal and professional experience. Many of my suggestions can be completed in just a few minutes a day. All of these tools and remedies are endorsed by many physicians, naturopathic doctors, chiropractors, holistic practitioners, nutritionists, health and wellness experts, coaches, authors and estheticians. Now that you know they exist, you can decide if they're right for you, too.

I believe that *every* capable adult needs to take 100 percent responsibility for their own health and wellness. You can't blame anyone else if things don't work out the way you'd hoped ... and you also don't want to end up giving your personal power away to an 'expert' who doesn't have to live in your body!

In *Powerful Habits To Grow Younger Every Day!*, you'll discover that the ultimate answer to aging youthfully (and preventing most health problems) comes down to making healthy lifestyle choices and treating the root cause of physical and emotional challenges.

To get a fast start on your own youthful-aging plan, I suggest you read through the 10 habits I've listed and choose one or two that you feel represent a good place to start. Then read Part 3 - How To Create A Powerful Habit. Commit only to what you can handle in the next month. If you have a stressful month coming up, you may want to limit yourself to something small. Stress and building new habits don't mix! As you'll read later, once you've got one or two new habits handled, it's time to consider adding more. Growing younger every day is a process – not a destination. Keep focused and be persistent! I welcome your questions and comments. Email me at [wendy@wendyvineyard.com](mailto:wendy@wendyvineyard.com).





PART 1

# Aging Research Sounds Like Science Fiction

## CURRENT RESEARCH INTO YOUTHFUL AGING

People have been searching for the ‘Fountain of Youth’ for thousands of years. It’s interesting to know that none of the top 20 longevity cultures are in First World industrialized nations. These people live in remote areas. They burn trees for fuel, use the ashes to grow vegetables and rely on grandma’s herbs as medicine.

Western scientists are working hard right now to develop a ‘magic pill’ or gene therapy that they hope will keep us younger forever and earn themselves and their companies a lot of money! Some laboratories are concentrating on chemicals, others on nutritional supplements and herbs that affect biological aging.

- Very promising research is being done on **telomeres** – the end points of your chromosomes – and how to keep them long and healthy so you can stay young. The science of telomeres

offers one of the most exciting and viable possibilities for extreme life extension – the kind of youthful-aging strategy that can actually allow you to regenerate and, in effect, ‘grow younger.’ More about that in Habit #8.

- Other scientists are working on **genome alteration**. Altering genes to give you the ability to live longer sounds like science fiction and it can involve everything, from inserting genes from other species into human cells, to cloning, and on towards stem-cell creation of body parts. Some people believe that the cure for aging will probably require a thorough redo of our genome.
- On a more immediate level, the **Triage Theory of Aging**, developed by Dr. Bruce Ames, states that your body prioritizes its immediate needs above its future needs. This means that when the body does not have sufficient nutrients to feed all tissues equally, the *urgent* needs of the body will outweigh the *less urgent* needs, even if they both share a high level of importance.

To protect against the consequences of biological triage, you must make sure that an abundance of nutrition is available to your body so that important processes are able to function on all cylinders. It’s been proven that a calorie-restricted diet can extend *human* life. One way to restrict calories is *intermittent fasting*. Other methods include a one-day fast or cleanse day a week; two consecutive fasts or cleanse days a month.

A related protocol is to cut in half the calories you typically eat (e.g., 900 calories instead of 1,800 or 2,000) and supplement to make up the missing nutrients. It’s been estimated that this solution could extend your life

by 40 to 50 percent! The best way to do this is to cut out carbs from sources other than most vegetables.

- **Emotional health** is important for longevity in many ways. Emotional health is found in people who are able to let go of regrets, trauma and resentment, and keep their moods high. This can be achieved through emotional healing, stress management, nutrition, exercise and other healthy lifestyle choices that are included in this book.
- **Yoga promotes youthful-aging.** It helps improve breathing, circulation, strength, flexibility, joint and hormone function, and your stress response. Tibetan monks live long and part of the reason may be their daily practice of the Five Tibetan Rites. Benefits include looking much younger; sleeping soundly; waking up feeling refreshed and energetic; release from serious medical problems including back, joint and arthritis problems; release from pain; improved memory; weight-loss; improved vision; greatly improved physical strength, endurance and vigor; improved emotional and mental health; an enhanced sense of well-being and harmony; and high overall energy.
- Many people believe in **bioidentical hormones** to slow aging. Bioidentical DHEA – a drug that mimics the steroid and hormone precursor that’s produced by healthy adrenal glands – is believed to delay the onset of dementia. Bioidentical doctors aim to measure critical hormones and restore them to 75 percent of what you had at age 40. However, there are risks involved: You could shut down your body’s own production of hormones, or cause other hormones to become unbalanced, creating a systemic problem. Many experts, including anti-aging guru David Wolfe, believe you

can help your body produce the hormones it needs naturally. He says high-quality food and supplements such as maca, bee pollen, honey and chaga mushrooms can do the job.

- Other **natural health** practitioners assert that the health of the body's organs of detoxification and elimination is the most important factor in living a long and healthy life.

## FOLK REMEDIES AND THE SCIENTIFIC APPROACH TO LIVING TO 100

An anti-aging folk remedy for staying vital and healthy suggests you mix 1 tbsp. cinnamon and 4 tbsp. of honey into one cup of boiled water, and drink it four times a day. According to the ancient Himalayan tribe Hunza, this tea slows down the aging process.

In 1912, a scientific book called *How to Live 100 Years* by Eugene Christian F.S.D. was published by the Christian Dietetic Society, and it sold for \$1. The book outlines a master plan telling the human race, year by year, what to eat for breakfast, lunch and dinner. It includes dinner menus for the 'normal' person and for people who need 'curative' and 'remedial' diets.

This book contains 'truths' that we recognize today – namely that a majority of all human diseases originate in the stomach and are caused by wrong eating and drinking. According to the author, “man cannot improve upon nature” and “Scientific Eating does not mean deprivation, weighing and measuring your food, or subsisting upon foods made by any patent or scientific process. In fact, it means just the reverse .... [It] teaches [people] how to live upon ... natural foods current in the market and in season, and how to select them

according to their age and their occupation, in any climate and in any country.”

Christian warned against eating a lot of meat, and recommended complete avoidance of tobacco, liquor, tea, coffee and laxative drugs because they contain “poisons that are toxic” – all good advice today!

Below are several of his recommendations:

- ✓ Retire (sleep) between 10 and 11 p.m., and arise between 6 and 7 a.m.
- ✓ Drink a glass or two of cool water.
- ✓ Devote three or four minutes to vigorous deep breathing exercises just after rising.
- ✓ Chew your food – your stomach has no teeth.
- ✓ Sleep in a thoroughly ventilated room or out-of-doors.
- ✓ Pursue a hobby that will benefit others.
- ✓ Love people and things.
- ✓ Think good and good will come.
- ✓ Don't eat much meat – none is better.
- ✓ Eat sparingly of bread after 40 years of age.
- ✓ Don't eat too many things at the same meal.
- ✓ Don't eat unless you are hungry.
- ✓ Don't overeat.
- ✓ Don't eat eggs, meat, white bread or acidic fruits if you have rheumatism, gout, lumbago, sciatica or Bright's disease.



Today, North Americans are undernourished and overfed. The latest estimate is that two out of every three Americans carry unwanted fat or are obese, and the numbers are rising. The situation is so bad that it's been predicted that people who are now in their teens and early 20s will be the first generation who will not outlive their parents. Whether it's disinterest, stress, psychological trauma, fast food, or ignorance about how to turn things around or some other factor, people are not transforming the latest healthy lifestyle knowledge into action. Why is it so difficult for people to do the things they know will keep them healthy and stay young and vibrant?

I believe it has to do with desire, belief and expectation. If you don't stop to examine your life and consciously make a plan for how you want it to unfold, you're going to spend your life in 'react mode' – waiting for something to happen, rather than taking the initiative and doing what you want to thoroughly enjoy your life.



## HOW OBJECTIVE IS SCIENTIFIC RESEARCH?

Most of the information I've provided in this book is 'evidence-based' – meaning there are scientific studies demonstrating the results indicated, unless stated otherwise. However, I suggest that 'scientific evidence' should *not* be blindly accepted as proof that something is right for you. I suggest that you examine the studies first. Are they done on human beings, are they peer-reviewed, statistically relevant, direct and not extrapolated? Are the researchers free of conflicts of interests?

Beware of MDs who get paid to speak on behalf of a drug company. Doctors who've attained celebrity status may make the questionable decision to shill for Big Pharma. Apply a dose of healthy scepticism to so-called scientific studies that are conducted by pharmaceutical or other companies that have a vested interest in study results that prove the effectiveness of a product or ingredient. Many health studies also under-represent women as test subjects, which is a problem because our fluctuating hormone levels mean that some substances may react differently in our bodies.

More than 200 years ago, the French philosopher Voltaire said: "Doctors give drugs of which they know little, into bodies of which they know less, for diseases of which they know nothing at all." Has the situation changed much in 200 years? I think it's gotten worse. It's not uncommon for doctors to prescribe drugs that are later found to be unsafe.

**I encourage you to do your own due diligence to research an ingredient, food, supplement or lifestyle choice to decide if it is right for you.**

Every person has a different energy vibration based on their experiences, beliefs, values, mindset, thoughts and many other uncontrollable outside circumstances. There is no way any diagnostic test, machine or textbook average can truly tell what is going on inside an individual person's body and mind – we are all unique.

I encourage you to do your own due diligence to research an ingredient, food, supplement or lifestyle choice to decide if it is right for you. My personal rule of thumb for deciding whether or not to adopt a lifestyle choice is to ask the following questions:

- **Does it make sense? Does it sound reasonable? Does it look right?** If it's complicated or obscure, or it seems like someone has a little too much good to say about something, proceed with caution.
- **Do other credible sources recommend the same thing?** For example, one contentious issue is the use of soy products, including tofu. Noted complementary physician Dr. Andrew Weil recommends its use; Dr. Joseph Mercola, a physician and health advocate, and Lorna Vanderhaeghe, a women's natural health expert, say soy is estrogenic and its use contributes towards a higher risk of breast cancer and other conditions. Who is right? I suggest you use caution when dealing with serious issues like hormone health. You may decide to eat tofu occasionally, or not at all.
- **Is it something you can realistically integrate into your life? Could you adapt it to fit your life? Do you have the time, money and energy NOW?** If you're going through a particularly stress-filled time in your life, don't complicate things by making changes now ... unless you decide to

handle stress better or develop boundaries that will help you say no to more responsibilities.

- **Is it something you WANT to do?** Get into the habit of letting go of anything you feel you or someone else thinks you should do. The word 'should' has rigid, negative connotations and it is not your friend! You want your life to flow, don't you? Be honest and check in with yourself. Does this new habit or choice get you excited? Can you see yourself actually completing it? On a scale of 1 to 10, how much do you want to create this habit? If it isn't a 10, what would it take to make it a 10 out of 10?







PART 2



# Grow Younger Every Day

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*“Aging is the body’s response to conditions imposed upon it, both inner and outer...”*

*You can free yourself from aging by reinterpreting your body and by grasping the link between belief and biology. Most people think that aging is irreversible and we know that there are mechanisms even in the human machinery that allow for the reversal of aging, through correction of diet, through anti-oxidants, through removal of toxins from the body, through exercise, through yoga and breathing techniques, and through meditation.”*

– Deepak Chopra

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## WHAT SYMPTOMS DO WE NORMALLY ASSOCIATE WITH AGING?

**M**ost of us are familiar with the ‘symptoms’ of aging, which include: Grey hair, wrinkles, sagging skin, uneven or poor skin tone, age spots on the face and hands, fatigue and low energy, difficulty sleeping, poor eyesight, weight gain, muscle loss, uterine prolapse and urinary incontinence.

Common diseases associated with aging include:

- Cataracts
- Night blindness
- Atherosclerosis
- Heart disease (specifically calcification of the arteries)
- Osteoporosis
- Cancer
- Kidney disease
- Diabetes and insulin resistance

## WHAT CAUSES AGING?

There are many theories about aging, but overall, when you pay attention to what your body is continually communicating to you, you’ll be better able to make relevant, informed decisions for yourself.

Below are some of the explanations for why we age:

- **Inflammation.** This is caused by allergens and toxic foods, and it occurs in the body and brain. It’s at the core of every major degenerative disease.

- **Oxidative stress/Free radicals.** Currently, although it has more critics now than ever, the Oxidative Stress (or Free Radical) Theory of Aging is the most popular explanation of how aging occurs at the molecular level. It states that organisms age because cells accumulate free radical damage over time. Free radicals are the by-products of metabolism. They are continually produced in our bodies, damaging cells and, perhaps, accelerating aging. Antioxidants are believed to counter the damaging effects of free radicals. Melatonin has been found to be a much more potent antioxidant than either Vitamin C or E.
- **Calcification or glycation.** Glycation is considered to be a major contributor to premature aging and disease. Sugar binds with proteins and forms compounds called AGES (Advanced Glycation End Products) that cause metabolic breakdown, loss of energy, cell damage, premature aging and weight gain.

In the body, glycation causes tissues to become harder, thicker and less pliable. This process results in many of the diseases listed above, with the addition of nerve damage. The simplest way to remove glycation from the body is to exercise daily and completely avoid sugar and carbohydrates, such as cereal, bread and baked goods that are high on the glycemic index. For more information, see Habit #3.
- **Chronic stress.** Ongoing stress from physical (e.g., pain and sleep deprivation) and emotional causes (e.g., relationship difficulties or unresolved past trauma) is widely acknowledged as a significant factor in the acceleration of aging.

**With the right habits, you'll be growing younger every day and you will be on your way to ensuring that your 'health span' matches your 'lifespan' – which could last into your 100s.**



- **Pre-programmed cell death.** Your cells can only divide and make new cells so many times before you die.
- **Telomeres shorten as you age until death is inevitable.** Telomeres are the end points of DNA. They're comparatively long in newborns and short in the elderly. Scientists are looking for substances that keep telomeres long – thereby slowing or reversing aging!
- **Genetics.** Genetics is involved in a small part of the aging process. You may have heard statements like: “My mother lived until she was 97 so I can expect a long life too.” Maybe yes, maybe no. We change our genetic expression by the way we process the events of our lives and this can be affected by negative emotions, beliefs, stress, diet, physical activity, and exposure to toxins.
- **Hormonal loss** is inevitable after age 30 and can contribute towards some of the diseases of aging if levels are too low. Women lose 35 percent of their estrogen and 75 percent of their progesterone between age 35 and 50. Levels of estrogen at menopause are comparatively higher than progesterone.
- **Toxins.** Toxic material, picked up from air, water and food, is stored in our body fat because our bodies are attempting to protect our organs and don't know how to process foreign materials.
- **Poor food choices.** Most people in our culture consume too much sugar, junk food, genetically modified and irradiated foods, and foods low in nutrients. This reduces the proper functioning of the body's organs and systems, and causes a slow decline into illness and death.

- **Obesity.** Too much body fat is another of the biggest accelerators of aging in our society (see Habit #3). Causative factors include mineral deficiencies, emotional trauma, hormonal imbalances, a sedentary lifestyle and eating too much of the wrong foods.

## WHAT DOES IT MEAN TO ‘GROW YOUNGER EVERY DAY’?

To grow younger every day means natural inner and outer beauty, freedom from pain and disease – cultivating the ability to avoid disease, enhance wellness and look 10 to 15 years younger than the age on your driver’s license – all through the choices you make.

The constitution of the World Health Organization states: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

**I believe  
successful  
aging – a long  
and healthy  
life – is largely  
determined  
by a healthy  
attitude.**

There are many choices that will support you to look and feel many years younger, and we’ll be looking at many of them in the remainder of this book. Are you ready to take care of your body, mind, emotions and spirit now?

With the right habits, you’ll be growing younger every day and you will be on your way to ensuring that your ‘health span’ matches your ‘lifespan’ – which could last into your 100s.

## WHAT ARE THE CONSEQUENCES OF DOING NOTHING ABOUT YOUR AGING PROCESS?

What's the cost of not developing healthy habits?

You may have a higher potential to develop:

- More body fat.
- Chronic diseases such as diabetes, heart disease, cancer and more.
- Hormone imbalance before, during and after menopause – possibly resulting in difficult symptoms.
- Foggy brain.
- Insomnia.
- Low energy.
- Accelerated aging.
- Shorter lifespan.

What are some of the benefits of taking action now that you may notice in less than one month?

- Greater sustained energy all day
- Deeper, more restorative sleep at night
- Greater concentration and focus
- Increased muscle and human growth hormone to keep you looking and feeling stronger and younger
- Fast fat loss

What benefits will you likely notice increasingly over the next few months?

- Glowing skin, hair and nails
- Greater exercise endurance, strength and recovery
- Balanced hormones
- Sustained fat loss
- An appearance that is 10 to 15 years younger than your chronological age

The key to making any change is to make a decision and take consistent action immediately, then do something every day to move yourself towards your goal. Be patient and kind to yourself.

I believe successful aging – a long and healthy life – is largely determined by a healthy attitude: Feeling excited about what's coming next, about learning new things and seeing new places, meeting people and feeling grateful for the love you have in life, about giving to others.

All those qualities are crucial for living beyond genetics and family expectations. If we spend more time in a calm, positive energy state, in the expectation that our tomorrows will be as good as, or better than, today, our bodies will look and feel younger. I encourage my clients to create a written plan for how they intend to age, then decide which changes are necessary in their daily lives so they can achieve their goals. See *The Powerful Habits Youthful Aging Manifesto* worksheet in Part 3 (page 257).



Many people have misconceptions and negative beliefs about aging so they decide to avoid thinking about it and hope for the best. They say they don't want to live to be old because they believe being old means loss of independence, mobility and memory problems, pain, disease, helplessness, hopelessness and perhaps poverty and/or being alone.

However, many older adults are living one of the best times in their lives, with:

- No job or family responsibilities.
- Plenty of opportunities for travel and adventures.
- The opportunity to give back by contributing a lifetime of wisdom to help others.
- The opportunity to meet new people.
- The leisure to develop new hobbies and interests.

They know that there are many ways to develop multiple streams of income so they can also finance their retirement years.

Look at your beliefs around aging and wellness to make sure they don't get in the way of your goals. If your beliefs don't line up with your intentions, you may have difficulty achieving your goals. Habits and goals are cousins. Both need to be based on what you want, not what you should do.

- ✓ Would you like to reverse the aging your body has already experienced?
- ✓ Would you like to look and feel 10 to 15 years younger than you do right now?
- ✓ You can do it! There are many, many ways!

## WHAT'S THE NUMBER ONE SECRET TO LOOKING YOUNG FAST?

Smile!

According to a study conducted at the Max Planck Institute in Berlin, people are most likely to underestimate the age of a person who is smiling. The exact reason isn't clear.

Did you know that as we age, different body parts begin to age at different rates? Parts that experience the greatest wear and tear, such as knees, hips, shoulders and fingers, can be years older, physiologically, than our chronological age. Other parts, such as the skin on our faces, our heart or our liver, can be years younger.

The human body is highly adaptive. It's always seeking balance and finding the new 'norm' based on current conditions. Many organs and systems can function fine for many years at depleted

levels – even when lowered function can contribute to developing chronic health problems such as COPD, asthma, congestive heart failure, cancer or kidney disease.

## WHAT ARE THE TRAITS OF PEOPLE WHO'VE LIVED PAST 100 YEARS?

—  
*“Life is a process of transformation, not decline.”*

– Deepak Chopra writes in his book *Ageless Body, Timeless Mind*  
—

What kind of transformation do you want to have?

Deepak Chopra reported the psychological characteristics common to people who have lived to be 100 or more. How many of these traits do you have?

- Superior native intelligence, keen interest in current events, good memory.
- Freedom from anxiety, few illnesses, not prone to worry.
- Self-employed; did not retire early.
- Enjoyed life, felt optimistic and had a sense of humour. Life seems to have been a great adventure.
- Great adaptability.
- Not preoccupied with death.
- Lived with satisfaction day to day.
- Religious in the broad sense but not orthodox.
- Moderate eaters, willing to experiment. Their diet included a high variety of high-protein, low-fat foods.

- All were early risers after six to eight hours of sleep.
- The amount of alcohol they drank didn't seem to be a factor in their lives – some drank moderately, some drank too much at times, some abstained.
- Smoking – some abstained, a few had smoked very moderately but had long since given it up, and a few were pipe smokers.
- Used fewer medications in their lifetimes than many old people use in a week.
- Most drank coffee.

## WHAT CAN I DO TO LOOK AND FEEL 10 YEARS YOUNGER?

It's interesting to notice that everyone who has found what works for them believes that theirs is the one way that works. To grasp what I mean, go to a health expo and talk to the people at the booths about their products or services. Watch the Dr. Oz show as every day he has a new 'expert', usually an author of a newly published book, who shows the 'right way' to eat and exercise. Viewers ascribe a lot of credibility to what these experts have to say because they're an author and are appearing on the Dr. Oz show. Each is convinced that they have the answer to keep you thin or avoid lifestyle diseases.

The fear factor kicks in for viewers. What if they're right and I ignore what they say? Will I get sick and realize I could have prevented that illness if I'd just listened to them?

**Remember that  
doing nothing is  
still a decision.**

However, it's not that simple. Your health is the result of more than what you eat. Very few things work for everyone and you are



the best judge of what works for you. You are your own best health advocate. Keep an open mind and look for common threads among the expert opinions – e.g., the habits below are recommended by

**‘Old’ is a relative word that’s difficult to define. If you believe you are old, or look like your definition of ‘old,’ it’s likely that you’ll feel old too.**

many sources and generally recognized as good advice. I also think you’d have difficulty finding someone who would be against the advice to eat lots of green vegetables every day, avoid dehydration, get seven to nine hours of sleep at the same time every day, stay active – preferably every day, etc.

Other suggestions may not be definitively proven to the satisfaction of conventional health practitioners. These issues might include the necessity of taking vitamin and mineral supplements, or avoiding inflammatory foods. You can apply your own common sense and do your own research. Remember that doing nothing is still a decision.

I believe *everyone* needs to take supplements, and paying attention to the ones that are recommended by multiple sources will help you integrate them appropriately into your life. See Habit #8 (page 151).

## HOW DO I KNOW WHAT WILL WORK FOR ME?

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*“The future of health care is all about customization.”*

– Dr. Isaac Jones

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There's a new medical model emerging.

Did you know that currently, the average length of a doctor's visit is less than 15 minutes?

I suggest that you become your own health advocate and practise preventive health care. You can prevent yourself from becoming sick or aging prematurely by the choices you make for yourself. You've either got to do your own research into how to maintain your health and youthful aging, or take the advice of a trusted expert who will customize a plan for you.

If you have comments or questions about how to do that, please contact me at [wendy@wendyvineyard.com](mailto:wendy@wendyvineyard.com).

Are you ready to make some small shifts in your behaviour so that you can grow younger every day and look and feel 10 years younger naturally? If you've answered the questions I asked of you earlier, you now know why you want to experience better health and wellness, and you should have an idea of which habits you want to incorporate into your routine. When you're ready to live a vibrant life, here are 10 healthy habits to set you up to achieve your goals:



## Habit #1 – Younger Face, Body And Brain

When I got the idea for the subtitle of my book, *Look and Feel 10 Years Younger – Naturally!*, I knew that the first thing most people would want to know is how to look 10 years younger.

‘Old’ is a relative word that’s difficult to define. If you believe you are old, or look like your definition of ‘old,’ it’s likely that you’ll feel old too. If you take care of yourself, you’ll feel better about your age and your life. I suggest that you make no apologies for wanting to be wrinkle-free, to colour your hair, or to keep your body slim and attractive. It’s a boost to your self-esteem to look and feel 10 years younger than other people your age. Thankfully, it is possible to grow old beautifully in full emotional, mental and physical health.

Conventional standards of aging are harsh, but I ask you to consider whether beauty, in its truest sense of the word, is an ‘inner job’ – a light, an energy that others may notice when they look at you that goes beyond the wrinkles on your face or the tautness of your skin.

### How Can You Look 10, Or More, Years Younger?

As I’ve gotten older, I’ve had to change my skin-care products to better meet my needs. When I was in my 40s, I avoided the ‘mystery ingredients’ problem in commercial skin-care products by making my own skin creams and I loved them! I used wonderfully fragrant essential oils known for their skin regenerative qualities, carrier oils such as rosehip seed, carrot, sea buckthorn, avocado, kukui nut, macadamia nut and more! As time passed and my skin changed, I

was unable to formulate an effective youthful-aging cream to meet my needs so I began using commercial skin-care systems that were expensive and time consuming. I wasn't particularly satisfied with any of them. In addition to wanting natural, preferably organic and cruelty-free products, I wanted my skin-care products to reduce the look of lines and wrinkles on my forehead, eyes, mouth and neck, lighten dark spots, improve skin tone and tighten my neck and jaw line. Whew!

I researched and tested several skin-care lines, looking for an 'all-natural' product that I could use and recommend. I found several that produce acceptable results; however, the larger commercial companies do not produce 100 percent natural products – no matter how they market themselves. Many will deliver skin- and wrinkle-related improvements. It's interesting to know that marketing is the biggest reason why many popular skin-care brands are so expensive.

It wasn't until I stumbled upon two 'anti-aging' skin-care creams from different companies that I knew I'd found the perfect additions to this book.

Nerium International was launched in the U.S. in 2011 and earned \$100 million in its first year of selling just one product – a night treatment! The company added a day cream the next year. I thought my skin already looked great and, at age 55, I was sceptical that any cream could cause a significant improvement in my skin. I like experimenting so I started using both creams a couple of months before Nerium was launched in Canada in the late spring of 2014.

I was surprised when I quickly began to see significant improvements in my skin elasticity. I've continued to use both products ever since. Why would I stop when I think I look better every day? I got so excited about my results that I was inspired to start my own business promoting these amazing products.

The Nerium products, known as Optimera in Canada and internationally, improve the appearance of fine lines and wrinkles, and correct for discolouration, uneven skin texture, enlarged pores and aging or loose skin! You can find out more about these products here: [www.wendyvineyard.nerium.com](http://www.wendyvineyard.nerium.com).

I'm impressed by an anti-wrinkle cream made by Jeunesse, which produces remarkable temporary results. As "Instantly Ageless" dries on your skin, it smoothens out under-eye bags and makes you look 10 years younger. It's sold online and through relationship marketing.

## **Beauty From The Inside Out**

Keep in mind that beauty really is more than skin-deep. It's important to support your beauty routine with basic healthy lifestyle choices, including:

- Safe sunning.
- Drinking enough water to flush toxins and keep your skin hydrated and glowing.
- Taking an Omega 3 and gamma linolenic acid (GLA) oil supplement to reduce inflammation and maintain healthy skin cell membranes.

- Drinking protein shakes made with the highest quality whey or vegan protein to build collagen – the main component of skin.
- Taking a youthful-aging supplement like Product B. More about this in Habit #8 (page 165).
- Avoiding sugar, smoking and drinking alcohol.

Other supplements that support radiant youthful skin include silicic acid and GLA essential fatty acid supplement – the ‘beautiful skin oil’, which is especially important for women after menopause, antioxidants A, C, E, selenium, Vitamin D and zinc. Make sure A, C and E vitamins are naturally sourced because synthetic nutrients have been shown to be counter-productive and potentially harmful.

### **Avoid Harmful Skin-Care Ingredients**

When it comes to making skin- or hair-care choices, there’s a simple standard you can measure against: If you can’t eat it, don’t put it on your body. Within seconds, your skin absorbs 60 to 70 percent of whatever you put on it. Of course, avoiding undesirable skin-care ingredients is easier said than done. Without preservatives, when a product contains water, it’s a ticking time bomb until the product develops mould or bacteria. And oils can go rancid. Who wants that on your skin?

**NOTE:** Non-organic plant ingredients can contain chemical residues from dangerous pesticides, herbicides and fertilizers. Chemicals and synthetic ingredients can lead to premature aging and disease.

## **One Way To Avoid Harmful Ingredients Is To Not Use Them!**

Skin-care specialist Maxine Warsh has developed a simple cloth that cleans, exfoliates and removes makeup – including lipstick and mascara – with water only!

The inexpensive, antibacterial ‘Warsh Cloth’ can be used over and over, and Warsh says it’s anti-aging, too. It can be used on all skin types, including sensitive skin, and it helps care for dermatitis, acne and rosacea.

## **How Can You Make A Wise Natural Skin-Care Choice?**

Here’s what I suggest: Take your list of criteria – what you want to achieve with your skin care – and use the information I’ve provided as a starting point to look critically at what’s out there in your price range.

By law and all that’s decent, all commercial skin-care companies must use some sort of preservative in their liquid products to prevent spoilage from the growth of a whole bunch of microbes that you do not want on your skin. It’s unlikely you’ll find 100 percent preservative-free commercial skin-care products unless you buy from a company that sells all-natural products preserved with essential oils.

To find a commercial skin-care product that’s right for you, start with the companies I tested (see list below), or, if you don’t mind being overwhelmed by choices, go to a large natural food store and select a cream or serum from the multitudes of skin-care products there.

Read ingredient lists looking for proven effective and harmful ingredients. The following ingredients are clinically proven effective and are used in commercial skin-care creams: Tretinoin, retinoids, alpha-hydroxy acids, Vitamins C and E, and ferulic acid.

As far as I can determine, none of the products that I personally tested contain harmful ingredients such as phthalates, parabens, propylene glycol, butylene glycol, mineral oil, sodium laureth/laurel sulphate, talc, artificial scents (smelly chemicals), sulfates, or petrochemicals. You may also want to ask if the company uses genetically modified ingredients, highly refined ‘natural’ ingredients, synthetic fragrance or colours. Decide what matters to you and choose accordingly.

In general, question products that include ‘fragrance’ in the ingredients list. Why? Companies that say they’re all-natural can have a product made mostly of botanicals and still use fragrances that can contain dozens of chemicals, including phthalates such as dibutylphthalate DBP, dimethylphthalate DMP, and diethylphthalate DEP, that act as solvents. Labeling regulations allow manufacturers to put their ‘secret scent formula’ under the generic term ‘fragrance.’ This doesn’t mean that every company that lists ‘fragrance’ is trying to hide something, but it is a red flag that requires further investigation.

For more detailed information, check out a longer list of ingredients to avoid in skin-care products: [www.ewg.org/skindeep](http://www.ewg.org/skindeep).

- Nerium International’s simple skin-care regimen of a night and day cream actually firmed up the skin on my throat and jaw line, and reduced the appearance of wrinkles within *days* of starting



to use it. Their promise of ‘Give us a year and we’ll give you 10’ fits perfectly with my philosophy. I currently use Nerium’s products every day. [www.wendyvineyard.nerium.com](http://www.wendyvineyard.nerium.com).

- Isagenix’s Rejuvity youthful-aging skin-care line includes a high level of natural fruit extracts and essential oils. The day cream has SPF 15. I used Ageless Renewal Serum for years to successfully reduce the appearance of lines and wrinkles. [www.wendyvineyard.isagenix.com](http://www.wendyvineyard.isagenix.com).
- Arbonne’s botanically-based vegan anti-aging skin-care line results in smooth, soft skin. [www.arbonne.com](http://www.arbonne.com).
- Lorna Vanderhaeghe’s skin-care products are inexpensive and effective for many aging skin challenges. Her skin-care products include: Active Collagen, Collagen Plus, GLA Skin oil, GLA capsules and Celadrin Super Rich Skin Therapy Cream.
- Isagenix, Youngevity and Lorna Vanderhaeghe provide whole-food supplements that create beautiful skin from the inside out. [www.wendyvineyard.isagenix.com](http://www.wendyvineyard.isagenix.com), [www.hormonehelp.com](http://www.hormonehelp.com).
- Maxine Warsh Facial Rejuvenation epiCare anti-aging skin-care line is all-natural and was formulated by Warsh herself. [www.maxinewarsh.com](http://www.maxinewarsh.com).
- Living Libations is available online, and provides all-natural, essential oil-based skin-care products. The fragrance is so delightful that cleaning and moisturizing your face becomes a reward! [www.livinglibations.com](http://www.livinglibations.com).
- Skin Essence Organics uses only natural, organic fruit, nut and seed oils, and essential oils. [www.skinessence.ca](http://www.skinessence.ca).
- Lush makes all-natural solid shampoos, soaps and toothpaste without preservatives. [www.lush.com](http://www.lush.com).

## DIY Skin Care

If you don't have many criteria for what you want your skin care to do, you may want to learn how to make your own skin-care products. You'll prevent spoilage by adding essential oils, or keep them in the refrigerator for the three or four days it takes to use them. Contact an aromatherapy school to ask if they have a cream-making course.

Commercial skin-care products are sometimes made with green tea because it has antioxidant and anti-inflammatory qualities that are said to help reduce wrinkles and the signs of aging. Animal and human studies have proven that green tea applied topically can reduce sun damage.

**Grey hair can look sexy and sophisticated, and it can be a powerful symbol of confidence and self-worth – in men and women.**



You can make your own homemade facial masque out of green tea powder, brewed white tea and a few drops of fresh lemon juice. Over time, this masque will reduce dark spots too. Speaking of 'dark spots', a Q-Tip dipped in lemon juice and applied to the dark spot and allowed to dry before rinsing off, will significantly lighten a dark spot in a week to 10 days.

## Avoid Harsh Chemical Hair Dyes

It's a problem. Putting those harsh chemicals (toxins) on your head (millimeters away from your brain) every month or six weeks is just not a natural, healthy thing to do. However, the fact is, grey hair ages you. If you're not ready to love your natural grey hair, there are a few alternatives to consider:

- Style your hair with a lot of volume to hide a few grey hairs.
- Temporary colour is ammonia-free. If your hair is less than 25 percent grey, you could choose semi-permanent colour, which typically fades after about a dozen shampoos.
- Vitamin B-12 deficiency or problems with your pituitary or thyroid gland can cause premature greying. Get tested.
- Nutritional supplements, including selenium, zinc and copper, are reported to reverse or prevent grey hair. Even though there's no scientific evidence that any diet, herb, supplement, or product can reduce or reverse grey hair, you may choose to experiment – with caution.
- Consider adding highlights. Your stylist can weave in highlights to blend the grey with the rest of your hair.
- Toners can minimize the transition line between your natural hair colour and your former hair dye. Consider using henna. Don't use henna on hair that's all grey, white or light blonde, however, or you'll end up with orange hair!
- Herbal rinses can colour grey or white hair in three weeks to a month of daily use, although this method is messy and it requires experimentation, patience and a lot of work. If you are a brunette, use black tea, sage leaves, or walnut husks and leaves. Redheads can use rooibos tea with added cinnamon

and hibiscus. Blondes can use chamomile or lemon juice. The basic recipe: Steep a handful of herbs in a quart of boiling water for 30 minutes (longer, if you want it darker). Cool and strain out the herbs. Repeatedly pour the tea over freshly shampooed hair. Wait 10 minutes, or let dry overnight before rinsing with clear water. Apply daily until you get the shade you want and then repeat as needed.

- Ask your hair stylist to switch to the foil technique so colouring chemicals don't touch your scalp.

If none of these suggestions satisfy you, remember: Grey hair can look sexy and sophisticated, and it can be a powerful symbol of confidence and self-worth – in men and women.

## **Beyond Creams And Lotions: Are There Natural Non-Invasive Treatments That Enhance The Face And Body?**

The aging process can result in many unwanted effects on your face and body. Prevention is always easier than treatment. But when I decided that I wanted to be happier with how I look in a bathing suit, I knew that whatever enhancements I chose had to be safe, all-natural and non-invasive.

I started by increasing the intensity of my rebounder exercise routine. I drank more water, removed a few unhealthy foods from my diet and added more vegetables, cleansed more frequently and consumed more high-quality protein meal replacement shakes to help build lean muscle. Then, I underwent a series of Venus Freeze body contouring treatments on my abdomen.

I was very pleased with the results: My skin is tighter and smoother, and the underlying muscle is more defined.

Venus Freeze is Health Canada-approved and has an impressive safety record of no complaints with the FDA. Treatments are available for face, throat, arms, belly and thighs, and it typically takes a series of 10 weekly treatments to produce noticeable results.

Sylvia, the operator, rubbed a stylus over my belly, which directed a combination of polar radio frequency and pulsed electromagnetic fields (EMFs) that reached beyond the epidermis down to the fat level (but not into organs). The surface of my skin heated up, and instead of feeling any discomfort, it was relaxing.

Domenic Serafino, CEO and Co-Founder of Venus Concept, told me that it takes six to nine months to see the full effect of the treatments, which may include tighter skin, reduced cellulite, and reactivated and newly-grown collagen fibres that improve the appearance of sagging skin. Maintenance treatments are done every few months.

What appeals to me most about Venus Freeze is that it's safe, non-invasive and pain-free – and it works! There's no downtime for recovery and no reported complications after more than 2.5 million treatments worldwide.

The happy results of the treatments can have psychological benefits too.

“We’ve noticed that when a client sees subtle improvements in how they look, it inspires them to make other lifestyle improvements to enhance the progress they’ve made,” Serafino says from his North American headquarters in Toronto, Canada. “Many of our clients begin making healthier food choices, then consciously decide to get more sleep, or take nutritional supplements to look and feel better inside and out.”

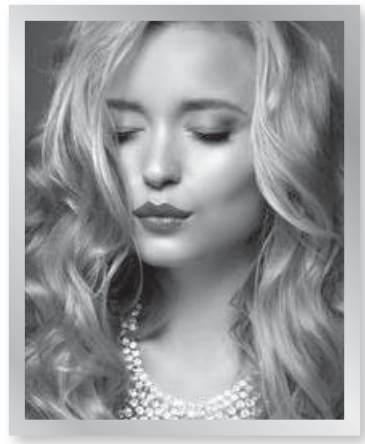
## **Be, Look And Feel The Best You Can Be**

Karen Brunger is an award-winning, international image consultant. She works to optimize her client’s A, B, C – appearance, behaviour and communication.

Brunger is the founder and president of the International Image Institute ([www.imageinstitute.com](http://www.imageinstitute.com)) and international past president of the Association of Image Consultants International. She trains image consultants and has helped people put their best selves forward for more than 30 years.

Her clients include executives, entertainers, politicians, speakers and professionals who want to invigorate their careers or reinvent themselves.

“My focus is to see the greatness and uniqueness in my clients,” she says. “I inspire them to enhance what they already have, become more confident and go after what they want.”



Brunger leads workshops, seminars and conducts private consultations to help her clients transform into more of the best of who they really are – including looking and feeling 10 years younger.

“When someone wants to look more youthful, their clothing colour, style and quality make a huge difference,” she says. “When people wear their ‘wow colours’ it usually knocks 10 years off their actual age.”

I had my first-hand experience of this when Karen did a colour analysis for me. Everyone looks best when they wear the seasonal colour palette that is most flattering to their skin tone. I was shocked to discover that I wasn’t a winter, like I’d thought for my entire adult life; I’m a spring – I look best in clothing that has yellow undertones! Rock my world!

There was no arguing with this assessment when I saw the evidence for myself. She sat me in front of a mirror and covered my hair with a white kerchief and my upper body with a white drape. She held winter colour swatches near my face and I could see I looked blah and grey – my face had shadows that emphasized my age; she held up the spring colours and I looked like I glowed from within – no shadows. I looked 10 years younger!

Of course, I went home and cleared out my closet. Finally, I could see why I didn’t like new clothes for very long. After the novelty wore off all I had was another piece of clothing that wasn’t right for my colouring or body shape!

Karen encourages her clients to buy the best quality clothing possible. She advises wearing only your best colours and styles that work with your skin, body shape, personality and lifestyle.

Wendy Crystal is the founder of Inspire Cosmetics. She says her mission is to show women the true beauty they possess by teaching them how to use high-quality cosmetics to enhance how they look and feel. “I can show my customers how to use makeup to feel fresh and look 10 years younger.”

“When women feel and look good, we also perform better. We have higher confidence levels and carry ourselves better,” she says.

Yes, having the right clothes and makeup can be a big part of feeling the joy and growing younger every day!

This may mean shopping at a specialized clothing store or boutique that provides personalized service you can trust to help you find an outfit you love in a colour and style that make you look and feel fabulous.

Lisa Lieberman is a fashion stylist and owner of Fashionwear, a clothing store with locations in Montreal and Toronto, Canada.

“Our fashion stylists have one goal for each customer’s shopping experience. We want her to make the most of what she’s got so she can look and feel beautiful now, regardless of her size or age,” says Lieberman. “We give our customers an opportunity to spend time on themselves and help them find unique clothing and accessories so they’ll look and feel confident and fashionable.



“One customer had lost 60 lbs and came into the store wearing oversized clothing. She hadn’t gone shopping in over seven years. We helped transform her. She felt beautiful again. She came back the next day wanting more.”

Viveca Rupa, co-owner of The Topaz Clothing Company Ltd., a women’s clothing store east of Toronto, is a former fashion model and modeling agent.

Rupa takes the holistic approach with her customers. “A woman’s body shape changes as she ages and her hair length and makeup may need updating too.” She believes shorter hair on women over 50 is the most flattering.

“I want to see if I can get my customer to think differently – to be open to trying something new instead of the same style she’s bought for 30 years,” says Rupa.

When she has a customer who reveals that she feels old or doesn’t like her body, Rupa will talk with her to understand what’s going on with her before she’ll help her find clothes to try on. Rupa knows this customer won’t like anything until she has a more positive attitude.

“If a customer is open, I’ll teach her to appreciate what works for her – colour, dress length, and style – so she can make up her own mind about which pieces she’ll buy.”

Rupa believes that a positive, healthy attitude is essential for a woman to look good at any age. “It’s helpful to focus on what works as a whole, not to worry about soft arms, a rounded belly or thicker

middle," she advises. "To look your best, you've got to focus on your best assets and believe in yourself."

## **How Do You Get A Younger Brain And Younger Body On The Inside?**

Your brain and body health are affected by mental activity – including your thoughts, feelings and beliefs, how much you exercise the brain with learning and solving problems, and the food you eat – whether or not you get enough essential vitamins, fats and minerals. Other influential factors include toxins (e.g., mercury and lead) and stress management, the lack of which can cause memory and other aspects of cognition to become impaired.

Studies at the University of California, San Francisco, have shown that chronic stress and the floods of cortisol that accompany it can cause shrinkage of the hippocampus – a key part of the brain's limbic system that's vital to both stress regulation and long-term memory.

Many studies have shown that poor diet, especially one that's high in sugar, is associated with cognitive deficits. In fact, the risk of depression and anxiety increases when you eat a diet of highly processed and unhealthy, sugar- and unhealthy fat-laden food. High carbohydrate diets have been linked to a higher risk of cognitive impairment in older adults that was as much as 3.6 times greater than those on low-carbohydrate diets. The risk was also greater in those with diets high in simple sugars.



## The Carbohydrate Menace

Here's a shock: Have you heard that dietary carbohydrates lead to Alzheimer's disease?

So says Dr. David Perlmutter, the leading integrative medicine neurologist in the U.S. He says Alzheimer's is preventable through diet, and that brain dysfunction is caused by a high-grain diet. In his book *Grain Brain*, he writes, "Diets that are high in sugar and carbohydrates, and similarly diets that are low in fat, are devastating to the brain." This means it's not enough to adopt a gluten-free diet; you've got to give up all grains, which our bodies convert to sugar.

## What Can I Do To Improve My Brain Health?

There are many actions you can take to improve your brain health. You may want to start with the following:

- **Eat organic, locally-grown food.** It's fresher so it has more nutrients for you, no pesticide or herbicide residues, which are estrogenic, and it won't be genetically modified.
- **Take supplements specifically formulated for better brain health.** To get serious about brain health, you've got to supplement. Here are some powerful "brain food" supplements available through three North American sources: "Boost and Renewal" from Isagenix; "Brain and Memory Power Boost" from Daniel Amen, MD; and "EHT Age-Defying Supplement" from Nerium International.

- **Make sure you get enough Vitamin D** (page 164).
- **Tap daily.** Emotional Freedom Techniques (aka Tapping) has been scientifically proven to reduce cortisol levels by a whopping 24 percent after a single 90-minute session! Since chronic stress affects brain function and is the top reason behind premature aging, regular Tapping to prevent stress and therapeutic Tapping sessions with a practitioner contribute to growing younger every day. See See Habit #2 (page 82).
- **Exercise regularly.** See Habit #5 (page 118).
- **Challenge your mind daily.** Learn something new, complete a puzzle, play a musical instrument, read a book, etc.
- **If you're a vegetarian** see Habit #8 (page 156).

Mercola.com is my favourite source for the latest health and nutrition research. What follows is an edited list of Dr. Joseph Mercola's diet-related strategies to help optimize your brain function, prevent Alzheimer's and promote overall good health and longevity from his article *Alzheimer's Disease – Yes, It's Preventable*.

- Avoid sugar and refined fructose. Keep sugar levels to a minimum and your total fructose below 25 grams per day, or was low as 15 grams per day if you have insulin/leptin resistance or any related disorders. For example, one medium pear has 11.8 grams of fructose, ¼ cup of raisins has 12.3 grams; ½ mango has 16.2 grams.

The easiest way to reduce fructose in your diet is to avoid sweetened drinks, including fruit juices, artificial sweeteners and so-called natural sweeteners, including honey, agave and coconut sugar, and processed foods of all kinds. In his article Sugar: Eliminate this one Ingredient and Watch Your Health Soar, Mercola writes, “ ... the truth is, simply making

this ONE lifestyle change – drastically reducing your sugar consumption – is the ‘miracle cure’ everyone is seeking!”

- **Avoid gluten.** Research indicates that your blood-brain barrier is negatively affected by gluten. Gluten makes your gut more permeable, which allows proteins to get into your bloodstream, where they sensitize your immune system and promote inflammation and autoimmunity. Both play a role in the development of Alzheimer’s.
- **Optimize your gut flora.** Eat fermented foods or take a high-potency, high-quality probiotic supplement (page 66).
- **Increase consumption of all healthy fats.** Dr. Mercola recommends eating health-promoting fats that your brain needs for optimal function, including avocados, coconuts and coconut oil, unheated organic nut oils, organically-grown raw dairy and butter, raw nuts, naturally raised meat and poultry, and organically-grown eggs. He recommends making sure you’re getting enough animal-based Omega 3 fats, such as krill oil, not fish because “most fish are now severely contaminated with mercury.” He says “high intake of the Omega 3 fats EPA and DHA helps by preventing cell damage caused by Alzheimer’s disease, thereby slowing down its progression, and lowering your risk of developing the disorder.”
- **Reduce your overall calorie consumption, and/or intermittently fast.** “. . . Intermittent fasting is a powerful tool to jump-start your body into remembering how to burn fat and repair the insulin/leptin resistance that is also a primary contributing factor for Alzheimer’s.”
- **Improve your magnesium levels.** Scientists have linked magnesium to more than 350 essential functions in the body. Most people are deficient in magnesium, even though nutrition experts call it the ‘master mineral’ and the ‘anti-

aging mineral. That's a problem, Dr. Mercola says, because "exciting preliminary research strongly suggests a decrease in Alzheimer's symptoms with increased levels of magnesium in the brain." Higher magnesium levels have also been linked to the prevention of cancer, heart disease and stroke, reduced anxiety, depression, muscle tension and sleep problems. The right magnesium has also been shown to raise DHEA levels (the anti-aging hormone), lower pain levels, prevent low blood sugar, among many other benefits. Dr. Mercola says "most magnesium supplements do not pass the blood-brain levels, but a new one, magnesium threonate, appears to hold some promise for the future for treating this condition and may be superior to other forms."

Other research indicates that magnesium is also not easily absorbed through the gut so magnesium chloride applied to the skin via a spray, lotion or magnesium flakes in your bath are viable methods for getting this essential mineral into your body. I use Magnesium Infusion spray by [activationproducts.com](http://activationproducts.com) or Sport Mg Body Gel by [subtleenergytherapy.com](http://subtleenergytherapy.com).



- **Eat a nutritious diet, rich in folate.** "Vegetables, without question, are your best source of folate, and we should all eat plenty of fresh raw veggies every day. Avoid supplements like folic acid, which is the inferior synthetic version of folate," writes Dr. Mercola.

## It's Crucial To Change What You Eat As You Age!

Did you know that people in their 40s and 50s need to change how they've been eating to better manage their weight, blood sugar and risk for heart disease and cancer?

Below are 20 basic food and lifestyle strategies that will keep your brain and body younger:

1. **Eat fewer calories.** See intermittent fasting in Habit #3 (page 105).
2. **Stop drinking fruit juices and other sugary drinks that spike blood sugar.**
3. **Avoid fried foods to reduce body inflammation.**
4. **Reduce alcohol consumption.** Drinking alcohol has been shown to cause cancer of the mouth, esophagus, larynx, liver, colon, rectum and breast. The International Agency for Research on Cancer considers alcohol to be a Class 1 carcinogen, along with asbestos, smoking and ultraviolet radiation.

Expert recommendations vary, but if you drink alcohol, it's a good idea to limit alcoholic drinks to a maximum two drinks a day for men, one drink a day for women.

5. **Take a CoEnzyme Q10 supplement to strengthen every cell in your body.** Your body's own production of this essential nutrient declines significantly after age 40. This nutrient is important for healthy cells and energy.

6. **Drink More Water.** “...adequate hydration of the body may be the best insurance against premature aging,” wrote F. Batmanghelidj, MD in his book, *You’re Not Sick, You’re Thirsty!*

Dehydration is one of the leading causes of aging. As we age, we gradually become more dehydrated because the thirst mechanism function declines. This is a problem because water is an integral part of every function of your body!

Did you know that a human baby is 89 percent water? Go below 49 percent water and you’ll die. Yet estimates are that 80 percent of people are chronically dehydrated!

Water is a natural antihistamine and diuretic that helps keep you healthy and pain-free, wrote Batmanghelidj. He lists 46 benefits of proper hydration including better brain function, detoxification, more energy, reduced risk of heart attacks and strokes, less stress, anxiety and depression, prevention of arthritis and joint pain, and better breath. Fatigue and moodiness can indicate you need to drink more water.

The ideal pH of your water should be between 6.5 to 7.5, which is neutral. You can test the pH of your water with test strips and if necessary, add pH drops that contain potent alkaline minerals that you can buy at health food stores, or online.

Generally, people need more water than they think they do. Many people walk around feeling unwell, and don’t realize it’s because they’re dehydrated! You can fix this in a couple of ways by:



- Drinking one 8-ounce glass of water on the hour, for eight to 12 hours each day. Use your smart phone alarm as a reminder.
- Developing the powerful habit of sipping water all day. It's much better to do this than to 'chug' a litre every few hours. A friend of mine had just downed a litre-and-a-half of water before an appointment with her skin specialist. She was surprised when the doctor commented that my client's skin was dehydrated. The reason is your body can only process so much water at a time before it releases extra through urination.

The generally accepted amount of water required by an adult is 2½ to 3 litres of water *every* day. To be more precise, half your body weight (pounds) in ounces. If you weigh 150 pounds, drink 75 ounces of filtered or purified water every day. Eating foods with high water content such as soups, shakes, cucumber, grapes and tomatoes is also a smart idea!

Ideally, you'll want to customize the amount of water you drink to your body's needs, which may change depending on the weather and temperature, your age and activity level. A good rule of thumb is to drink enough so that you have to urinate four to six times a day and can sleep through the night without getting up to visit the toilet.

### **Not Fond Of Drinking Water? Consider These Powerful Habits Water Tips:**

- Start your day by drinking a large glass of room temperature water with about half the juice from a fresh lemon or lime added. This habit will 'rinse' your digestive system, kick-start

hydration for the day and help alkalize your body – making it inhospitable for many illnesses.

- In a 1-litre bottle, add ¼ tsp. of vodka or vegetable glycerin to one drop of peppermint or lemon essential oil. Shake and let sit for 30 seconds to disperse the oil. Fill with filtered water, shake and enjoy! I find this water refreshing.
- Fill a 2-litre pitcher with fresh, filtered water, two fresh lemons, sliced and up to 1 tsp. of pink Himalayan salt to mineralize the water. Stir well, cover and allow to sit overnight.
- **Reviving water.** Flavour your drinking water with all, or some of the following herbs, fruits and vegetables in this recipe:

6 cups water  
3 slices grapefruit  
3 tangerines, sliced  
1½ English cucumbers, sliced  
6 peppermint leaves, lightly crushed  
6 lemon balm leaves, lightly crushed  
Ice (as much as you like)

*Directions*

Wash grapefruit, tangerine, cucumber and herbs. Slice cucumber, grapefruit and tangerine (peel first, if you prefer). Combine all ingredients into a large pitcher. Stir and enjoy! Tastes better the longer it sits.

7. **Eat more organically-grown foods.** Best bets: Tomatoes, apples, cashews, pecans, macadamia nuts, walnuts, olives, avocado, eggs, yogurt, cherries, raspberries, green vegetables, seeds.

8. **Eat high-quality, bioavailable protein.** Un-denatured whey protein concentrate, soft-boiled or poached organic eggs and wild salmon are great protein choices because they're most easily absorbed by your body to build high-quality muscle, ligaments and every cell in your body.
  
9. **Eat more healthy fats.** Oil supplements that include DHA and GLA are wise choices for better health, nutrition and youthful aging. During the past 100 years, our western diet has changed to higher ratios of Omega 6 to Omega 3 fats, which results in higher inflammation and contributes to greater risk for many chronic diseases. Lower amounts of Omega 3s increase cellular inflammation that accelerates the aging process, and they eventually lead to organ dysfunction and loss of function. They also make your skin look more irritated, less radiant and older.

Healthy fats like Omega 3 fatty acids help to keep skin supple and young-looking. They boost brain health, keep the heart strong, fight diabetes and can increase lifespan. Healthy-fat foods include: Avocados, butter made from raw, grass-fed organic milk, raw dairy, organic pasteurized egg yolks, wild-caught salmon, coconuts, hemp seeds, flax seeds and oil, raw almonds, walnuts and high-fat nuts, such as pecans and macadamia nuts.

Research from Oregon Health and Science University found that people whose diets include a variety of vitamins, including B, C, D, E and Omega 3s, had bigger brains and better cognitive function.

Proper brain function relies on getting enough DHA. Doctors have successfully used DHA to treat chemical addictions to drugs and alcohol. DHA is found primarily in fish oils and derived from algae.

GLA is an Omega 6 fatty acid that, like DHA, can only come from your diet. GLA becomes anti-inflammatory when converted into something called DGLA. GLA helps diabetic neuropathy, certain forms of inflammatory arthritis and allergies, and it contributes to beautiful skin. Sources of GLA include plant oils such as borage, evening primrose and black current seed.

For insurance, I suggest you include a daily high-quality fish oil supplement to help benefit your mood, joints and cardiovascular, immune and digestive systems. I use OmegaXL, which is made from New Zealand green-lipped mussels.

10. **Eat more superfoods.** Superfoods are whole, natural foods that pack a big nutrition punch (vitamins, minerals and antioxidants) and usually few calories. Top superfoods include: Kale, mustard greens, blueberries, quinoa, chia seeds, oatmeal, broccoli, maca powder, wild salmon, coconut oil, sea vegetables, lingonberries, watermelon, spinach, eggs, almonds, hemp seeds, 70% cocoa (or higher) dark chocolate, ginger, beets, beans, lentils, goji berries, beet juice, nutritional yeast. Choose some of these foods every day:

- Onions
- Garlic
- Turmeric
- Raw nuts and fruit such as avocados, which are rich in healthy fat

- Raw berries such as blueberries and apples, which are low in sugar and contain antioxidants, fibre, essential minerals, vitamins and natural antibiotics. They balance your blood sugar and keep your body healthy and alert. Compounds in berries reduce inflammation and oxidative damage, which are associated with age-related problems that involve memory and movement.
11. **Eat more mushrooms.** Many mushrooms have excellent anti-aging properties and you might want to increase your intake of shiitake, maitake, reishi, wood ear, cordyceps and chaga mushrooms. These so-called medicinal mushrooms can help boost your immune system to break up long-standing infections. Add powdered mushrooms to smoothies, protein shakes, tea and other beverages.
  12. **Eat more fibre.** On average, U.S. adults eat about half the dietary fibre that they need every day. Fibre is a non-digestible carbohydrate that's present in all plant foods especially nuts, seeds and vegetables. Why eat more of these foods? Fibre fills you up and cleans you out! People who eat large amounts of fibre improve their chances of avoiding death from natural causes by more than 20 percent, compared to those whose fibre intake is modest. Soluble fibre helps lower blood cholesterol levels, helps improve blood glucose levels and helps form soft stools that lead to regular bowel movements; fibre also helps you lose weight. Make sure you take supplements at least two hours before extra fibre to give your body time to absorb the nutrients.

The fibre calculator on [www.nationalfiberCouncil.org](http://www.nationalfiberCouncil.org) will determine the amount of fibre you need based on your sex and age. On average, a healthy adult needs about 32 grams a day. One apple has 3 to 4 grams of fibre, a cup of oatmeal has 4 grams and half a cup of broccoli has 2.3 grams.

Here are a few easy ways to boost your daily fibre intake:

- Eat ½ cup fresh berries for breakfast.
- Add 1 tbsp. ground flaxseed to your morning shake.
- Add veggies and beans to ready-made soup.
- Add a small handful of raw nuts, seeds or cooked beans to a salad.
- Leave the peel on potatoes, carrots and fruits.

Flaxseeds are a potent, anti-cancer food because of their ability to block estrogen. Lorna Vanderhaeghe, in her book *A Smart Woman's Guide to Hormones*, writes, "Ground flaxseed, with its high lignan content is essential for the prevention and treatment of estrogen-related conditions."

13. **Eat more fresh food from the outside aisles of your grocery store.** Every day, eat lots of green vegetables, root vegetables, garlic, onions, maitake and shiitake mushrooms, kelp and other sea vegetables.

How much is one serving? It can be:

- 1 medium-sized fruit or vegetable
- 1 cup of salad
- ½ cup fresh or frozen fruits or vegetables

14. **Eat more cruciferous vegetables.** Cruciferous vegetables are a class of vegetables that you **MUST** eat several times a week – raw and cooked – if you want to look and feel younger. They include broccoli sprouts (raw), broccoli, white turnips, watercress, bok choy (Chinese cabbage), savoy cabbage, red cabbage, cauliflower, kale, collard greens, kohlrabi, Brussels sprouts, radishes and rutabaga.

I find that broccoli has a ‘take it or leave it’ taste. I eat it because I know it’s good for me. So I look for ways to make broccoli more interesting, tasty and nourishing. Instead of eating plain boiled broccoli, I make soup or a stir fry and add herbs like basil and parsley, sea salt and black and red peppers, lemon juice, olive oil, dried sea vegetables, sunflower, hemp and pumpkin seeds. The other ingredients enhance taste and nutrition. This makes it more likely that I’ll eat broccoli more often. Of course, this is the secret to getting vegetables into your kids too.

Cruciferous vegetables contain many vitamins and nutrients, including B-Vitamins known to reduce stress, anxiety, panic and depression; fibre to keep your bowels clean; Vitamin C, which may reduce your risk of cataracts and macular degeneration, help your body produce more collagen to keep you looking younger, keep your joints supple and flexible, slow bone loss and reduce your risk of fractures.

**There’s no single diet that’s right for everyone. We each have our own unique bio-chemistry.**

The news gets better: The bacteria in your gut breaks down cruciferous vegetables into anti-cancer compounds including sulforaphane – an antioxidant that reduces inflammation, free

radical damage, uncomfortable menopause side-effects and can also help prevent breast, prostate and bladder cancer. Gut bacteria also release DIM, a nutrient linked to fewer menopause symptoms, and Indole-3-carbinol (I3C) which helps you to achieve a flatter stomach and reportedly reduces the risk of breast cancer by counteracting the effects of estrogenic compounds! So, Mom was right: Eat your cruciferous vegetables!

15. **Eat sea vegetables.** Eating sea vegetables and marine algae have been credited with contributing towards a longer life, disease prevention and greater beauty and health. They contain antioxidants, vitamins and minerals, including calcium and magnesium, which help prevent anxiety and stress. Magnesium is essential for the health of your muscles, nerves, heart and energy.

Research suggests sea vegetables – commonly referred to in North America as seaweed – can help regulate estrogen levels, and eating it regularly has been linked to lowered risk of breast cancer. Researchers are investigating the effects of seaweed as a natural hormone replacement therapy. The best-known benefit of sea vegetables is that they are an excellent source of iodine, a nutrient missing in most land food and crucial for proper thyroid function.

Many people are chronically low in iodine – especially in the Great Lakes area where the soil in which food is grown has no iodine. Low iodine causes hypothyroidism. You can avoid this by eating sea vegetables – nori (sushi wrap), kombu, kelp, dulse and Irish moss. Dried dulse from Nova Scotia has a pleasant



salty taste and can be crumbled and added to soups, stews and stir-fries. Sea vegetables go well with sushi, miso soup and green salads.

Dislike the taste? You may be able to find an excellent liquid sea vegetable or phytoplankton supplement in your natural food store or online. I add a few drops of a sea vegetable tincture called ‘Sea Greens 7’ by Abundance Naturally Ltd. to my morning protein shake to ensure I get enough iodine in my diet. Alternatively, many people apply a few drops of Lugol’s Solution – 3% iodine to their skin every day.

16. **Eat more raw food.** Your body needs raw foods – such as vegetables, fruit, seeds, nuts, sprouts, juices and herbs – to function at its best. These foods generally contain minerals, vitamins, enzymes, fibre, protein, healthy fat, amino acids and other nutrients that are destroyed by cooking. Raw food helps alkalize your body, which is a good thing because diseases like cancer thrive in an acidic body.

Raw foods are cooling and help hydrate your body so you feel and look younger.

Eat raw foods especially during warmer weather, or when you experience stress-induced “heat” conditions (including palpitations, red face, anxiety, insomnia, constipation and migraine/headaches). Traditional Chinese Medicine prescribes “cooling” food and drink to restore balance.

I wrote *Eat Well, Live Well*, a wellness guide and recipe book that describes how to eat more raw foods without necessarily eating more salads. This book is available from [www.NaturalMenopauseNow.com](http://www.NaturalMenopauseNow.com) and [www.WendyVineyard.com](http://www.WendyVineyard.com).

Juicing is an easy way to get the benefits of most raw produce – especially when the ingredients are organically-grown. Be mindful of the calories and avoid drinking juice from sugary sweet fruit such as mango and pineapple. The following recipes are exceptionally delicious and beautiful occasional treats!

### **Ginger Citrus Juice**

- 2 mandarins or clementines
- 3 strawberries
- 1 lemon
- 2 large carrots
- ½ inch fresh ginger

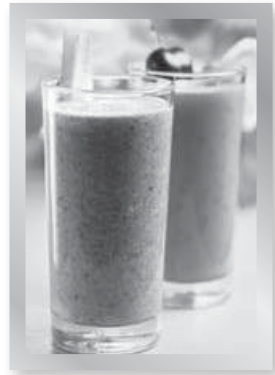


### **ABC Juice**

- 1 apple
- 1 beet
- 2 medium carrots

### **Lemon Ginger Juice**

- ½ lemon
- 1 tart apple
- 2 medium carrots
- 1 inch ginger, peeled



### Sweet Green Juice

- 1 small bunch spinach leaves
- 2 handfuls kale
- 1 green apple
- 1 cucumber
- 1 pear (optional)

### 17. Eat fermented and cultured foods, including probiotics.

Cultures around the world have eaten fermented or cultured foods for thousands of years. The Standard American Diet (SAD) has replaced these traditional foods with sugary, fattier, saltier versions that lack probiotics to protect and support the digestive system – an important part of our immune system.

Consume more cultured foods such as fermented cucumbers, kimchee, sauerkraut, tempeh, kefir, full-fat plain, unsweetened yogurt with added probiotics, or take a liquid probiotic supplement in a capsule. This will maintain gut health and lower the rate of age-related intestinal illness and prevent chronic inflammation.

Daily use of probiotics will also help prevent and heal colds and flu, help prevent anxiety and improve your moods, prevent or cure adult acne, reduce under-eye puffiness, keep skin moist and boost elasticity.

**TIP:** Prebiotics, which are the non-digestible carbohydrates in onions, garlic, artichokes and bananas, increase the growth of probiotics in your gut.

18. **Eat anti-inflammatory foods and spices.** Chronic Inflammation is a huge problem because it has been linked to diseases like cancer, heart disease, Alzheimer's and Type 2 diabetes.

“Aging is a progressive degenerative process tightly integrated with inflammation,” says nutritionist Julie Daniluk.

Any disease that ends in ‘-itis’ is an inflammatory disease, including arthritis, laryngitis, tonsillitis, appendicitis and bursitis. Eating more foods, herbs and spices that are considered to be anti-inflammatory may help reduce the symptoms of long-term inflammation – especially arthritis. Aim to eat anti-inflammatory foods every day. Your body needs seven to 10 vegetables every day for health.

- DHA Omega 3 oil
- Recovery, a product that contains MSM, glucosamine and other vitamins and nutrients.
- Vitamin E

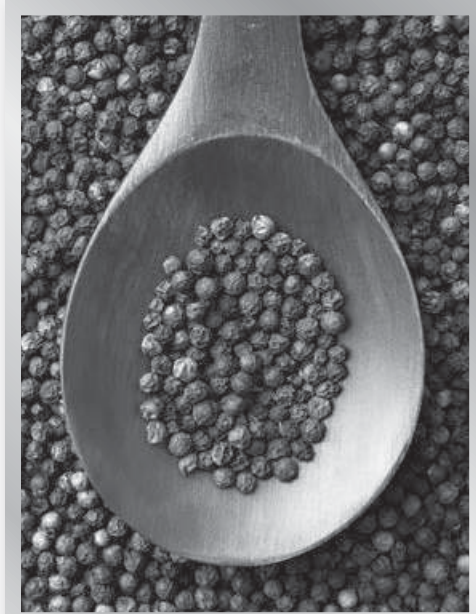
### Best Anti-Inflammatory Foods

- |                   |                          |
|-------------------|--------------------------|
| 1. Almonds        | 10. Kale                 |
| 2. Avocado        | 11. Olives               |
| 3. Beans          | 12. Pecans               |
| 4. Berries        | 13. Salmon (wild caught) |
| 5. Brazil nuts    | 14. Sardines             |
| 6. Broccoli       | 15. Spinach              |
| 7. Carrots        | 16. Sweet potatoes       |
| 8. Dark chocolate | 17. Swiss chard          |
| 9. Garlic         | 18. Yogurt               |



## The Best Anti-Inflammatory Herbs & Spices

1. Black Pepper
2. Basil
3. Boswellin
4. Cardamom
5. Cayenne
6. Chamomile
7. Cinnamon
8. Chives
9. Cilantro
10. Cinnamon
11. Cloves
12. Garlic
13. Green tea
14. Marjoram
15. Nutmeg
16. Oregano
17. Parsley
18. Rosemary
19. Sage
20. Thyme



**Boswellin** – The extract of the herb *Boswellia*, used in Ayurvedic medicine, may be useful for reducing the effects of fibromyalgia.

**Ginger** – Powdered dry ginger, taken daily in capsules for at least two months, is an excellent anti-inflammatory that can reduce colon inflammation – a condition that can precede colon cancer. It's also been shown to reduce exercise-induced muscle pain by 25 percent.

**Turmeric** – Turmeric has powerful anti-inflammatory compounds, including the active ingredient curcumin, which has been shown to reduce pain from osteoarthritis. Avoid using turmeric if you have gallstones or bile duct dysfunction, or are pregnant. In some cases, extended use can cause upset stomach.

### Best Anti-Inflammatory Nutritional Supplements

1. Alpha lipoic acid
2. Bromelain
3. CoEnzyme Q10
4. DHA and EPA Omega 3 oil
5. Ginger
6. Mixed carotenoids
7. Quercetin
8. Resveratrol
9. Selenium
10. Turmeric
11. Vitamins A, C, D, E, B6, K
12. Zinc



19. **Drink green tea every day.** Green tea contains a high amount of antioxidants and polyphenols – the substances that give green tea its many benefits. These compounds help to release body fat. Drink three to four cups a day to get the benefits. Green tea has been linked to the prevention of cancer and blood clots, which are the primary cause of heart attacks. Green tea may help slow the progress of Alzheimer’s and Parkinson’s diseases, prevent tooth decay, lower the risk of high blood pressure, lower cholesterol and more.

**NOTE:** Green tea has caffeine. If you suffer from excessive menstrual bleeding, avoid green tea, which has anti-clotting properties.

20. **Eat the right amount of protein daily.** Every day, Americans consume approximately three to five times more protein than they need for optimal health, says Dr. Mercola in his article, *The Very Real Risks of Consuming Too Much Protein*, on mercola.com. Consuming too much protein can harm your health and has been linked to fat gain, elevated blood sugar, kidney stress, leaching of bone minerals and stimulating cancer cells.

The optimal amount of daily protein is a subject of much debate in the nutrition world. Dr. Mercola recommends that you consume one-half gram of protein per pound of lean body mass, which is 46 grams a day for women and 56 grams a day for men – more if you're very active. He recommends eating a wide variety of high-quality, grass-fed animal- and organic plant-based protein.

## **Food Can Have A Significant Effect On Your Mood, Brain Chemistry And Energy Levels**

No matter what the latest research indicates, the truth is that there's no single diet that's right for everyone. We each have our own unique bio-chemistry. The foods that work for you are the result of your race, culture, genetics, family upbringing, body type, individual bio-chemistry, and your personal life history and taste.

You may be glad to know that if you want to improve your mood with food, you can do it with a small piece of dark chocolate! The cocoa polyphenols in dark chocolate make it the only food scientifically proven to acutely improve mood. The small amount of sugar in dark chocolate is necessary to get the nutrients into your brain. For more foods that relieve stress, see Habit #2 (page 77).

Some nutrients in food are unable to cross the blood-brain barrier.

Many people think that eating bananas, which contain serotonin, or high protein foods, such as turkey, leads to better moods, although this is not proven.

Tryptophan, which increases brain serotonin in humans as well as in experimental animals, is an effective anti-depressant in mild-to-moderate depression. Purified tryptophan supplements (considered a drug in Canada and a supplement in the U.S.) increase serotonin levels in the brain, but the tryptophan in high-protein foods such as turkey do not have a comparable effect. More research needs to be done on foods containing tryptophan to see how they impact mood.

How can you tell which foods affect your mood and energy levels?

For the most part, whole fruits and vegetables have a neutral effect on brain chemistry but it's helpful for you to find out which foods it would be best for you to avoid and which to eat more frequently.





There are two do-it-yourself ways to find out if specific foods are causing you problems:

- Eliminate certain foods from your diet for up to a month; reintroduce them and track what you notice.
- Record what you eat and how you feel for a week, or more. Note what and when you eat and what your moods and feelings are before and after eating.



**BOOK BONUS:** I've created a Food and Mood Log that is my gift exclusively for readers of this book. To access the Book Bonus page, use the QR code or visit [www.wendyvineyard.com/bookbonuses](http://www.wendyvineyard.com/bookbonuses). Password: Wendy

It pays to be observant: We can become addicted to eating specific foods because they satisfy an emotional need. For example, do you eat only when you're hungry? Do you eat out of habit at set times whether you're hungry or not? Do you eat specific foods when you're bored, or when emotions are running high? How much of your eating is for comfort or reward, or in defiance?

When you monitor your eating and drinking habits, you could notice that some food or drink:

- Is linked to **suddenly feeling shaky and sick**, e.g. drinking orange juice can cause a sudden spike in blood sugar when you drink it on an empty stomach.
- Causes **food sensitivity symptoms** such as an itchy rash, cankers, swollen lips (which could indicate a potentially

dangerous allergic reaction), or a herpes outbreak, which can be caused by foods high in l-arginine such as peanuts, chocolate and raisins.

Once you have your data, you may notice patterns. Does your energy have consistent cycles during the day? Do you wake up with energy, only to see it dip in the afternoon? Do you get a second wind before you crash at night? How does what you eat and drink affect these cycles?

Knowing your patterns, and their co-relation to what you ingest, will give you information you can use to achieve more consistent energy and a more positive mood.

## **Salt Your Food To Taste**

Everyone knows that ‘too much’ salt is bad for you – or is it?



It's a widely accepted belief that too much salt increases your risk for high blood pressure (hypertension), which is a serious condition that can lead to major health problems such as heart disease, stroke, kidney disease, hardening of the arteries (arteriosclerosis) and even blindness.

Did you know that on average, North Americans eat about 3,300 to 3,400 mg of sodium a day, even though U.S. dietary guidelines recommend that people two years and older consume less than 2,300

milligrams? People of African descent, people with hypertension, chronic kidney disease or diabetes, and anyone aged 51 years and older are told to further limit sodium intake to 1,500 milligrams daily.

But this thinking is outdated.

Many scientific studies have reported that there's no reason for people with normal blood pressure to restrict their sodium intake. So why do we continue to receive that advice from doctors?

“Salt is an essential nutrient. It does not cause high blood pressure and restricting salt will not reduce your risk of high blood pressure or add ten seconds to your life – in fact, restricting salt will shorten your life and make your very short life miserable,” says Dr. Joel Wallach, author, researcher, product formulator and naturopathic doctor. “It’s criminal to tell people to restrict salt,” he says, and strongly urges people salt their food to their taste.

“Salt is the raw material needed to manufacture hydrochloric acid, which is necessary to digest food – and activate enzymes produced by the stomach,” explains Dr. Wallach. Restricted salt intake will make you heat-intolerant and over the long term will result in many health problems.

Symptoms of low stomach acid include anemia, bloating, belching and flatulence; heartburn, indigestion, diarrhea, or constipation; undigested food in stools, rectal itching, hair-loss in women, food allergies, weak, peeling, or cracked fingernails, chronic fatigue and adrenal fatigue.

**Low stomach acid has been implicated in:**

1. Accelerated aging (because of malabsorption)
2. Arthritis
3. Cataracts
4. Diabetes
5. Fibromyalgia
6. G.E.R.D. (gastro esophageal reflux disease)
7. Gluten intolerance, which includes wheat, barley, rye and oats
8. Heat stroke
9. High blood pressure
10. Kidney stones
11. Nutritional deficiency diseases including obesity
12. Osteoporosis

Nearly 80 percent of the salt we eat comes from processed foods such as soups, sauces, bread, junk food and fast food, pickles and salad dressings. These low-nutrition foods contain extra salt for flavour and food preservation, and eating them increases your desire for more.

Another school of thought advocates *balancing* your sodium and potassium ratios by eating more foods that are high in potassium. This is because it's easier to add something to your diet than to take away something tasty like salt. Potassium-rich foods include leafy greens, broccoli, Brussels sprouts, avocados, bananas, raw nuts, apricots, winter squash, potatoes and salmon.

I've used Himalayan salt instead of regular table salt for many years to take advantage of the minerals it contains and to avoid the additives (anti-caking agents) that are in table salt. Himalayan salt is also higher in potassium.

Whether you choose to follow the advice of Dr. Wallach and recent scientific research, or continue to try to cut out salt, you can reduce your taste for salty food – thereby reducing your desire for junk food – by experimenting with other natural flavour enhancers, including garlic, onion, fresh or dried herbs, spices, lemon or lime juice and herbed vinegars. Also, avoid adding salt during cooking so you can pick up your salt shaker and salt your homemade food to your taste.

## **Habit #2 – Avoid The Stress Mess**

Chronic stress is the number one contributor to premature aging.

Did you know that chronic stress raises your risk for developing heart disease, cancer and obesity? It's crucial to learn what causes you stress and develop healthy habits to manage it, or work with a practitioner to turn it into something that doesn't bother you at all.

When you don't process and release stress, it is habitually held in your body where it can create serious health consequences.

An unhealthy habit often serves the purpose of stress management. Many people use destructive stress coping strategies that they chose when they were young and didn't know there were better ways. These include smoking, drinking, drug use, procrastinating, blaming others and ignoring the problem.

If that's you, I challenge you to consider what would happen if you chose to be good to yourself instead?

Healthy stress management involves being prepared with a plan to prevent or minimize the damage from stress as it occurs – not waiting until you're overwhelmed and can't think of what to do:

- Use healthy food and drink to manage your stress. Food affects mood and pain levels, so eat to feel energy and power in your body. Stress-calming foods include seaweed, chamomile and/or hops tea, nuts including cashews, walnuts, pistachios, almonds, dark chocolate, fatty fish, magnesium-rich foods, including bananas, avocados, leafy greens; Vitamin C-rich foods especially cantaloupe, blueberries, oranges and broccoli.
- If you give your body caffeine or junk food to fuel it through the day, your stress levels will be even higher. See Habits #7 (page 142) and #8 (page 151).
- Take stress-reducing supplements – B Vitamins and adaptogenic herbs every day. See Habit #8 (page 163).
- Resolve to think optimistically about the future. Have you noticed that situations usually do work out for the best?
- Stop listening to your 'monkey mind' – your unconscious mind that wants to protect you and keep you safe, even if there's no danger. Believe that there's a positive learning for you in everything that happens to you and no experience needs to be labeled 'negative.'
- Pay attention to how you feel. Your feelings indicate the energy you're vibrating at and show whether or not you're living your life in integrity with your values. If you want your energy to be high, set an intention to feel more joy, love, empowerment, appreciation, passion, enthusiasm, optimism and hopefulness. Let go of anger, hurt, guilt, shame, insecurity, unworthiness, fear, grief, depression and sadness. I help my breakthrough

- and coaching clients to easily and permanently release negative emotions and limiting decisions that go back as far as childhood – without going deeply into the painful story of what happened.
- Laugh often. Attend a laughter yoga class; watch a funny YouTube video, TV show or comedy movie, or read a funny book (see the link to Wendy's 60 Funniest Movies list in Appendix B [page 247]).
  - Avoid feelings of being overwhelmed by learning the strategy and getting into the habit of 'chunking down' – break big goals or tasks into small steps and take at least one small step every day. Think long-term benefits. Consistent action will move you towards your goals. You can do it! You'll surprise yourself when you notice it becomes easier to take daily action once you get into gear.
  - Set priorities every evening to help you decide how to spend your next day most productively and profitably for what you want to accomplish. Focus on achieving what you want, not what others want you to do. Don't let anyone or anything – including time spent on e-mail or social media – distract, push or cajole you off your course.

## 1. Emotional Stress

What stresses you?

Below are four types of stress we commonly experience in our culture, and what to do to minimize or eliminate them – emotional stress, physical stress, dietary stress and hormonal stress.

Are you worried, anxious or overwhelmed at work or home? These feelings are all stressors.

In my private practice, I support my clients to easily and permanently release negative emotions, limiting decisions and their resulting limiting beliefs, all of which negatively impact their ability to live peaceful, happy lives.

It takes a lot of energy to keep old stress suppressed and when it is released, it allows that energy to be applied to productive goals and enjoyment. When you decide to take control of a situation that's bothering you, it's likely you won't have to experience the situation again.

As my mentor Bill Harris of Centerpointe Research Institute says, "Let whatever happens be okay." Make the self-empowering decision to accept 'what is.' This will make it easier to stop ruminating on a negative situation with regret, and allow you to focus instead on what you CAN do to improve the situation.

**Place your hand over your heart and BREATHE slowly and deeply for several minutes. Have the intention of becoming calm and relaxed.**

- You can also effectively manage your stress by deliberately changing from a negative state to a positive one. What you focus on determines your emotional state. Your state influences the choices you make and your behaviour, which leads to your results. Being in a positive state will lead to positive behaviour and better results. To get out of a negative state, you've got to move through it. You cannot read your way through it. You must do something physical to get it out of your body. Have the intent to release your negative state.
- Make a decision to always use positive language, especially when you speak about yourself or others.



- Remove the word ‘try’ from your vocabulary. To paraphrase Yoda from *Star Wars*, there is no such thing as trying – there is only ‘doing’ or ‘not doing.’
- Change your physiology. Notice how differently standing tall and throwing your shoulders back feel as opposed to sitting hunched over your laptop. Jump up and down. Better yet, get yourself a high-quality rebounding machine such as the Cellerciser and use it every day. It’s easy on your knees and has multiple health benefits for your heart and lymph system.
- Yell. This works well in the closed space of your car. It has the added benefit of not scaring innocent family members or your pets!
- Lift weights. Use your breath to exhale your negative emotions.
- Clean your house – vigorously!
- Go for a walk with the intention of having your negative emotions gone by the time you return.
- Strangle paper towels or a dishcloth – scrunch up your face and exhale with a ‘hah!’ breath in a silent scream. When you’re finished, throw out your prop.

Now that you’ve changed your state and allowed the negative emotions to leave your body, this is the right time to meditate or do yoga.

## **How Do I Prevent Stress And Anxiety From Taking Over?**

The next time you notice your feelings of anxiety or panic spiralling upwards, STOP immediately. Anxiety is a warning from your unconscious mind to get you to focus on one specific thing that

will get you closer to what you want. When you panic or allow your anxiety to escalate, it takes away your self-control and brain power. Worse, you create reasons to feel guilty and punish yourself later.

Close your eyes and acknowledge how you're feeling right now. Honour what you're feeling and you treat yourself with love and respect. How you feel is neither good nor bad. It just is. This is where you start.

Have the intention of becoming calm and relaxed. Place your hand over your heart and BREATHE slowly and deeply for several minutes.

Mental and emotional stress is about projecting into the future, and it keeps you from enjoying the here and now. To stop this unhelpful habit, you may want to reserve a few minutes every day, either when you wake up or just before falling asleep, to become fully present in your body using one or more of the techniques below. This new habit will redirect the energy of anxiety and reclaim your mental control, power and focus. It will also reduce absent-mindedness.

There are three quick and easy ways to lower stress and achieve personal peace:

- A. **Centre or ground yourself.** Stand or sit with your feet flat on the floor. Close your eyes and take two or three long, slow breaths. Visualize roots growing from your tailbone and the soles of your feet into the ground and down into the center of the Earth. Ask that the grounding of the Earth travel up and into you. Notice a calm, solid connection to the planet. Take another two or three long, slow breaths. Open your eyes.

- B. **Change your state.** Try any one of these or a combination: Go for a mindful 20- to 30-minute walk in nature; bounce on a rebounder for 10 minutes; play your favourite music; call a friend; sit up straight and look up (you can't think negative thoughts when you're looking up); focus on something positive or make a list of things for which you're grateful.
- C. **Tap away your stress.** Tapping (aka Emotional Freedom Techniques or EFT) is one of my favourite methods to handle my own stress. I first learned about Tapping in 2006 from Dr. Joseph Mercola, founder of mercola.com. He calls Tapping a “profoundly powerful” healing tool that “should be in everyone’s first-aid kit.” Mercola says, “EFT is like a key that unlocks your body’s intrinsic ability to heal.”

I encourage my clients to use it as a self-help tool to prevent and release stress as it comes up in their lives. I also use it to work with clients who decide to release negative emotions, limiting decisions and pain, and want an experienced practitioner to safely guide them through.

Tapping involves thinking about a specific upsetting event or situation and Tapping on acupressure meridian end points on your head and body. The vibration signals the amygdala – the flight, flight or freeze part of your brain – that you're safe and you can relax. Research has proven that Tapping significantly reduces cortisol and the perception of stress.

Sit or stand in front of the bathroom mirror and tap for five to 10 minutes every morning or night. This will reduce your overall perception of stress and allow feelings of personal peace and mastery over your life. It will also contribute towards looking and feeling 10 years younger! More about Tapping later in this chapter.

See the drawing I did of the Tapping points and detailed instructions for how to Tap: [www.wendyvineyard.com/remedies/stress-management-tapping](http://www.wendyvineyard.com/remedies/stress-management-tapping).

When my clients are ready and want support to end stress from fears and phobias, anxiety, procrastination, depression and panic, I can easily and quickly guide them to release the underlying cause – without getting into the ‘story’ of the problem. This is a great relief to people who don’t want to talk about the details of what happened to them. To learn more go to [www.wendyvineyard.com](http://www.wendyvineyard.com).

## **What Are The Benefits Of Meditation?**

Now, I know there are a lot of demands on your time, but meditation is pretty easy to do. It provides many benefits, and it only takes a few minutes to experience in the quiet peacefulness of a sleeping household – either at night or in the morning. It’s a blue-ribbon habit to cultivate for better quality of life and youthful aging.

All meditative activities raise serotonin levels and that equates to feeling happy. As a result, daily meditators have superior mental and emotional health. They have less anxiety, depression, anger, sadness and fear, and they have more friends, healthier relationships, and feel a great deal more satisfied with their lives. Regular meditation increases awareness, mental clarity and inner peace. Meditation also reduces stress, heals unresolved emotional issues and increases feelings of connection to all that is. As if that wasn’t enough, many studies indicate that meditation dramatically reduces and even reverses disease of all types! And people who meditate or pray regularly live longer too.

It amazes me how much of a difference it makes in my day, and the insights I notice about my life, when I sit in stillness and listen to a meditation or hypnosis CD every evening. Experiment with the suggestions below to discover which work best for you.

### **The Basics:**

**Mantra meditation.** Sit in a chair, close your eyes and slowly repeat silently to yourself a word or phrase that is meaningful to you.

Some examples are: “OM,” “Peace” and “I am Joy.” Set a timer for 30 minutes in another room to let you know when to stop.

**Mindfulness meditation.** This type of meditation gives you a break from a variety of challenges, such as overwhelming stress sleep problems, depression, panic disorders – including anxiety, social phobias and even borderline personality disorder. The emphasis is on observing your critical thoughts without judging them, and paying attention to the present moment and what’s going on NOW. You don’t have to react to negative, fearful or anxious thoughts at all. They are in your head because you allow them to be there. Just allow them to exist, without ruminating or focusing on them.

You can practise mindfulness whenever and wherever you want. Focus on what you’re doing as you’re doing it and nothing else. Suggested exercises include taking a 15-minute break for meditation, practising deep, focused belly-breathing, or listening to soft, relaxing music. Focus on the sound and vibration of each note, the feelings that the music brings up within you, and other sensations that are happening ‘right now’ as you listen. You can also apply mindfulness to cleaning your house and observing your thoughts.

**Use Holosync meditation.** I've tried many different types of meditation over the years and I'm currently using the Holosync method. Listening to Holosync CDs is an easy, effortless type of meditation that has been proven to dramatically change levels of DHEA, cortisol and melatonin. Regular use lowers stress and slows the aging process and, in fact, Holosync CDs may be the fastest and easiest way to get the benefits of meditation. Listening to the recordings puts you in the same brain wave states that are achieved by long-time meditators without the 'torture' of having to constantly bring your mind to focus on one thing.

What other stress-reducing habits can you introduce into your routine? Here are some ideas:

**Visualization.** To let go of tension and anxiety, visualize a safe, calming place – real or imagined – with your eyes closed. You could 'visit' a tropical beach, a favourite childhood spot, or a quiet place in a forest. Involve all of your senses – sight, touch, smell, taste, hearing – to make it as realistic as possible. You can do this in silence or while listening to calming music. To help use your sense of hearing, you could use a sound machine or download sounds that match your chosen setting – the sound of ocean waves if you've chosen a beach, for example. There are many excellent guided visualization CDs available online to make this process even easier.

**Pray.** A daily spiritual practice helps you reduce stress and live longer. Prayer uplifts, calms and renews. You don't have to go anywhere special to communicate with your God. Ask for help, give thanks, confide your hopes and fears, ask for protection when you drive, pray for your loved ones, pray for your health, pray for the animals, pray for our planet and pray for forgiveness for yourself and others.

**Spend time in nature.** Sit quietly in a natural place such as a forest, park, mountainside, or seashore. When you sit or walk with your shoes off, you'll experience the added benefit of 'Earthing,' which is what happens when your feet touch the damp grass or earth and you connect your energy system with the earth's magnetic field. Earthing improves blood flow, heart rate, cortisol levels, sleep patterns and the balance of your autonomic nervous system. It reduces the effects of stress.

**Listen to hypnosis CDs.** Available online, hypnosis CDs are recordings that target stress and just about every other condition you'd like to recover from! Hypnosis is also known as 'guided visualization.'

**Music: Soothe the savage beast(s) inside with music.** Make it a habit to play soothing music in the background of your home to help you (and your family) stay calm and relaxed. I've always enjoyed Mozart, sacred choral music (monk chants) or music produced for massage or meditation. The calming energy of this music will be transferred to you and your family!

**Deep breathing: Remember to breeaaattthhhhhe.** Why is deep breathing so important for stress relief? Three minutes of deep, slow and long belly breathing three times a day will induce the relaxation response which lowers stress and prevents you from storing fat. Use a habit app to remind yourself to do it.

Most people today are shallow breathers. They breathe using the top third of their lungs – never fully exhaling the stale air that's deeper in their lungs. Deep breathing is recommended by

practitioners everywhere. Use your abdominal muscles to push out a complete exhale and set an intention to breathe out anything you no longer need – limiting beliefs, stress, toxins and unwelcome emotions or thoughts.

You can create morning and night-time habits by doing Dr. Andrew Weil's '4-7-8 Breathing Exercise.' Here's how: Rest the tip of your tongue on the hard flesh behind your front teeth. Breathe out quickly through your mouth. Breathe in quietly to a count of four; hold to a count of seven; breathe out noisily through the mouth to a count of eight. Repeat four times. Benefits: Gets much-needed oxygen to your brain to balance it and help you think clearly, it releases stress and anxiety, it helps you sleep and it stops food cravings. Dr. Weil says you must do this at least twice a day for up to eight weeks to see the full benefits.

**Yoga: Be a poser.** Yoga stretches, poses and deep breathing can reduce anxiety and stress, improve relaxation, flexibility, strength, balance and stamina. You can find group classes almost anywhere, hire a private teacher, or practise at home by following a yoga DVD.

**Massage: Healing hands for relaxation.** Massage reduces stress through the power of touch and the skill of the therapist. You could massage yourself – but it's more pleasurable and relaxing to have someone else do it. I love having a regular full-body relaxation or lymphatic drainage massage by a Registered Massage Therapist or lymphatic drainage massage professional. Get a massage (or other body treatment) as





often as you can. The healing touch of massage grounds you in your body and gives you pleasure as it soothes your nerves with lighter strokes and loosens tight muscles with deep tissue manipulation.

**Aromatherapy: The sweet smell of relaxation.** A foot or body massage with the addition of up to eight drops of essential oils such as lavender, chamomile, clary sage, frankincense, rose, neroli or geranium will increase the relaxation response – as long as you like the scent of the oil that's used! Lavender essential oil is especially relaxing. It will help you deal better with anxiety and fall asleep at night. Gently rub a drop or two into the soles of your feet. For parents, a lovely bedtime ritual is to place one drop of lavender essential oil on the edge of your child's pillows. A good quality lavender oil won't stain fabric, but it could damage wood, so be careful where the oil lands. You can also put one or two drops of your favourite essential oil on a tissue or cotton ball to give yourself a little 'hit' of pleasure throughout your day.

**TIP:** You can avoid the high cost of essential oils by buying from a reputable online re-seller. I've compared prices and oil quality, and I buy my oils from my aromatherapy teacher, Sandy Powell, who imports top quality essential oils in bulk from around the world. Her website: [www.nascentnaturals.com](http://www.nascentnaturals.com).

**Reiki: Healing energy.** Reiki practitioners position their hands at various places above or on your body and channel Universal healing energy into you. This produces a deep trance-like state that results in relaxation and renewal. Treatments usually last 45 minutes to an hour. If you have a pet, note that Reiki is effective on animals too!

**Reflexology: Whole body healing in your feet.** Reflexology treatment to feet, hands or ears stimulates reflex points that correspond to the body's organs. The process can produce a deep relaxed state, detoxification and pain relief.

**Enjoy a cup of relaxing herbal tea.** Hot herbal tea made from lemon balm, chamomile, lavender, oat straw or peppermint will help you wind down and is great before bed. Use one teaspoon of the herb for each 6- to 8-ounce cup of tea. Cover and let steep for 10 minutes to release therapeutic benefits, strain and serve.

**Journaling: Write away your stress.** Writing in a journal is a stress outlet that may help you gain insights into what has happened to you, what your beliefs about yourself are, what your values are and how you see and get in touch with your world. When you write your thoughts and feelings, you're validating, clarifying and processing them. This can help you release stress so it doesn't become stuck in your body.



**Put yourself first.** Women are notorious for putting everyone else ahead of their needs. I strongly encourage you to AVOID THAT! It's not healthy and someday you'll wake up and discover that you've become very unhappy and unfulfilled! We ALL need guilt-free time every day for ourselves. If you need permission for doing that, I give it to you now!

**Develop healthy boundaries – now!** Practise saying “no” to develop stronger boundaries that guard your time, money and energy so you can achieve YOUR goals. Contact me if you want help to set healthy boundaries that will improve your relationships and life satisfaction.

## **2. Physical Stress - Including Pain**

I believe that there is no definitive line between emotional and physical pain because what happens to one part of us happens to every part of us. Science has proven that the body communicates with all parts of itself through a web of neurotransmitters.

The Centers for Disease Control and Prevention in the U.S. claim there's an emotional connection with 85 percent of all diseases.

As unbelievable as it may sound, some people would rather experience excruciating pain every day than face, or make one more attempt to heal, their emotional wounds. They're paying a huge price for that decision.

In addition to poor quality of life, chronic pain can lead to depression, poor concentration, low energy and insomnia. Pain is a message from your body that you haven't been paying

attention to something important. If you have pain, you need a medical diagnosis to be sure that it's not an indicator of a serious physical problem.

Dr. Mercola writes that common, little-known pain-triggers include emotional trauma, painkillers, poor sleep, leaky gut, magnesium deficiency and Lyme disease in his article, *6 Surprising Chronic Pain Triggers*, on [www.mercola.com](http://www.mercola.com).

Robert Holden writes about pain in his book *Shift Happens!*: “There is an old saying, all pain is old pain; all fear is old fear. Whenever you are unhappy, you are probably replaying old movies in your mind. If, when you are in fear or pain, you can have the presence to say, ‘This is about the past,’ you immediately create an opening in your mind for healing, inspiration, forgiveness and something new.”

My personal first treatment of choice for any type of pain is Tapping (Emotional Freedom Techniques, or EFT) because it's fast, natural and it works!

A few rounds of Tapping on the head and body points while focusing on the pain can end or greatly reduce even the most distressing pain. This happens because there is a significant unresolved emotional component to every painful condition.

After a few rounds of Tapping during my pain-relief seminars, 90 percent of participants experience significant improvement or elimination of their pain – physical or emotional.

All long-term pain (longer than six to eight weeks) is the result of negative emotions that have not been acknowledged at the conscious level. Below is an effective strategy for paying attention to your negative emotions.

As soon as you feel pain:

- Ask yourself, “What emotion am I feeling now?”
- Say out loud what you’re feeling: “I feel...”
- If the answer is not an emotion, ask the question again.
- Is the pain gone? If not, ask, “What emotion am I feeling now?”

In his book *Foods that Fight Pain*, Dr. Neal Barnard wrote that food can contribute to, or reduce pain because every hormone, blood cell and neurotransmitter needs nutrition to function properly. He wrote about foods that can cause, reduce or eliminate pain. Some of the painful conditions that can be helped by eating or avoiding specific foods include back pain, headaches, migraines, food sensitivities, abdominal pain, digestive problems, cramps, arthritis, fibromyalgia, breast pain, menstrual pain, cancer pain, shingles, metabolic and immune problems, including carpal tunnel syndrome, diabetic nerve pain, herpes, shingles, sickle-cell anemia and kidney stones. Adopting an elimination diet for two or three weeks is a helpful way to get a handle on which common foods cause problems for you.

Foods that can cause pain in many people include dairy products (includes skim or whole milk, cheese, yogurt), chocolate, eggs, citrus fruits, meat (includes beef, pork, chicken, turkey, fish), wheat (bread, pasta), nuts and peanuts, tomatoes, onions, corn, apples and bananas.

## WENDY VINEYARD

Among the worst pain triggers are alcoholic beverages – especially red wine, caffeinated drinks (coffee, tea and colas), monosodium glutamate, aspartame (NutraSweet) and nitrites. Many of these foods are problematic because they are relatively new additions to the human diet and our bodies have not adapted to assimilating them.

Conversely, ‘pain-safe’ foods virtually never contribute to painful conditions and they include brown rice; cooked or dried fruits – cherries, cranberries, pears, prunes (but not citrus fruits, apples, bananas, peaches or tomatoes); cooked green, yellow and orange vegetables, including artichokes, asparagus, broccoli, kale, chard, collards, lettuce, spinach, string beans, summer or winter squash, sweet potato, tapioca and taro.



The regular use of specific nutritional supplements is another way to ease pain. Eighty-two-year-old Jim played golf for more than 50 years but agonizing shoulder pain was keeping him in bed most mornings. He was fearful he'd have to give up golf if the pain continued. He began taking an all-natural supplement called Rejuvity Joint Support (available from Isagenix). In five weeks, he was able to get back on the course. Another supplement that addresses pain issues is Recovery by Purica, of Duncan, British Columbia. Many people have found that tart cherry juice relieves arthritis pain.

Do you have a tight, sore neck, shoulders or lower back? When I hold stress in my neck and shoulders, I use a device that took a Toronto chiropractor 10 years to develop. The Acuball is a simple, inexpensive heatable ball that's used in hospitals, physiotherapist offices, yoga studios and homes in seven countries to provide fast relief from tense muscles and joints. I found it at a spa and it provides relief in minutes. I love it!

“We’ve seriously underestimated the body’s self-healing capability,” says Acuball inventor Dr. Michael Cohen. “Our bodies have incredible power to heal themselves, if we give treat them right and give them what they need.

“This is a tool that gives people the ability to do their own release work. You don’t have to be a patient of anyone to use it,” says Cohen.

The Acuball, combined with stretching, exercise and proper posture – especially in front of the computer – effectively releases and heals pain caused by muscle and joint tension, notes Dr. Cohen. He says he is able to reduce his own patients’ needs for chiropractic care by 30 to 50 percent.

There are free online training videos for the entire body that give you the freedom to help yourself heal using the Acuball: [www.acuball.com](http://www.acuball.com) and/or the Acuback: [www.acu-back.com](http://www.acu-back.com).

Did you know that acupuncture, one of the world's oldest and most commonly used medical procedures, can also stop pain and contribute towards youthful aging? Acupuncture is a key component of Traditional Chinese Medicine (TCM) that originated in China more than 4,500 years ago. The goal of acupuncture is to alleviate pain and suffering, and promote optimal health – concerns many people have about growing older.

Acupuncture can resolve the root cause of pain from arthritis, sciatica, low back pain, headaches and more. It relieves other quality-of-life issues such as insomnia, poor digestion, blood pressure challenges and hormone imbalances, which can also affect longevity.

“We have a dentist for our teeth, chiropractor for our spine, barber for our hair and an acupuncturist to decrease pain sensitivity and stimulate blood flow to keep your body's organs, tissues and systems operating efficiently,” says Toronto acupuncturist Ryan Tze-Wai Longenecker. He says healing time varies. “Some problems are resolved after one treatment, while others can take one month of acupuncture for every year you've had the condition.”

An acupuncturist uses fine, slender stainless-steel needles to stimulate specific 'acupoints' located in more than 500 locations on the body. Each acupoint elicits a different response to balance the nervous, vascular (circulatory) system, endocrine and hormonal systems.



Most people report that acupuncture's side-effects include increased energy, improved sleep and a decrease in other symptoms not specifically addressed during the treatment.

Help to reduce physical pain and emotional stress is available at many workplaces.

“The needs of aging Baby Boomers and evolving technology have been driving change in Employee Assistance Programs (EAP) since the early 2000s,” says Alan Torrie, President and CEO of Morneau Shepell, an EAP services provider to more than 8,000 companies worldwide.

Employers are feeling the pinch from rising costs of the health, drug and disability services and programs that they provide to their employees. This has led to the rise of integrated health programs and services to prevent problems, including fitness and nutritional counselling, and naturopathic services that are available online and by instant chat on a mobile device, as well as through more conventional in-person and telephone counselling.

**Losing weight is not just a simple matter of using more willpower to eat less and move more.**

“We want the right kind of help to be available for more people when they need it,” says Rita Fridella, Senior VP Operations at Morneau Shepell. “When we help with health challenges before they cause excessive stress, anxiety and depression, we keep people healthier longer,” she says.

### 3. Dietary And/Or Inflammatory/Oxidative Stress

Stress caused by a poor diet, inflammatory foods, food sensitivities or allergies can be another way of limiting your enjoyment of life, and I will discuss them in detail in Habits #4, #6, #7 and #8.

### 4. Hormonal Stress

Do you suffer from stress caused by age-related declining or fluctuating hormone levels? Take heart – Habit #6 is filled with ways you can get relief.

## Habit #3 – Little-Known Secrets To Control Your Weight

“*What gets measured gets managed.*”

– Zig Ziglar

Zig Ziglar was a business mentor and inspirational speaker and author. He wasn't talking specifically about managing your weight in the quote above, but it certainly applies.

One important way to look and feel 10 years younger, and live long, is to maintain a healthy weight. An easy way to know if you've got a dangerous amount of body fat is to know your waist-to-height ratio (WHtR).

Studies have found that WHtR is better at predicting heart disease, stroke, diabetes and hypertension risk compared to Body Mass Index (BMI). People who have higher amounts of body fat have been found to have a higher risk of developing cancer, high cholesterol, high blood pressure, and joint degradation and pain. Abdominal fat (visceral fat) puts you at risk for harming your heart, kidneys and liver; fat around the hips and bottom is less hazardous to your health.

A WHtR of 46 to 49 is considered to be a healthy weight for women; 46 to 53 for men. To determine your WHtR, measure your waist in inches and calculate your height in inches. Divide your waist size by your height. For example, if your waist is 31 inches and your height is 69 inches, your WHtR is 44.9, indicating your body fat is in the healthy range.

Extra body fat ages you. If you're in your 40s or 50s and are carrying an extra 15 to 20 pounds, or more, it's an indisputable fact that you will look your age, or older, because the majority of people at that age carry too much body fat. Being slim takes years off how you look and feel, AND how your body's organs and systems age biologically.

However, losing weight is not just a simple matter of using more willpower to eat less and move more. If that were all it took, why don't people have 'perfect' slim bodies when they starve themselves for months . . . or years? Why do some people just have to look at a calorie-laden meal or treat and feel the fat growing on their bellies or thighs?

## **Are Unresolved Negative Emotions At The Root Of Your Weight Issues?**

When you track what you're eating and drinking every day in a weight-loss journal or notebook, there's no hiding from the evidence of how you got to the weight you are now – if not the why.

The 'why' is usually connected, on some level, to emotional baggage – the underlying cause of too much body fat can be linked to childhood coping patterns, unresolved significant emotional events, negative emotions – especially fear – and limiting decisions which result in limiting beliefs. Many people use extra fat to insulate themselves from the unwanted attention of others.

The fear of packing on the pounds is what's known as an 'away from' motivation. You are doing everything you can think of to get away from something you perceive as unpleasant or harmful. This is the opposite of a 'towards' motivation. When you move towards something you want, and believe you can get, you feel energized and excited. It can keep you moving forward. All your decisions can be filtered through the question of whether what you're doing, or want to do, is taking you closer to your goal, or away from it. More about this on page 204. Most of the time, are you eating healthy food, or burgers and fries and their low nutrient, high trans-fat equivalent?

“The highest predictor of obesity is an environment of uncertainty and insecurity,” says weight-loss expert Dr. Carol Solomon. “This means one of two things – do what it takes to move out of your insecure environment or become more peaceful and accepting of living in an environment of change, and ground yourself in the knowledge that you can handle whatever comes your way.”

Marianne Williamson, in her book *A Course in Weight Loss*, writes that fear is at the root of the inability to lose weight. What are you afraid will happen to you (or those you love) if you lose your weight? Who won't like it if you lose weight? Resolve these issues, and others that are related, and you will be on the road to healthy weight loss.

## The Hormonal Connection To Weight Loss – The Balance Between Ghrelin And Leptin



Two hormones have a significant effect on your body weight: Ghrelin is the hormone responsible for making you feel hungry. Stress is associated with higher body weight and ghrelin production. Lowering ghrelin levels reduces hunger and cravings, allowing you to naturally eat less and reduce your weight.

The hormone leptin, considered the #1 weight-loss hormone, is made in your fat tissue. It suppresses your appetite when you feel full. Many foods can either block or increase leptin.

The goal is to keep ghrelin levels low and leptin high.

## Tapping For Weight Loss

Jessica Ortner is the author of *The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less and Loving More*.

She believes that when it comes to weight problems, it's important to look at the emotions that cause us to self-sabotage and make unhealthy choices.

“Many of us tend to use food as a drug to comfort and calm ourselves – to escape from stress, difficult emotions or what’s not working in our lives,” she says. The unwanted result is weight gain – from eating too much of the wrong foods and stress, which creates an overabundance of the hormone cortisol and is directly related to abdominal obesity.

The solution is choosing a healthier method to get stress relief. “Tapping is a weight management tool you can use to prevent or handle your stress and accelerate weight loss. It’s free and you’re not dependent on anyone else to use it,” says Ortner.

Many people, including me, have found it helpful to use Tapping (also known as Emotional Freedom Techniques or EFT) to reduce/eliminate cravings and stress.

### **Is There A Holistic System To Release Unwanted Fat And Achieve Your Ideal Weight Naturally?**

I have yet to discover a better winning combination for effective fat loss than eating plenty of fresh vegetables, exercising every morning, drinking enough purified water, doing regular cleansing, consuming high-quality whey protein shakes, avoiding alcohol, sugar and wheat products, and dealing with unresolved emotional baggage.

Whey protein satisfies your appetite, so a shake for breakfast can help prevent cravings later in the day. Research on athletes has proven that whey is the protein most efficiently absorbed by the human body; it packs a nutrient punch, is excellent for building muscle and has a metabolism-boosting effect.

In his article *Weight Loss Supplements – Are They Worth the Costs and Potential Risks?*, Dr. Mercola summarizes his healthy weight-loss formula: “Elimination of processed foods and sugar and replacing them with high-quality fats and whole foods, intermittent fasting and appropriate high-intensity exercise is the way to go if you need to normalize your weight.” He writes that, “weight-loss supplements are incongruous with a healthy lifestyle.” He no longer sells them on his website.

## Natural Weight-Loss Tips

Below is a summary of the actions you can take to achieve and maintain a healthy weight.

**Toxins accumulate in the liver and are re-absorbed into the body, causing cellular damage and preventing the immune system from doing its job.**

There is no magic bullet to shed unwanted pounds. However, you may want to consider adopting a few of the weight-loss strategies and habits below that best suit your situation. Remember, you can be thin and unhealthy. Being healthy is crucial for looking and feeling 10 years younger. Celebrate small victories over your weight challenges. Over time they’ll add up to big results.

- **Create a passionate goal.** If you're going to have goals, choose ones you're passionate about. See *The Difference Between Goals And States* (page 208).
- **Exercise daily.** Choose and commit to doing a physical activity that you enjoy and consider to be 'fun', such as a rebounder (mini trampoline), karate, Aquafit, Pilates, yoga, dancing, Frisbee, walking your dog, hula hoop, volleyball, etc. Decide when and for how long you'll exercise.
- **Be strategic about grocery shopping.**
  - Eat something before you go so you avoid filling up your shopping cart with impulse purchases.
  - Shop with a list and a deadline so you're not tempted to spend time in the junk food or ice cream aisles.
  - Stay in the perimeter of the store because all the junk is down the aisles.
- **Ask your medical doctor to have your hormones tested.** Hormonal imbalances can play a role in your inability to lose weight. The pituitary gland plays a role in digestion and an imbalance can generate thyroid issues, which can lead to trouble losing weight.
- **Let go of negative emotions and limiting decisions.** Living in a healthy emotional state is crucial for good health and healing anything. I help my clients do this through several transformative techniques that help them quickly and permanently release the past.
- **Forgive yourself and others!** Forgiveness is a huge factor in loving yourself and letting go of an armour of fat. See *Habit #10* (page 178).
- **Reduce stress.** Stress causes your body to hold onto extra fat. Meditate, take up yoga, listen to relaxing music, use



essential oils and/or do belly breathing three times a day ... so many ways to reduce stress ... none of them useful unless you use them!

- **Become more mindful.** Mindfulness techniques help you to pay attention to ‘why’ you want to eat. Close your eyes, take several slow deep breaths and check inside to get a feel for what’s happening inside your body right now. Are you truly hungry with a grumbling stomach or are you stressed, anxious, bored, or wanting to procrastinate around doing something unpleasant, by eating something pleasurable? Which would feel better – the temporary pleasure of junk food, or the permanent pride in your healthy body and how it feels to live there?
- **Get at least seven hours of sleep every night.** Research has shown that getting fewer than seven hours of sleep leads to increased hunger and higher body weight.
- **Avoid calorie-restricted diets** of 1,000 calories or less per day: They cause hunger and overeating.
- **Eat every four hours.** Eat every three to four hours to keep your appetite low.
- **Eat superfoods.** High volume, low calorie, nutrient dense superfoods help you to fill up fast. Choose a kale and red cabbage salad or vegetable soup for dinner tonight.
- **Eat protein at every meal.** Protein takes longer to digest and you feel full longer. Studies show that high-quality protein such as whey is the most effective food for losing weight.
- **Increase Omega 3.** Eat a diet rich in Omega 3 fatty acids.
- **Take supplements** such as B Vitamins, taurine or Acetyl L-Carnitine (ALCAR), and other antioxidants.

- **Avoid foods that could disrupt your body's balance**, including grains and legumes, or any foods that are high on the Glycemic Index, which negatively impact all of your hormones.
- **Avoid fructose of any kind.** Studies have shown that eating fructose can cause you to feel unsatisfied and eat more than you normally would. Fructose is found in sugar, honey, high-fructose corn syrup, fruit juice and, to a much lesser extent, in vegetables and fruit.
- **Avoid sugar and fried foods.** They create inflammation in your body. Enough said.
- **Heal your gut.** A healthy intestine can help control appetite and body weight. Foods containing inulin (e.g., garlic, onions, leeks, artichokes, sunchokes and bananas) feed good gut bacteria. They are more effective than probiotic supplements.
- **Avoid monosodium glutamate (MSG).** Studies have found that MSG makes you eat more than you normally would and get hungrier sooner. It is in most fast food and most prepared food – even the healthy kind.
- **Cleanse your body.** Toxins from the air, liquids and food that go into our bodies every day have a proven link to obesity. Our bodies, in their innate wisdom, protect our organs from the damaging effects of toxic material by coating toxins in fat! A good nutritional cleanse, such as the Isagenix 30-day system, involves cutting calories, flushing toxins with extra water, adding phytonutrients and essential nutrients. See Habit #4 (page 109).
- **Experiment with intermittent fasting.** Intermittent fasting requires that you eat all of your food within an eight-hour period during the day and avoid food and drink, other

than water, for the next 16 hours. It's an effective weight-loss strategy and is associated with increased longevity. It improves muscle tone, decreases stress, heightens glucose tolerance and enhances brain function and memory. Intermittent fasting lowers your body's production of insulin, the fat-storing hormone.

- **Enjoy a weekly cheat day** of an extra 1,000 calories from healthy food.
- **Avoid wheat and grains that contain gluten.** You may find that removing all wheat, barley, rye and oats from your diet has dramatic benefits for your health and your weight. Many people have sensitivity to gluten, the protein found in all these grains and the products made from them.

More than 55 diseases have been linked to gluten, and it's estimated that 99 percent of the people who have either gluten intolerance or celiac disease are never diagnosed. A recent study reported in the *American Journal of Gastroenterology* indicates that in select cases, hypothyroidism is reduced when people avoid eating wheat.

Dr. Amy Myers, a functional medicine doctor, compiled a list of symptoms that could indicate if you have gluten intolerance:

- Fatigue or brain fog after eating food that contains gluten.
- Symptoms such as dizziness or feeling off-balance.
- Digestive issues such as gas, bloating, diarrhea or constipation.
- Migraine headaches.
- Inflammation, swelling or pain in your fingers, knees or hip joints.
- Anxiety, depression, mood swings or ADD.

- ‘Chicken skin’ bumps on the back of your arms. This can be caused by a deficiency in fatty acids and Vitamin A caused by fat-malabsorption from gluten damage in your gut.
- Diagnosis of chronic fatigue or fibromyalgia.
- Diagnosis of an autoimmune disease such as Hashimoto’s thyroiditis, rheumatoid arthritis, ulcerative colitis, lupus, psoriasis, scleroderma or multiple sclerosis.
- Hormone imbalances such as PMS, PCOS or unexplained infertility.

Myers writes that eliminating all gluten-containing foods for two to three weeks will show you if gluten is connected to your symptoms. Keep a daily journal of how you feel after eating. You might be amazed by how much better you look and feel without wheat.

- **Drink green tea to increase your metabolism.** Green tea helps the body use fat and calories from food. It also helps slow the rise of blood sugar after eating, which can prevent high insulin spikes that result in fat storage.
- **Eat low glycemic index (GI) vegetables every day.** Low glycemic vegetables help you feel fuller longer and help control your appetite. Make things more interesting – play a game: Each week, introduce a different low GI vegetable. Low GI vegetables (under 55 GI rating) include asparagus, avocados, beet greens, bell peppers, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, collard greens, cucumbers, fennel (bulb), green beans, kale, mushrooms, crimini, mustard greens, olives, olive oil, Romaine and other lettuce, spinach, summer squash, Swiss chard, tomatoes and

turnip greens. Legumes such as beans, lentils and chickpeas are also low GI. The lower a food's glycemic index, the less it affects blood sugar and insulin levels. Make sure the low GI foods you choose are health-supporting.

- **Use butter or coconut oil** – never margarine or shortening, which are made of toxic trans fats and chemicals.

## **Dinner Table Tips For Eating Less**

- Plan your meals ahead of time. If you have healthy food in the house you can't be tempted to have nachos for dinner if you get hungry and there's 'nothing to eat.'
- Drink a glass of water 30 minutes before meal times. The water makes you feel fuller so you eat less.
- Use a smaller plate, such as a pasta bowl, instead of a dinner plate.
- Put down your fork between bites. This helps you pace yourself and promotes better digestion.
- Avoid drinking anything while eating to keep your stomach acid concentrated to digest your food properly.
- Listen to your body and stop eating when you feel 80 percent full. If you consistently find yourself at 100 percent full, you'll feel bloated, and maybe sick or sleepy. That doesn't equate with a healthy weight.

## **Food Cravings – Messages From Your Body**

- Wait 15 minutes after you first experience a food craving. Drink a glass of water. Distract yourself. Emotional eating and eating because you're actually thirsty are two pitfalls that can be avoided if you're aware they exist.

- For snacks, eat raw vegetables, berries, apples, celery, cucumber, six to eight raw almonds (soaked in water overnight), walnuts or cashews.
- Your cravings for salty or sugary foods may be your body's way of signaling its need for specific nutrients such as minerals, which are missing from food grown in mineral-depleted earth. You may want to take liquid or capsule mineral supplements.

One last thing: Releasing that excess weight may be expensive! You'll probably have to go out and buy a whole new wardrobe! Most women don't object to this consequence. In fact, it can provide a compelling 'towards' motivation.

## Habit #4 – Come Clean - Cleanse Your Body

We live in a toxic world.

Everyone is bombarded daily by toxins, so we all need to cleanse our bodies. Conventionally grown food, mercury-based or plastic dental fillings, drugs, environmental toxins, municipally treated or unpurified water, processed foods, polluted air and toxic ingredients in skin creams, shampoo and makeup ... they've been accumulating in your body for years.



Your body has a big job to get rid of toxins it has absorbed from food, pharmaceutical drugs, cigarette smoke, insecticides, pesticides, herbicides, household cleaners, plastics and more!

While it can excrete water-soluble toxins, it stores fat-soluble toxins in your fat cells. This is good because they don't circulate in your bloodstream and harm your internal organs; it's bad because the toxins are still in your body and when the toxic load reaches its peak and your body's metabolism slows (involving the thyroid and endocrine systems), you'll hold onto even more fat.

Your 'organs of elimination' – the liver, blood, lymph, kidneys and colon – are efficient detoxifiers, but they were never meant to process the volume of chemicals, preservatives and toxic substances in our modern world. They're overwhelmed and need help. So do your mouth, teeth and gums.

It's important to remove the toxins we're exposed to on a daily basis because the liver, for example, becomes unable to process toxic material over time. Toxins accumulate in the liver and are re-absorbed into the body, causing cellular damage and preventing the immune system from doing its job. These toxins can result in hormonal imbalances that can lead to the development of chronic conditions, including: Arthritis, autoimmune disorders, cancer, chronic fatigue syndrome and fibromyalgia. Body-held toxins are a key driver behind the development of 'stubborn abdominal fat', which can be prevented or reversed by developing a regular internal cleansing routine.

Dr. David Brownstein, in his book *The Miracle of Natural Hormones*, 3rd Edition, writes: "I am certain that chronic illness and poor health is caused, in part, by the exposure to toxic elements that

poison the cells of the immune system, the hormonal system, the nervous system, the cardiovascular system and, in fact, the whole body. A proper detoxification program can allow the body to get rid of the toxins and begin to heal itself.”

## **How Do I Choose A Cleanse Or Detox That's Safe And Effective?**

There are many effective cleansing and detoxification methods and systems. Some are more labour-intensive or challenging than others. Following a safe, proven, pre-packaged system usually means that you'll get better results with less effort than if you treat yourself with herbs or home remedies that reduce nutrition, cause prolonged digestive upset and make you feel hungry all the time.

Generally speaking, you'll want to:

- ✓ Choose natural products that are specifically formulated to gently cleanse the body.
- ✓ Choose shakes made with whey protein from grass-fed cows that are not treated with antibiotics or growth hormones. Grain-fed cows produce inferior milk and are at higher risk for developing infections that must be treated with antibiotics – traces of which end up in the milk.
- ✓ Avoid products made with aspartame, glucose-fructose, sucralose and other artificial sweeteners.



## **How Do I Remove Toxins From My Body?**

There are many effective methods for detoxifying or cleansing your body. They include cleansing foods and herbs, colonics, powders, teas, supplements, far-infrared saunas and electromagnetic energy. Some detoxify one organ at a time, others cleanse your entire body. Herbs have been used for centuries in many cultures to help cleanse the body of impurities and improve its function.

The nutritional cleansing system designed by Isagenix is the method I've used the most since 2006. I've coached hundreds of people successfully through this cleansing and fat-reducing system. It's a gentle, easy-to-use 30-day cleanse that's based on low-calorie, high-protein meal replacement shakes and a fruity herbal cleanse drink.

## **How Does Cleansing Help You To Grow Younger Every Day?**

The Isagenix nutritional cleansing system quickly helps to remove toxic material, reduce caloric intake, reduce unwanted body fat, promote deeper sleep, build lean muscle, and increase mental focus and energy.

The nutrition part of nutritional cleansing is important for two main reasons:

- Conventionally-grown foods today are nutritionally bankrupt because repeated farming of the same soil has depleted it of minerals which are never replaced, and pesticides have killed soil microorganisms that allow plants to uptake nutrients. If nutrients are not in the plants, they're not in our bodies.

- We need superfoods and supplements to provide key nutrients that our bodies require to function at optimal levels.

The same way that you wouldn't put new furniture, linens and dishes into a dirty house and cupboards, you need to clean the inside of your body before you add superior nutrition and supplements.

Nutritional cleansing maintenance (one or two days a month) removes excess fat and water, and consistently improves digestive function, sleep, energy levels, mental focus and your ability to handle stress – all important for youthful aging!

### **Do You Have A Toxic Mouth?**

Did you know that good oral hygiene may help prevent heart attacks? Numerous studies have shown that bacteria in the mouth can find its way into the bloodstream and has been linked to a higher risk of heart disease.

A study reported in the *British Medical Journal* analysed data from more than 11,000 adults and found that participants who brushed their teeth twice daily had a 70 percent decreased risk of heart disease versus those who brushed less often.

Keeping your mouth clean also reduces the bacteria that are implicated in periodontal disease and results in fewer cavities, healthier gums and a brighter, younger-looking smile.

To further reduce the risk of having mouth bacteria enter my

bloodstream, I occasionally put one to two drops of oil of oregano on my toothbrush and I brush before flossing to kill germs.

Take oral care to a higher level by developing the habit of oil pulling, an ancient Ayurvedic technique that's an easy and inexpensive habit to remove unhealthy material from your mouth and get whiter teeth naturally. The technique is simple: Swish 1 tsp. to 1 tbsp. of melted coconut oil or olive oil in your mouth for 20 minutes every morning. Bacteria get stuck in the oil and dissolve. If you adopt this habit, be sure to spit the oil into the garbage – not down the drain where it could clog pipes.

I practised my oil-pulling habit as I read an inspirational book every morning. After two weeks of use, my dentist's assistant told me she was impressed with how clean I had kept my mouth since my previous appointment six months earlier. She's never said that before.

Other reported benefits of oil pulling include fewer cavities and better oral health, better sleep, less severe hangovers and migraines, and better breath.

## Other Cleansing Methods

There are two other body-cleansing methods that I endorse:

1. **Biomagnetism Sleep Pad.** Did you know that all living cells are electromagnetic and need magnetism to survive? There are only two natural sources of magnetism available: The electricity generated in your brain and the negative magnetic field produced

by the Earth itself. Both are meant to work together for optimal functioning of your entire body.

Research has found that the Earth has lost 80 percent of its magnetic field during the past 4,000 years. This puts the atoms in our bodies in a lower energy state. The problem is worsened by outside electromagnetic frequencies (EMFs), which are higher and stronger than ever before because of the growing number of electronic devices like computers, televisions, microwaves and wireless devices. These frequencies override the magnetic resonance within your organs and tissues, and promote a state of fatigue that can contribute to the development of chronic disease.

Dr. Dean Bonlie is a respected biomagnetic energy pioneer and inventor. He gives lectures to physicians at universities and medical conferences on biomagnetism, and he has developed and patented a high strength clinical treatment magnet to treat neurological, orthopaedic and cardiac conditions. Since 1991, his company, Magnético Sleep Pads, has manufactured and sold magnetic sleeping pads that supplement the body's requirement for magnetic energy to achieve greater restoration and rejuvenation.



“The difference between the Magnetico Sleep Pad and other magnetic products is ours is made with large negative-field magnets that support healing, and avoid exposure to the positive magnetic field, which can drain your body of energy,” explains Dr. Bonlie. The pad is placed on a bed, between mattress and box spring and the specific energy field it emits improves your body’s energy flow and function while you lie on it.

Users report sleep improvements, reduced pain and stress, enhanced energy, increased muscle mass and body flexibility, faster healing of overworked or injured muscles, ligaments and bones, relief from tight, sore muscles and better overall health and wellness – reducing the effects of aging.

“At our clinics, we’ve found that one of the major reasons for aging is an accumulation of toxic metals that cause Alzheimer’s, Parkinson’s, MS, cardiovascular disease and immune deficiency diseases, including chronic fatigue and fibromyalgia,” says Dr. Bonlie. “In our toxic world, everyone can achieve better health using one of our sleep pads.”

The detoxification effects of the Magnetico Sleep pad are powerful, reducing free radicals by 9 percent in 20 minutes and, over time, removing 80 to 90 percent of the mercury and lead stored in the body through your own natural elimination systems.

2. **Infrared Sauna.** Another powerful detoxification method is a far-infrared (low-heat) sauna.

When your body sweats, you detoxify.

Several studies have shown that up to 10 times as much toxic metal materials come out of the body in sweat than in urine. Twice weekly use of a far-infrared sauna has significant anti-aging benefits. It helps to relieve symptoms from fibromyalgia, muscle and joint pain, diabetes, skin conditions such as psoriasis, and it is an important aid in cancer therapy and prevention, and weight loss. Using a far-infrared sauna at least twice a week consistently produces improvement in the skin.

“I can tell my customers are using their saunas when I see an unmistakable glow and softness around their cheekbones,” says Rodney Palmer, founder of SaunaRay, a Canadian-made infrared sauna manufacturer. “When you sweat out the toxins, it makes your body look like a younger you.”

“With a low-temperature sauna that you can set up in your living room, you can sit down and watch TV while you detoxify,” says Palmer. “Anyone can break a marathon-runner level sweat in 15 to 20 minutes and continue to sweat for another 20 to 30 minutes. For the first time it allows a child, or someone who is very sick or not a marathon runner, to detoxify on a deep level without the stress of high temperatures.”

Celebrity Suzanne Somers referred to SaunaRay as “the safest sauna in the world.” Each sauna is hand-built without glue or chemicals, using natural solid Ontario

**Make the decision  
to keep moving and  
growing.**

basswood and medical-grade ceramic heating elements, and it's hand-coated with Canadian beeswax. SaunaRay has built saunas for NHL hockey teams, the Canadian Armed Forces and colleges of naturopathic medicine.

“Calcium uptake issues can be related to lead toxicity in the body,” says Palmer. “It can take up to 12 months for lead to be removed from the body, but some people show improvements in blood pressure almost immediately.”

I'm convinced that a SaunaRay sauna and the Magnetico Sleep Pad are effective, and they're both on my goals list.

## Habit #5 – Get Active Every Day

Scientific research confirms that there are so many reasons to develop a powerful habit of exercise that choosing not to exercise is slow suicide!

Make the decision to keep moving and growing. Daily exercise – especially early in the morning – helps flush toxins, excess fat and hormones, calcification and bacteria; improves



mood, circulation, brain and heart health; improves your endurance level and resting heart rate – and so MUCH more. Regular exercise helps your body process estrogen, which can help prevent female cancers caused by an oversupply of estrogen from natural and environmental sources.

Sarcopenia, or age-related muscle loss, speeds up in your 50s and 60s. The best way to stop it is with resistance training and high-quality whey protein immediately after exercise to build new muscle.

Did you know that a sedentary lifestyle – sitting at a desk all day – is a significant risk factor for cardiovascular disease, depression, anxiety, insomnia and premature death? Research has proven that people who sit for the majority of the day are 54 percent more likely to die of a heart attack!

If you sit a lot, use an app or set your cell phone timer to remind you to get up and move your body – walk, jog, touch your toes, or stretch for two to three minutes every hour!

Get moving – several times, every day!

I've done extensive research and spoken with athletes, personal trainers and health professionals about the best methods to become fit, lean and pain-free – and take years off your face and figure.

Of course, there are many effective ways to exercise. One thing is certain: You'll have greater likelihood of creating and sticking with your exercise habit if you enjoy the activity you choose.

Before increasing your activity, make sure that your physician clears you for the exercise you're choosing because doing intense exercise is not suitable for people in poor physical condition. It may be best for you to start slower and work up to what you want to achieve.



## Long Workouts Are Harmful!

Exercise is one of those areas in life where people have ‘reasons’ or ‘results.’

One of the most common excuses for not working out is, “I don’t have the time.” The good news is that current wisdom advises spending less time exercising, not more. It’s actually harmful to work out strenuously for 60 or 90 minutes a day, or even more than 90 minutes a week because you’re creating free radical damage, which steals energy from your body’s cells and increases the rate at which you age! Kind of defeats the purpose of exercise, doesn’t it?

Another trap people fall into is doing cardio exercise and thinking that’s enough. It’s only half the equation. You need to challenge your muscles by lifting weights too. A third overlooked aspect of effective exercise is the necessity to change your routine periodically to keep your body challenged and your mind engaged.

I suggest you consult a personal trainer, such as my friend author Jane Warr, known far and wide as Trainer Jane, about the optimal amount of daily exercise for you. More about her program is available at [www.trainerjane.ca](http://www.trainerjane.ca).

The following are a few suggestions to help you turn your chosen activity into a powerful habit to look and feel 10 years younger:

## Your 'Why'

What do you crave as the end result of exercise? What is your big goal or objective that you're moving towards?

- Youthful appearance
- Strength and personal power
- Slim, toned and muscled body
- Greater range of motion through stretching
- Help with weight loss
- To become pain-free
- Cardiovascular health
- Stress management
- Other
- All of the above

Once you know the reasons 'why' you're exercising, you'll have defined your focus and your motivation.

## Visualize The New You

The next step is to see yourself as you intend to be. See or feel your strong, powerful body – in a bathing suit or workout clothes. See a picture or movie of your new powerful self, standing life-size in front of you. Make the picture in your mind bright, colourful and



focused. Are there any sounds that are important to you? Are there any feelings that are important? Make them big and strong. Get excited ... this strong, slim, healthy body is YOURS!

This visualization is your motivation tool to succeed. Use it every day – when you’re working out and when you’re not. It’ll help you resist the temptations that could take you away from achieving your goals.

### **Your Exercise Action Plan**

Write a statement of your commitment to yourself through daily exercise – include your chosen exercise and the time you’ll do it. This moves your intentions out of ‘maybe-I’ll-do-it-if-it’s-convenient’ land and into the real world. Then, start by exercising for just a few minutes a day and you can build on your success.

If you find yourself making excuses, recall your visualization of how you’ll look and feel after you achieve your exercise goal, and think about how good you’ll feel when you’re finished today. Focus on that amazing post-exercise “high.” See and feel what it’ll be like when you enjoy a reward for doing what you said you would. Remember, your commitment to a goal means it’ll continue long after your initial decision was made.

You’ve made your decision. Now put one foot in front of the other and GET GOING!

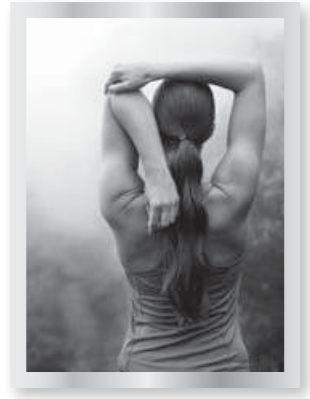
## Reward Yourself

What is a motivating reward that you can give yourself after exercise that reinforces your youthful-aging goals? A delicious whey protein shake? A hot shower with a new aromatherapy shower gel? Fifteen minutes in a massage chair?

## Exercise For Stress Management

Chronic stress causes problems – big problems. Your blood supply rushes to the muscles in your extremities while your digestion, immune function and higher-level brain functions all shut down to get you ready to handle the demands you're facing. Over time, this leads you to have lower energy and makes you more susceptible to illness. It also prevents you from developing effective solutions to your problems.

What's more, while your body is ready for physical action, your life might revolve mainly around sedentary activities: Working at the computer, sitting at a desk doing paperwork or talking on the phone, or driving your kids to their activities. Your body remains in a state of emergency when you stay on high alert, and it never gets the chance to switch into recovery mode.



Fortunately, your body is programmed to automatically switch into recovery mode in response to exercise. While you exercise, your body re-directs your energy to meet the physical demand; it increases

circulation, increases respiration and releases stored tension. When you stop exercising, your body automatically shifts into a natural relaxation response.

So how do you get this natural recovery mechanism to kick in? Simple! Channel that pent-up tension into moderate exercise: Walking, yoga, non-aerobic swimming or bike riding for 20 to 30 minutes four days in a row every week. Over a period of 60 days, this activity will increase your baseline serotonin levels. Why should you care? Serotonin is the ‘feel good’ hormone and we could all use more of that!

**Building muscle is good for you in so many ways!**

## Stretching For Youthful Aging And To Eliminate Pain

As we age, many of us get tight, painful shoulders, hips, knees and ankles – even if we consider ourselves to be physically fit! Targeted stretching exercises can easily help to correct improper movement and poor posture.



Mike Boyle’s strength and conditioning adult fitness program (MBSC Thrive) includes stretching, mobility and strength workouts to eliminate pain and increase flexibility. Search for workouts online that you can do at home using a yoga mat, foam roller and a resistance band, or look for gyms that offer the Thrive program.

## Exercise To Boost Weight Loss, Build Muscle And Improve fitness

High-intensity interval training, also known as Burst Training or Surge Training, is simple and challenging. It takes three to 15 minutes, (depending on the workout) three times per week to boost fat loss, build muscle, improve cardiovascular and metabolic health, and increase aerobic stamina. It stimulates large secretions of human growth hormone, which boosts fat-burning mechanisms, helps regulate leptin levels and slows aging.

**By the way,  
doing Kegels is  
good exercise  
for men's  
sexual and  
urinary health  
too!**

No matter which type of exercise you prefer, here's how to quickly get the effects you're after with interval training:

- Warm-up by moving at an easy pace for two to three minutes.
- Go as fast as you can for 30 to 60 seconds maximum (I suggest starting with 10 to 15 seconds of intense exercise and increasing gradually). Increase your pace to the point where you feel yourself breathing rapidly and deeply. Follow with 60 to 90 seconds at a more moderate pace.
- Repeat the cycle four to eight times during your workout.
- Finish with a cool-down by moving at a slower pace for two to three minutes.
- Do a few stretches and you're done!

You'll find that you return to your work feeling energetically refreshed and with a clearer mind and a more relaxed body.

In Trainer Jane's book, *The 3-Minute Workout; How to Lose Your Muffin Top, Thunder Thighs and Other Jiggly Bits*, she challenges you to work out in as little as three minutes a day (plus a short warm-up and cool-down), to improve your cardiovascular health, energy, mood, lose weight, tone and more! For more information, visit: [www.the3minuteworkout.com](http://www.the3minuteworkout.com).

It's easy to include informal exercise in your day to increase your activity level. While you wait for your coffee to brew, do back leg lifts at your kitchen counter; while you watch TV, jog in place or bounce on your rebounder. At your child's soccer game, walk up and down the sidelines, rather than sit in the bleachers. Park a few blocks from your destination so you can build a couple of brisk walks into your day. Take the stairs, and use part of your lunch hour to go for an invigorating walk.

I recently purchased a FitBit – a device that I wear on my wrist to count my daily steps. I love competing with myself and getting 'credit' for every step I take. The reward of the buzz on my wrist when I reach 10,000 steps always makes me feel happy!

## **Resistance Training**

Building muscle is good for you in so many ways!

Also known as strength training, or weight training, resistance training should be done twice a week to tone and build muscle. Other benefits include fat reduction, increased bone density to reduce your risk of osteoporosis, improved posture and stamina, pain management and more.

There are many resistance-training options, including weight machines, free weights, resistance bands and using your own body weight for squats, lunges, push-ups and chin-ups.

### **Exercise ‘Down There’ Too!**

Whatever you do for overall fitness, it’s important that women, especially, include Kegel exercises several times a day.

After menopause, many women suffer from urinary incontinence, and experience vaginal dryness and lack of interest in sexual activity – problems that can be helped or prevented by developing the youthful-aging habit of doing Kegels.

Kegels provide many benefits. They help strengthen the pelvic floor muscles to:

- Enhance orgasm and sexual pleasure for both partners.
- Increase awareness of pleasurable sensations in your genitals that may increase your desire for sex.
- Prevent pelvic organ prolapse, which can allow your pelvic organs to bulge into your vagina and cause uncomfortable pressure and urine leakage.
- Prevent urine leaks when you sneeze or cough.
- Control urine flow (to repair or prevent incontinence).
- Control bowel function.

By the way, doing Kegels is good exercise for men’s sexual and urinary health too!



## How To Do Kegel Exercises

The basic Kegel exercise involves tightening and relaxing the pelvic floor muscles over and over. There are many variations on Kegels and they're best done when you can concentrate on what you're doing – not while driving a car or while having a conversation! You might fit in a set every time you do a routine task, such as checking email, preparing meals or watching TV.

Avoid doing Kegel exercises with a full bladder or while emptying your bladder because, over time, this can weaken the muscles, and may increase the risk of developing a urinary tract infection.

To locate your Kegel muscles, practise stopping and starting the flow of urine the next time you're sitting on the toilet. These muscles are attached to the pelvic bone and act like a hammock to support the uterus, bladder and bowel. Do at least 10 to 20 Kegels in a row several times a day. Most people notice benefits within four to six weeks.

## Basic Kegel Exercises

- After emptying your bladder, sit or lie down.
- Contract your pelvic floor muscles, hold the contraction for five seconds, relax for five seconds.
- Do this four or five times in a row. Work up to keeping the muscles contracted for 10 seconds at a time, relaxing for 10 seconds between contractions.

Advance to the more challenging Elevator Kegels after you've mastered Basic Kegels.

## Elevator Kegels

- Tighten a little – count to five slowly.
- Tighten a little more – count to five slowly.
- As tight as possible – count to five slowly.
- Relax in reverse, counting to five slowly at each step.

For best results, focus on tightening only your pelvic floor muscles – avoid flexing the muscles in your abdomen, thighs or buttocks. And avoid holding your breath – breathe freely during the exercises.

**TIP:** Your pelvic floor is a muscle that requires protein to build and maintain. To develop stronger pelvic floor muscles as you enhance the strength of all the muscles in your body, consume top-quality whey protein every day.

## A Cool Tool That Makes Exercise Fun

A few years ago I discovered a fun, efficient way to exercise at home when I purchased a ‘Cellerciser’ rebounder. It’s a powerful tonic for your entire body that reminds me of the sheer joy of jumping on my parents’ bed when I was a child – except this is safer and much more fun.

Like many people, I have exercise equipment gathering dust in storage – an ab cruncher, exercise bike, barbells, skipping rope. Yes, they were used a few times, but for one reason or another – boredom is a huge factor – each was abandoned rather than becoming my path to fitness, toned abs or arms. This hasn’t happened with my Cellerciser! I brought it home in 2010 and I still use it regularly!

How can regularly using a rebounder like the Cellerciser help you look and feel 10 years younger? It's a long, impressive list:

- Relieves stress.
- Improves your immune system.
- Stimulates all body functions.
- Strengthens bones and ligaments.
- Resolves many back, shoulder, hip, knee and ankle problems.
- Builds and tones muscles – including your heart and the sphincter muscle that ensures bladder control.
- Improves balance.
- Improves circulation, which helps avoid the development of atherosclerotic plaque that causes blockages in arteries.
- Increases oxygen and blood flow to the brain, stimulating brain activity.
- Eliminates headaches.
- Improves digestion and elimination.
- Improves metabolism which reduces fat and gets rid of cellulite.
- Improves vision.
- Increases collagen formation – to keep your face looking youthful.

“When you exercise on the Cellerciser, every cell in your body expands and contracts over 100 times a minute and they start to work more efficiently in under five minutes,” says David Hall, President of Cellular Health Innovations, and the designer of the Cellerciser. “It’s the most important physical activity we can do on a daily basis – other than breathe,” he says. “Your blood cells become separated, oxygenated and energized – all necessary for optimal function of every organ and system in your body. Every cell in your body becomes flexible, pliable and strong.”

Using a rebounder like the Cellerciser builds better quality muscle than conventional time-consuming exercise, which tears down muscle and damages the body in order to build it up. Cellercising flexes all 75 trillion cells at the same time and requires only 10 minutes a day. Different movements can be used to target specific muscle groups by altering the angle of the body. Unlike Pilates, yoga or calisthenics, every cell and muscle is working at the same time.

Why buy a Cellerciser instead of a cheaper rebounder? The design, materials and care with which the Cellerciser is made earns it an extra high recommendation from me for safety and durability. My siblings and I bought one for our elderly parents so they could exercise safely all year round.

## **Habit #6 – Balanced Happy Hormones**

Balanced hormones play a significant role in feeling and looking young and vital.

A healthy lifestyle, cleansing and the best possible diet and nutrition are the most effective strategies for helping you to function optimally, at any age, without the use of artificial hormones or drugs.

Nutritional deficiencies, emotional and physical stress, xenoestrogens (environmental toxins that mimic the body's own estrogen receptors), menopause, sleep problems and the aging process can all cause your body's hormone balance to shift and cause premature aging, and health and wellness challenges. Changes in your body's production of sex hormones start in your late 20s! And the hormones elatonin, Dehydroepiandrosterone (DHEA)

and HGH (human growth hormone) progressively decline as you age. For women, estrogen and progesterone may become noticeably unbalanced and cause distressing symptoms during your menopause years – and beyond – if the underlying cause is not addressed. The good health of your thyroid, liver and adrenal glands are crucial for a positive menopause experience.

Balancing hormones can be achieved by cleansing, supporting or stimulating the liver and other organs for detoxification and elimination, foods and supplements, or addressing each hormone individually with herbs or, as conventional doctors try to do, with bioidentical hormones.

### **Why Hormone Imbalances Cause Big Problems**

- **Thyroid insufficiency** is known as hypothyroidism. It causes many uncomfortable symptoms, including weight gain, sensitivity to cold, hair loss affecting the head and body, dry skin, constipation, reduced libido, infertility, recurring miscarriages, never-ending menopause and more!
- **Human Growth Hormone (HGH)** produced by the pituitary gland stimulates fat burning and cellular repair, and results in stronger muscles and better skin. Symptoms of reduced HGH production are anxiety, depression, fatigue, flabby arms and weight gain. Avoid eating processed carbohydrates which lead to reduced HGH levels.
- **DHEA** is a natural steroid hormone produced by your adrenal glands. It's known as the 'mother hormone' because it is used to produce all of your major sex hormones: Estrogen, progesterone and testosterone. When DHEA levels are low, you'll feel a general sense of unwellness and other

symptoms of hormonal imbalance. Preliminary research indicates that healthy levels of this hormone may prevent Alzheimer's disease, cancer, osteoporosis, depression, obesity and heart disease. Your DHEA levels are an indicator of your physiological age and ability to resist disease. Supporting your adrenal glands with nutrition, supplements and healthy lifestyle habits can help improve DHEA levels, as can meditation and making sure your body gets enough magnesium.

- **Cortisol** is produced by your adrenal glands and is known as the 'stress hormone.' Stress causes high cortisol levels that lead to lowered testosterone, progesterone and DHEA levels. Cortisol makes you more susceptible to disease, and it's the major age-accelerating hormone. It disrupts memory, interferes with learning and it suppresses the production of serotonin. Excess cortisol is produced when you're constantly feeling stressed and it contributes to not sleeping well, constant fatigue and weight gain, especially around your abdomen, even when you eat well and exercise. Cortisol makes you susceptible to viruses and other infections. It makes you feel anxious and crave unhealthy fatty or sugary foods; it also upsets your digestive system, causes backaches and headaches, and it reduces your sex drive. Learn to recognize the signs of stress and decide in advance to use your preferred stress-reduction technique instead of falling victim to self-sabotaging patterns from the past.
- **Progesterone deficiency** symptoms include twitches, aches and pains, restless legs, migraines, cramping during your menstrual period, high anxiety, vertigo and an 'out-of-body' feeling. Take at least 1,000 mg of Vitamin C every day.

- **Testosterone** is important for vitality and self-confidence. High testosterone is uncomfortable for women. It causes facial hair around the jaw line, back, belly; acne on the face, neck and back; and it leads to agitated, aggressive and hostile feelings. Low testosterone, caused by eating sugar and the wrong type of exercise, can cause you to gain 20 pounds! Consider supplementing with branched-chain amino acids or increase your consumption of high-quality whey protein.
- **Low estrogen** in women causes mood swings, apathy and feelings of hopelessness. It makes you want to stop participating in life, and stop seeing your friends and family. Most women have too much estrogen, rather than too little.
- An imbalance in the teamwork of **serotonin**, the happy hormone, and **melatonin**, the restorative sleep hormone, can create problems with mood and sleep. Many rejuvenating substances are created in the brain during sleep and a lack of sound sleep can profoundly lower the quality of your life and accelerate the aging process. Isagenix makes an inexpensive melatonin 'sleep spray' that I've used for several years.
- **Ghrelin** and **leptin** are weight-gain and weight-loss hormones. They hold the key to your appetite and weight loss. If these hormones are out of balance, it is nearly impossible to lose weight. See Habit #3 (page 100).



## **What Can A Perimenopausal Or Menopausal Woman Do To Manage Her Hormones Naturally?**

A woman is past menopause when she has had no menstrual periods for at least one year. Depending on her health, menopause-related challenges can continue or years, or for the rest of a woman's life.

Many women are concerned about how they can have a healthy, symptom-free menopause. Conflicting advice comes from the family doctor, friends, menopause experts and websites, books about women's health and health food stores. Menopause products with different ingredients can make it overwhelming to try to decide what will work for you.

Having a positive menopause experience starts with getting in the habit of honouring yourself as a woman. This means:

- Respecting, not ignoring or pushing yourself through your menstrual periods.
- Learning to enjoy expressing your sexuality.
- Setting up boundaries for what is and isn't acceptable behaviour for yourself and others.

Women's health expert and product formulator, Lorna Vanderhaeghe, wrote the book *A Smart Woman's Guide to Hormones*, and she gives many lectures every year to teach women how to control their menopause symptoms. She recommends a natural approach to hormone balance.



“The first thing I recommend for women over 40 is to nourish their bodies with optimal nutrition – eating protein at each meal, having five to seven servings of vegetables every day, and cutting back or eliminating fruit juice and other sugars which can cause estrogen levels to get higher and lead to increased belly fat,” she says. You actually have to change what you eat when you’re over 40 to keep your blood sugar and insulin in balance.

The medical diagnosis of ‘perimenopause’ or ‘menopause’ can be a catch-all label put on a variety of symptoms that may, in fact, be caused by other conditions.

And women who don’t dig deeper than the ‘menopause’ diagnosis likely won’t get to the root cause of their symptoms if they assume they’re caused solely by varying levels of estrogen and progesterone. Not all women get hot flashes and night sweats. Some women get panic attacks, depression and anxiety. Some women get diagnosed with menopausal arthritis, fibromyalgia and allergies. When you know what’s going on with your body and the endocrine system, you can correct it using food, nutrients and lifestyle changes.

Surprisingly, Vanderhaeghe says, “Every menopause symptom is related to low thyroid, exhausted adrenals or a liver that’s not functioning well. If you have a dysfunction in any of those three glands and organs, you’re going to have many uncomfortable menopause symptoms.” It’s important to have a healthy-functioning liver because the liver regulates hormones. Your liver also decides whether your estrogen will turn into cancer-causing estrogen, and if your progesterone will become testosterone.

Traditional Chinese Medicine believes the liver and kidneys are the organs that age us. A toxic liver has been linked to constant fatigue, poor circulation, poor digestion, heart attacks, cancer, age-related vision and memory loss, hot flashes, estrogen dominance, PMS and menopause challenges, weight gain, insomnia, depression, arthritis, asthma, allergies, headaches, gallstones and kidney stones, diabetes, thyroid disorders, skin problems, gum disease and more!

Doing a total body cleanse, or using liver-supporting herbs such as chicory root, milk thistle, peppermint, turmeric, yellow dock root and lemon water in the morning, could be a significant benefit to your liver, your menopause and how fast you age.

Your adrenals are two little walnut-sized glands that sit on top of your kidneys. They help you deal with stress and they communicate with the thyroid gland. Your adrenals become depleted when you've been doing too much, or have been stressed for too long. Their health is important because when women go through menopause, the ovaries take a much-needed rest and your adrenals become your back-up hormone system. "It's essential to get a handle on your stress and figure out how to manage it, especially before going through menopause. Stress is a big killer. We know that it disrupts our hormones at all ages," says Vanderhaeghe.

"You want to get your adrenals functioning well so you can sleep properly at night. If you have depleted adrenals, you often end up with elevated night time cortisol levels and you wake up at 3 a.m. and can't fall back asleep. That's a classic sign of adrenal exhaustion," Vanderhaeghe says.

The fastest way to fix the adrenals is to:

- De-stress your life.
- Say “no” more often.
- Go to bed early.
- Eat well.
- Do deep breathing exercises such as Dr. Andrew Weil’s ‘4-7-8’ breathing. See Habit #2 (page 87).

Hypothyroidism is also a big health problem in North America. Women with low thyroid function that’s not being treated properly will have a never-ending menopause. Those are the women who are still getting hot flashes and night sweats 10 years later or more.

The thyroid is the master conductor of all your hormones. It’s located in the front of the neck below the voice box. It secretes two hormones that are essential for regulating metabolism: T3 and T4. A deficiency in these hormones results in low thyroid function or hypothyroidism.

Most medical doctors use the Thyroid-Stimulating Hormone (TSH) test as their standard for determining whether someone has low thyroid, but their reference range for normal is based on 27-year-old males, not 50-year-old females. Many people fall within the normal range but have all the symptoms of low thyroid. Vanderhaeghe recommends women keep copies of their annual blood and urine tests in a home health file so you can track changes over time.

Vanderhaeghe's company produces supplements that support the proper function of women's bodies. She says every woman can set herself up for better aging by taking four supplements from age 12 onward:

- A top quality, full-spectrum multi-vitamin with minerals
- Vitamin D
- GLA – a fatty-acid that's specific for the skin and is a powerful anti-inflammatory that stops breast and period pain
- A supplement to balance estrogen and progesterone

Vanderhaeghe developed ESTROsmart to shrink her uterine fibroids and keep her estrogen and progesterone ratio normal. After menopause, this product helps women balance their sex hormones to reduce their risk of breast cancer and stop abnormal cell growth in the uterus, the cervix, endometrium and breasts. Any woman taking bio-identical hormones or synthetic hormones should also be taking ESTROsmart because it halts the conversion of healthy estrogen into cancer-causing estrogen.

Vanderhaeghe says that with the right food, nutritional supplements and lifestyle choices, fewer than 20 percent of women actually need low dose, short-term bioidentical hormones to get through menopause.

“Hormones – even if they're bio-identical – are powerful messengers in the body. You really need to know what you're doing when you use them,” she says. “Although I write extensively about them, and I recommend them for some women, I don't think every woman needs them. There are hundreds of thousands of women who are on bioidentical hormones who are still getting symptoms.

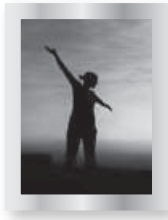
If that's happening, obviously their hormone mix is not working for them. "We use diet, lifestyle, nutritional supplements, herbs and bioidentical hormones. We combine it all, because the goal is always to be symptom-free.

"No woman should be suffering at menopause," asserts Vanderhaeghe. "There's a solution for every complaint!"

Nutritionist Julie Daniluk says, "It's amazing how you can burn fat and how much smarter and in control you feel when you have your metabolism on track." She has a family history of thyroid disorder and she notes that one in three women has suboptimal thyroid function, and one in eight women will have a thyroid disorder in their lifetime.

A few years ago Daniluk started taking herbs, including ashwaghandha, to support her thyroid function because she wanted to avoid thyroid medication. It helps convert inactive T4 to active T3 that your body can use to stimulate metabolism. You can add it to nut butter, a smoothie, chocolate, or take a supplement.

Daniluk recommends learning what your thyroid TSH levels are through a medical test. "If your number is anything over 2.5, I highly recommend that you take herbal supplements. Your doctor won't medicate if your levels are under 5.0. Your doctor may say it's fine,



but fine is not good enough if you're tired. You want to feel amazing. The ideal TSH is between 1.0 and 2.0. What can you do to improve your thyroid function? Eat more food that's high in iodine – seafood and seaweed such as dulse from the Atlantic coast.

“Now that I have optimal thyroid and iron levels, and I consume Omega 3s and Vitamin D – I cannot believe how positive I am and how much authentic energy I feel. I have a genuine, authentic enthusiasm for life,” says Daniluk. “Everything you want for your life is accessed through your health. Your health is your wealth. Without your health, you really cannot put anything else in order.”

Symptoms of anemia and thyroid deficiency can be confused with menopause.

The big thing is, you don't have to endure menopause the way your mom did. We don't have to cope that way because there are so many solutions now. Depending on your particular hormone imbalance, hormone-balancing herbs, including dong quai, black cohosh, or vitex, can help your body make the hormones it needs so you don't have hot flashes, night sweats and mood swings.

**You can't control what other people do, but you can control your own choices.**

When it comes to perimenopause, Daniluk recommends “dealing with the whispers before they get to a scream. I want all women to feel empowered to get the answers they need – there's relief at any age. You don't have to put up with hormonal imbalance.”

“Believe that the solution is out there for you. If you're with a practitioner who doesn't connect with you – be empowered to move on,” she encourages. “It's remarkable what shifting your diet can do for you. Minor things can make massive differences in how you feel!”

## Habit #7 – Avoid Food And Lifestyle Landmines

It's a good habit to make conscious choices about the substances you allow into your body.

You can't control what other people do, but you can control your own choices. Everything you eat, drink, apply to your skin and take into your lungs has an effect on your body and mind, and the right choices will set you up for youthful aging.

If you make and stick to some essential lifestyle choices, or turn them into habits, you will increase your ability to look and feel 10 years younger. If you want to increase your odds of living longer and staying healthy as you age, it's essential to avoid substances that science has proven will cause serious health challenges over time for the majority of people.

### Drop A Decade Lifestyle Choices

1. **Stop smoking and being exposed to second-hand smoke.** Both have been proven to harm heart and lungs.
2. **Avoid all unnecessary drugs.** This includes street drugs, unnecessary prescription and over-the-counter drugs. They all negatively affect your liver. Avoid antibiotics, as your digestive system is more than a processor of food. It is the seat of your immune system. Overuse of antibiotics kills off necessary helpful bacteria in your gut which:
  - Makes your body more susceptible to food allergies
  - Promotes fungus/yeast overgrowth
  - Causes out-of-control food cravings

3. **Avoid drinking excessive amounts of alcohol.** Even small amounts of alcohol have been linked to an increased risk of breast cancer. Alcohol consumption adds sugar to your diet and is harmful to the adrenal glands, which protect you against stress and, after menopause, produce small amounts of estrogen to keep your bones and skin healthy.
4. **Avoid conventionally-grown food.** Every meal is an opportunity to flood your body with concentrated nutrition. If you want to avoid eating toxins that can cause hormone disruption, cancer and brain toxicity, eat organically-grown foods.

I know you want to believe you can do it, but it's impossible to wash off all the insecticides and herbicides that are routinely sprayed on conventionally-grown fruit and vegetables. Think about it – it's unlikely that poisons sprayed on soft fruit such as strawberries, figs and raspberries, and soft vegetables including celery, lettuce and spinach will sit harmlessly on top of such delicate outer membranes.

Every year, The Environmental Working Group (EWG) in the U.S. compiles an updated list of the 'Dirty Dozen' – produce that is



most toxic and should be purchased only if it's organically-grown. Apples always rank high on that list. EWG also ranks the least toxic fruits and vegetables – the ones that you could buy conventionally-grown, if you must choose.



The Dirty Dozen	The Clean 15
<ol style="list-style-type: none"> <li>1. Apples</li> <li>2. Peaches</li> <li>3. Nectarines</li> <li>4. Strawberries</li> <li>5. Grapes</li> <li>6. Celery</li> <li>7. Spinach</li> <li>8. Sweet bell peppers</li> <li>9. Cucumbers</li> <li>10. Cherry tomatoes</li> <li>11. Snap peas - imported</li> <li>12. Potatoes</li> </ol> <p>Plus . . . Hot peppers Kale and collard greens</p>	<ol style="list-style-type: none"> <li>1. Avocado</li> <li>2. Sweet Corn</li> <li>3. Pineapple</li> <li>4. Cabbage</li> <li>5. Sweet peas - frozen</li> <li>6. Onions</li> <li>7. Asparagus</li> <li>8. Mangos</li> <li>9. Papayas</li> <li>10. Kiwi</li> <li>11. Eggplant</li> <li>12. Grapefruit</li> <li>13. Cantaloupe</li> <li>14. Cauliflower</li> <li>15. Sweet potatoes</li> </ol>

To help you make the purest fresh food choices, go to the EWG website ([www.ewg.org/foodnews/summary.php](http://www.ewg.org/foodnews/summary.php)) where you can get their current printed guide for a small donation, or get the app at the app store.

### ***Dangers Of Genetically-Modified (GM) Foods***

In the U.S. and Canada, many processed foods found today on store shelves contain genetically-modified corn and soy. Other common GM foods include sugar beets, papaya and crookneck squash.

Plants that have been genetically-modified have genes that have been crudely transferred from other species in the lab with no assurances for how those genes will be expressed in the

current or future generations of the modified plant, or in the human or animal who eats it. The danger comes when GM genes transfer to humans and the environment.

Studies of genetically-modified food have found that it contains inferior nutrition and is linked to cancer, tumors and stomach lesions, organ failure, premature death, liver and kidney damage, allergic reactions and the creation of new diseases.

Currently, the only way to avoid GM food is to eat fresh, unprocessed food – preferably organically-grown. This situation is why groups are lobbying for GM food labelling so consumers can decide for themselves what they want to eat.

5. **Avoid Obesogenic Chemicals.** Obesogens are a class of artificial chemical toxins now being considered as one of the leading contributing factors to the obesity epidemic. Many obesogens are considered to be hormone disruptors.

Bisphenol-A (BPA) is an obesogen found in the plastic used to manufacture liners in canned food, plastic tableware, food storage containers, water bottles, baby bottles, cosmetics, toys and non-stick cookware. BPA is a toxic chemical linked to reproductive abnormalities, neurological problems, higher risk of breast and prostate cancers, diabetes, heart disease and other serious health problems. To avoid obesogens as much as possible, use glass containers for water and food storage, and buy food preserved in glass jars.

6. **Avoid harmful cooking methods.** Did you know that there are large quantities of toxic compounds in most of the foods we eat today? Advanced Glycation End products (AGES) play a significant role in premature aging by speeding up oxidative cell damage.

Over the years, as AGEs pile up in the body like junk, they slowly increase oxidation (rusting) and inflammation (low 'fever'), which may go unnoticed. If inflammation is prolonged it will slowly damage every organ in your body. AGEs are a major reason that skin loses its youthful appearance and feels dry or becomes wrinkled over the years.

AGEs are implicated in age-related diseases affecting the heart, brain, bones and joints, kidneys, insulin resistance, anemia and skin. AGEs are a causative factor in Alzheimer's, cardiovascular disease, stroke, diabetes, kidney disease, dementia, arthritis, osteoporosis, poor wound healing and periodontal disease.

The problem with reducing AGEs is that they are responsible for the taste, appearance and the smell of foods most people enjoy. AGEs harm our body when we eat any type of foods that are processed and/or heated by grilling, roasting, broiling, frying, canning, browning and caramelizing.

Barbecued meat – especially the charred parts – contains AGEs and other harmful substances, including heterocyclic amines (HCAs) that increase the risk of developing cancer, and there's a toxin in barbecue smoke called polycyclic aromatic hydrocarbons (PAHs) that can damage your lungs.

Highly processed foods and high-fat dairy products like cheese also contain AGEs.

To prevent AGEs:

- Eat more raw foods.
- Choose cooking methods that use a lower-heat, water-based method such as steaming, stewing, poaching or boiling.

- Before cooking, marinate foods in an acid such as vinegar, lemon juice or tomato juice.
  - Cook meat in a rub made of rosemary, thyme, pepper or a thick marinade, which reportedly can significantly reduce all three barbecuing hazards.
7. **Avoid inflammatory foods.** What are inflammatory foods and why should you avoid them?

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*“ . . . chronic inflammation causes many diseases, including numerous types of cancer, liver and kidney diseases, and many forms of degenerative disease. Overall, it shortens lifespan by six to eight years. Chronic inflammation damages health to about the same extent as heavy smoking.”*

– *The Anti-Inflammatory Athlete* by Dr. Michael Colgan

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Inflammatory foods contribute towards joint disintegration, heart disease and cancer. Inflammation is the natural reaction of your body’s immune system to stress, injury, toxins, or infections.

Dr. Paul Anderson, a product formulator and former pain clinic specialist in Toronto, recommends avoiding the following foods that have been found to inflame the body:

- Red meat
- Dairy
- Shellfish
- Fried foods
- Yeast

- Smoked foods – Eating smoked and processed meat such as cold cuts and hot dogs significantly increases your risk of stroke, heart disease and Type 2 diabetes.
- Peanuts
- Gluten – a simple rule is no wheat, rye or oats – includes flour made from wheat and all products made from wheat flour.
- Nightshade vegetables – tomatoes, eggplant, paprika, all peppers, goji berries and white potatoes (sweet potatoes are okay). These plants contain toxins which overload the immune system.
- Trans fats – such as partially-hydrogenated oil, margarine and vegetable shortening. They open the door for degenerative illnesses by compromising your immune system, which stresses your body and increases your risk for heart disease.

Trans fats are notorious for increasing levels of ‘bad’ cholesterol, while lowering levels of ‘good’ cholesterol. They’ve also been found to promote inflammation, obesity and resistance to insulin. Trans fats are used in commercially prepared deep-fried foods, fast foods and in baked goods such as cakes, pies and cookies.

Women typically cut fats from their diet as they age because they’re trying to cut calories. It’s a good strategy to avoid vegetable oils such as corn, soy, sunflower and safflower oils that are rich in Omega 6 oil. North Americans typically eat far too much Omega 6 oil and not enough Omega 3 oil. Excessive consumption of vegetable oil has been linked to asthma, blindness, heart disease and cancer.

It’s best to use water or coconut oil, grape seed oil, avocado or sesame seed oil for low-temperature cooking. Increase your intake of Omega 3 fatty acids found in oily, cold-water

fish, flaxseeds, walnuts and food supplements. Keep all oils tightly sealed in dark containers to prevent spoilage. I take a high-quality Omega 3 oil supplement called OmegaXL.

- All refined sugars are highly inflammatory and have been implicated as a cause of arthritis, weight gain and hormone imbalance. Many health experts consider added sugar, and the ‘foods’ prepared with it, is a form of poison! It negatively affects many conditions and diseases, including psoriasis and diabetes, and it can cause as much skin aging as over-exposure to the sun and too much smoking. A diet high in sugar prevents your adrenal glands from protecting your body against stress.

Looking at sugar this way puts a different spin on baking cookies or drinking hot chocolate with your kids, doesn't it?

The average Canadian eats 88 pounds of sugar each year, while the average American eats more than a whopping 150 pounds of sugar each year. Since sugar turns to fat once absorbed into the bloodstream, cutting out sweets is a very effective weight-loss strategy. When a sugar craving hits, drink a large glass of water with lemon juice first to see if that helps. You may think that you're hungry when you're actually thirsty. If that doesn't help, snack on a piece of dark chocolate or fresh berries.

One alternative sweetener that may be okay to use in small amounts is Stevia. It has no calories and is 200 times sweeter than sugar. However, it can lower blood sugar and may interact with drugs. The best option may be to reduce your craving for sweets by deciding not to eat foods with added sugar or sugar substitutes.

- Avoid sugar substitutes. Avoid high-fructose corn syrup, corn syrup, glucose-fructose or glucose. These are all

addictive sweeteners that train you to crave more. Avoid agave because it's a glucose-like sugar/syrup substitute. Also avoid fruit juice, soda, other sweetened drinks and alcohol. There are various opinions on whether or not to substitute with coconut syrup, brown rice syrup or honey. All feed your craving for a sweet sensation that may lead to weight gain.

- Avoid all artificial sweeteners. Whenever I read an ingredient label and find artificial sweeteners such as sucralose, aspartame, saccharine, sorbitol and many more that are often found in 'diet products' and chewing gum, a red flag goes up.

If the manufacturers are using cheap and unhealthy sweeteners, where else are they cutting costs? What is the quality of the other ingredients being used? Did you know many studies indicate that aspartame (aka NutraSweet) actually causes weight gain?

8. **Prepare food from scratch as much as possible.** Keep in mind this simple formula: Fast Food = Faster Aging.
9. **Avoid junk food.** This means processed or manufactured cooked 'food' that is oily, salty, sugary and artificially preserved. Junk food may fill you up, but it does not nourish you.
10. **Avoid cheap protein.** If you eat lower-quality proteins, such as hot dogs, soy beans, hamburgers, or conventionally-grown meat products, you will grow a lower-quality body with no resistance to aging. Unfermented soy foods like tofu have been linked to increasing your risk of breast cancer.

For optimum inhibition of aging, choose first-class protein, including high-quality whey protein shakes and whole organic eggs. Your brain and body need the cholesterol in egg yolks. It's a myth that eating cholesterol raises your blood cholesterol.

11. **Cut the carbs.** Your body needs carbohydrates from vegetables, but not the manufactured ones that have no fibre and rob your body of enzymes and nutrients in order to be digested.
12. **Avoid caffeinated beverages.** Caffeine can cause anxiety and raise cortisol levels, so it's hard on your adrenal glands. Conventionally-grown coffee plants are farmed with a heavy amount of pesticides. These toxins stay on the coffee beans and end up inside your body when you drink the coffee.

Green tea has many health benefits and usually less caffeine than coffee, and this makes it a better choice for people who want the stimulating effects of caffeine.

## Habit #8 – Vital Vitamins, Minerals, Fats And Herbs

Did you know that your body is talking to you all the time?

This is how your body communicates with you: Through subtle symptoms that may seem random and unimportant – including dehydration, brain fog, neck pain, skin eruptions and splits (e.g., lips and heels), hair loss on your head, eyebrows, arms and legs, calluses and other growths, restless legs, fatigue, poor digestion and more. Are you listening?

Taking action by consulting a wellness practitioner is a great place to start. She or he can suggest effective natural remedies and support your progress as you refine exactly what works for you and build new healthy habits.





There are many simple nutritional choices you can turn into habits to increase your health and longevity.

Eat well every day. This means no sugar or artificial sweeteners, fewer processed foods, more good fats, more fibre, and more green leafy vegetables and ‘colourful’ fruits and veggies.

“Eat by the rainbow – you’ll age slowly and may reverse aging,” says nutritionist Julie Daniluk.

The colours of natural foods are clues about their nutritional benefits for looking younger: Orange foods make your skin cells turn over faster and prevent inflammation; green foods help you to detoxify and fight stress; red foods improve heart and blood health, and they’re usually high in Vitamin C, which boosts collagen and makes you look younger; white foods strengthen the immune system; yellow foods strengthen skin elasticity; purple foods protect the nervous system.

Daniluk recommends cutting out processed white foods, because they spike your blood sugar and directly contribute to aging: Avoid white flour, white sugar, white bread, white pasta, and dairy foods, such as ice cream, which are high on the glycemic index.

To help your body function at its best, you must nourish it with the 90 nutrients that it needs every day: Minerals, vitamins, amino acids, digestive enzymes and healthy, essential Omega 3 fat. Most people in the Western world do NOT get all of these nutrients every day.

## Are Nutritional Supplements A Scam?

Some health practitioners believe that if you eat ‘well,’ you don’t need supplements.

They say that added vitamins, minerals, amino acids, protein and fibre, are completely unnecessary and a waste of money that only produces expensive urine.

I disagree!

Even if you’re eating all organically-grown natural foods (how many of us do that?), you’re still eating food that’s grown on nutritionally bankrupt soil that has been sprayed with pesticides and herbicides. Most people in North America are unknowingly eating genetically-modified (GM) food, which has been proven harmful to human health.

Many fruit and vegetables are harvested too early, dipped in bleach solutions, gassed or irradiated to ‘preserve freshness.’ Your ‘fresh’ food travels several days and it spends time on grocery store shelves and in your own refrigerator before you eat it – leaving nutritional value behind. If raspberries survive in your refrigerator without mould growth for longer than a couple of days – it’s likely they’ve been irradiated.

Pasteurizing milk destroys vital micro-nutrients. Eating sugar feeds cancer cells and, at the very least, causes your body to work harder to process this unacknowledged toxin and depletes vital nutrients during that process.

All of this means that it's essential for everyone over the age of two to take high-quality nutritional supplements to ensure our bodies get the nutrients needed every day.

Every few years, some learned, medical “authority” gets wide media coverage for making the following assertions that “most supplements do not prevent chronic disease or death, their use is not justified, and they should be avoided.”

So-called ‘expert’ attacks on supplements don’t reveal the following:

- If the authors are associated with pharmaceutical companies or other potentially biased funding organization.
- If the authors had a pre-existing bias to use their research to ‘prove’ that vitamins are useless.
- How much education and experience the authors have had in the field of nutrition.
- The quality, amount and frequency of vitamins/minerals used in the studies and the length of time the study was conducted.
- Whether or not conclusions were based on the results of one study or a compilation of many studies with varying criteria.
- Whether the studies were done using healthy individuals or people who had advanced diseases.
- Whether a holistic approach might produce different results.
- If study participants were sedentary or active, drank enough water, had nourishing relationships and healthy mental and emotional states, or even if they had other medical conditions in addition to the ones being studied.

Many lifestyle diseases and conditions are becoming epidemic – including obesity, cancer, heart disease and diabetes. It's only logical that poor nutrition has something to do with these health problems, since so many people eat processed food and food with little nutritional value.

Prevention is much easier than disease treatment. And taking the right supplements is an investment in your current and long-term health, wellness and youthful aging.

### **Whole Food Supplements Are Optimal**

Whole food supplements and highly nutritious herbs are readily available and preferable to processed supplements that contain an extract from a food or herb, or one 'active ingredient'. Why?

First of all, isolating an 'active ingredient' is taking it out of its natural context and may mean that it is less effective, because the other ingredients enhance and act in synergy with the so-called 'active ingredient.' Whole foods and whole food supplements provide better assimilation and effectiveness, and you also get other needed nutrients, fibre, aids in weight loss, etc.

For greatest effect, take dietary supplements once or twice a day – every day. This ensures your body has optimal amounts of vitamins, minerals and healthy fats associated with keeping your telomeres long and you looking and feeling more youthful.

The following is NOT an exhaustive list of every known beneficial nutrient and antioxidant, but if you take these supplements you'll be adding some of the most effective nutrients your body needs to stay vibrant and healthy. The key is to get started:

- A good multi-vitamin and mineral capsule
- Vitamins A, C, E Antioxidants (naturally sourced)
- Vitamin D3
- B-Vitamins
- CoQ10
- Resveratrol
- Calcium
- Minerals – Zinc, Selenium
- Digestive enzymes
- DHA Omega 3 fish oil (purified)

## Supplements For A Vegetarian Diet

I've been a vegetarian since 1991 and I keep an eye on the latest research about vegetarian diets. While experts agree that becoming vegetarian can be a healthy dietary choice that lowers your risk for several diseases, it can contribute to nutritional deficiencies.

Many experts agree that vegetarians should supplement with vitamin B12, and the minerals selenium and chromium.

In his article, *Vegetarians: You Have To Protect Yourself Against Cardiovascular Disease and Dementia*, Dr. Michael Colgan of the Colgan Institute explains why vegetarians need two other supplements:

- He reports that millions of vegetarians are unable to metabolize standard folic acid from food or supplements and this means they must supplement with a form of folate called 5-methyltetrahydrofolate (5-MTHF) to lower their risk for developing cardiovascular disease, stroke and dementia.
- Colgan recommends that vegetarians supplement with methylsulfonylmethane (MSM), a sulphur compound generally used to treat inflammation and pain, and prevent arthritis and build muscle. He says vegetarians need this supplement to properly metabolize other key nutrients that are essential for brain and heart health. He suggests taking MSM and Vitamin C together to enhance absorption.

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*“You can trace every sickness, every disease,  
and every ailment to a mineral deficiency.”*

– Dr. Linus Pauling, winner of two Nobel prizes

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*“The top 10 causes of death in the United States  
are diet-related degenerative diseases. Ninety-four  
percent of deaths in America could be directly  
linked to degenerative diseases that resulted from  
nutritional deficiency.”*

– Dr. Everett Koop, 1988 Surgeon General's report to Congress

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## Minerals Are Vitally Important For Optimal Health

The importance of minerals in our diet is often seriously overlooked.

Our bodies need 60 minerals every day for our cells to function and reproduce correctly. Minerals are necessary for 95 percent of the body's functions. Although we can function poorly without vitamins, minerals are absolutely essential for our bodies to function properly. Even a deficiency of one trace mineral can lead to poor health and eventually a shortened life span.

Iron deficiency is the most common nutritional deficiency in the world. The World Health Organization estimates a staggering two billion people are anemic.

“When you're low on iron your brain is like Pablum – you'll have a hard time thinking clearly. Iron carries oxygen in your blood – therefore you're not just tired, you're starving your body of the oxygen it needs to thrive. The eventual side-effects of having anemia will be issues with your immune system,” says Daniluk.

A big nutrition problem results from modern farming methods. Farmers fertilize their depleted farmland every year with only three minerals – potassium, nitrogen and phosphorus. If we must obtain minerals from foods such as whole grains, fruits and vegetables but the foods we eat lack minerals, especially trace elements, it's bad news for our health, wellness and longevity. If the minerals we need aren't in the plants and animals we eat, they're not in us. If there are any nutrients that need to be supplemented, it's minerals.

Youngevity produces high-quality nutritional products, including a liquid supplement I love called Plant Derived Minerals.

“To live longer and live younger, you have to be obsessive about getting your body the 90 essential nutrients it needs every day,” says Dr. Joel Wallach, founder and company spokesperson of Youngevity International Inc. “Living long includes nutritional, psychological, genetic and physical fitness.”

Dr. Wallach originally trained as a veterinarian and worked to improve the health and longevity of zoo animals for many years. Seeing how his knowledge and experience could be helpful for humans, he became a naturopathic doctor and has spent a lifetime researching and writing about the effects of nutrition on human health and development.

Dr. Wallach is a huge fan of mineral supplementation – a key ingredient in Youngevity products. “Nutritional minerals do not occur in a uniform blanket around the earth. They occur in veins like the chocolate in chocolate ripple ice cream,” he says. “This means that the 60 essential minerals, elements and metals humans need are not in the food we eat. We need to supplement for optimal health and disease prevention.”

He blames diet for accelerated aging and disease. “The Western diet typically includes trans fatty acids, free radicals and acrylamides. They cause inflammation, which causes obstructive artery disease – blockages in the heart, brain, kidneys and eyes, says Wallach. “We eat our way into these problems with fried foods, processed meats preserved with nitrates, vegetable oils and, for some people, gluten intolerance.”



He advocates against carbonated drinks, caffeine, a high-fibre diet, processed sugar, margarine, fried foods, using oil as salad dressing, or putting olive oil on your skin. “It’s the worst thing you can do – these oils oxidize even if you keep them in the refrigerator.”



How is that a problem? Oxidized oils turn into trans fatty acids, heterocyclamines, and acrylamides – which cause breakdown of collagen and elastic fibres, and speed up aging, says Dr. Wallach. He advises using a sprinkling of lemon juice on salads and a small amount of organic butter melted at a low temperature to flavour your cooked food.

## Power-Packed Food And Supplements

**Antioxidants** protect your body’s cells from damage by free radicals, which are dangerous food chemicals that increase risk of disease.

Cell damage happens naturally as you age. It can also happen when you are exposed to pollution or cigarette smoke, or when you eat fried foods. Antioxidants can counteract the resulting cellular damage that contributes to aging and such health crises as heart disease and cancer, atherosclerosis (aka ‘hardening of the arteries’), diabetes, Alzheimer’s disease, multiple sclerosis, ALS (Lou Gehrig’s disease), Parkinson’s disease, macular degeneration, cataracts and fibromyalgia.

Antioxidants are found in vegetables, fruit, beans, lentils, nuts, seeds and supernutrient supplements like astaxanthin, which is

a plant chemical similar to flavonoids and carotenoids. The best sources of antioxidants are:

- Supplement combinations of **Vitamins A, C and E, plus beta carotene.**
- **Selenium**, a mineral that prevents premature aging. It can be helpful to reverse some forms of cancer, especially male cancers, and it protects against the toxic effects of other metals such as lead and cadmium.
- **Garlic** is a natural antibiotic that kills some strains of harmful bacteria. It's also useful for decreasing blood pressure and cholesterol, removing heavy metals from the body, preventing cancer and acting as an antifungal and antiviral agent. One clove of garlic contains Vitamins A, B and C, selenium, iodine, potassium, iron, calcium, zinc and magnesium.
- **Onions** contain antioxidants and sulphur compounds that cause their strong odour and many of their health benefits. They're anti-inflammatory, and they promote healthy arteries, relieve chronic pain, help fight aging by preventing and repairing cellular damage, and may protect against dementia and some cancers.
- **Tomatoes** are the richest source of lycopene, a protector against cancer. Research has shown that lycopene is a more powerful disease fighter than Vitamin E and beta carotene. Lycopene needs fat for optimal absorption, so add olive oil in your spaghetti sauce to increase your lycopene levels. Eat more tomatoes and tomato products, preferably purchased in glass jars to avoid plastic-lined cans that can leach toxic substances into your food.
- **Red grapes, spinach, carrots and whole grains** also generally have lots of antioxidants.

## Which Fruits And Veggies Have The Most Powerful Antioxidant Punch?

Researchers at the Human Nutrition Research Center on Aging at Tufts University made a list by gauging the ORAC (oxygen radical absorbance capacity) value of various fruits and vegetables. Here's what they found:

<b>Top 10 Antioxidant Fruits And Vegetables</b>	
<b>Fruits</b> <ol style="list-style-type: none"><li>1. Prunes</li><li>2. Raisins</li><li>3. Blueberries</li><li>4. Blackberries</li><li>5. Strawberries</li><li>6. Raspberries</li><li>7. Plums</li><li>8. Oranges</li><li>9. Red grapes</li><li>10. Cherries</li></ol>	<b>Vegetables</b> <ol style="list-style-type: none"><li>1. Kale</li><li>2. Spinach</li><li>3. Brussels sprouts</li><li>4. Alfalfa sprouts</li><li>5. Broccoli flowers</li><li>6. Beets</li><li>7. Red bell peppers</li><li>8. Onions</li><li>9. Corn (Non GMO!)</li><li>10. Eggplant</li></ol>



## Other Important Supplements Include:

- **B-Vitamins** - There are eight B-Vitamins which are essential anti-stress and anti-aging ingredients. They commonly appear in the same foods, and in supplements, they work best when taken together. They include B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (Biotin), B8 (folate) and B12 (cobalamins). Isagenix makes an excellent B-Vitamin drink called Ionix Supreme, which also contains other vitamins, minerals and plant-based adaptogenic herbs, including schizandra, rhodiola, rhododendron, ashwagandha, maca root and wolfberry. Adaptogens are herbs and foods that have been used for centuries to improve health and help the body combat stress.
- Your body needs **Coenzyme Q10** for optimal function of cells, tissues and organs. Your heart requires an especially high concentration of CoQ10 to produce the high amount of energy needed for healthy cardiovascular function.
- **Vitamin C** is anti-inflammatory and it helps rebuild the collagen and connective tissue that keeps your skin looking younger. At least 1,000 mg daily can help keep your hormone progesterone levels in balance.

Your best choice is to use a natural plant-based or botanical Vitamin C supplement, such as acerola cherry, rosehip, or camu berry. High doses of Vitamin C can cause diarrhea, so start slowly and work your way up to as much as 3,000 mg, or more, per day.

- For bone health, simple **calcium** tablets are not the answer. The best option for bone health is a diet of whole, unprocessed, organic foods which provide much larger amounts of potassium in relation to sodium. Eat more of these foods to get more calcium:

Sesame seeds; green leafy vegetables such as watercress, bok choy, kale, collards, turnip greens; sardines, salmon, mackerel; and blackstrap molasses.

Important supplements for bone health include Vitamin K, Vitamin D3, magnesium, silica and phosphorus.

Soy and dairy are controversial sources of calcium and I avoid them. Countries with the lowest consumption of dairy products also have the lowest fracture incidence. Soy is estrogenic and usually genetically modified.

- Most people don't get enough **Vitamin D** from sun exposure so their immune system becomes weak and vulnerable to viruses.

This is particularly true for elderly people who stay indoors most of the time. Research has shown that people with higher levels of Vitamin D are more likely to have longer telomeres and they may actually age more slowly than people with lower levels of Vitamin D. The type of D supplement proven to be most effective is D3. I use a D3 spray supplement called Solray-D – Liposome Spray by Physica Energetics or D3 Spray by Q-Sciences.

“Vitamin D may well be the most important nutrient or hormone responsible for the prevention of aging,” says Zoltan P. Rona, MD, MSc. Dr. Rona has practised integrative and complementary medicine in Toronto for 30 years. “I look for the resolution of a problem, not just medicate symptoms.” He's the author of several books, including *Vitamin D, The Sunshine Vitamin* ([www.highlevelwellness.ca/the-vitamin-d-revolution](http://www.highlevelwellness.ca/the-vitamin-d-revolution)).

“Recent studies show that optimal blood levels of D can prevent death from all causes through a variety of mechanisms, including the lengthening of telomeres, that part of the gene responsible for slowing the aging process. Studies in the past decade consistently show that Vitamin D is associated with

reduced rates of cancer, heart disease, obesity, high blood pressure, Alzheimer's disease, Type 1 and Type 2 diabetes and a long list of autoimmune diseases," says Dr. Rona.

"For most healthy adults, unless they get adequate sunshine exposure, the recommended dose to supplement is between 5,000 and 10,000 IU daily." Dr. Rona has developed a line of nutritional supplements that includes Vitamin D in liquid drops or capsules ([www.tristarnaturals.com](http://www.tristarnaturals.com)).

- Humans need **Omega 3 fatty acids** to prevent or eliminate body inflammation and maintain heart, brain and joint health, healthy hair, skin, nails and metabolism. It must come from food or supplements because your body can't create it. Omega 3 fats have also been proven helpful for reducing depression, body fat and many other conditions.

Foods high in Omega 3 fatty acids include salmon, anchovies, sardines, mackerel, trout, krill, green-lipped mussel, walnuts, hemp, chia, flax and pumpkin seeds. However, the beneficial Omega 3 fatty acids are EPA and DHA – found exclusively in fish and marine algae. Your body is unable to convert enough of the seed and nut source ALA Omega 3 oils to provide the health benefits our bodies derive from marine sources. When buying an Omega 3 oil supplement, it's a good idea to know if the fish came from clean water. I use Omega XL by Great Health Works.

- **Product B Isagenesis** is an all-natural youthful-aging supplement that I've been using since the first 'generation' was introduced by Isagenix in the spring of 2011.

Users report smoother, firmer, more youthful skin, reduced hair loss and increased hair re-growth, better sleep and greater all-day energy, significantly greater athletic performance for professional and amateur athletes, improved mental focus and faster processing of information.

Now in its fourth generation, Product B Isagenesis supports the health of every cell in your body at the chromosomal level. It fights the effects of free radicals and oxidative stress, which can accelerate aging and contribute to poor health.

The discovery of telomeres in the late 1990s has had a transformative impact on how science views physical aging. Telomeres protect the ends of chromosomes against degradation and aging like plastic tips keep a shoelace from unraveling,

As part of your body's normal aging process, the telomeres in your DNA get shorter each time a cell divides and the process is hastened by stress, obesity, poor nutrition and toxicity.

Telomerase is an enzyme that puts a protective coating on telomeres to make them longer. In recent years, science has been focusing on how to induce production of telomerase. Product B Isagenesis has more than 26 antioxidants and telomerase activators. It was created by Isagenix founder and product formulator John Anderson, who partnered with Dr. Bill Andrews, CEO of Sierra Sciences.

“Product B is the only product, aside from TA-65, that has been shown in vitro to turn on the telomerase gene. No other product does that,” says Andrews. “Other products have antioxidants and anti-inflammatories but they don't have anything that, at least in vitro, has been shown to cause the production of telomerase.”

In 2012, Isagenix initiated a major clinical trial of Product B. It was a double-blind, placebo-controlled study conducted independently by researchers at the School of Nutrition and Health Promotion at Arizona State University.

Researchers ultimately found that test subjects who used Product B had increased catalase production in their red

blood cells by a whopping 30 percent. This antioxidant enzyme increases longevity because it prevents the toxic accumulation of hydrogen peroxide, a free radical that harms telomeres.

Product B is intended to be part of a healthy lifestyle that includes a sensible diet supplementation, cleansing and exercise.

TA-65 is another scientifically-proven telomerase activator made from one active ingredient: Astragalus root. TA-65 is said to boost the immune system, increase energy, make the skin more radiant and improve sex. Taking this supplement helps repair telomeres when they become frayed and shortened with age. Available online, TA-65 is far more expensive than Product B.

## Habit #9 - Sleep Well, Live Well

Of all the choices we can make for optimal health and wellness, sleep is one of the most neglected and short-changed.

Adults typically need about seven to eight hours of uninterrupted sleep to allow the brain to go into deep REM sleep so it can heal itself and form memories.

Do you know how much sleep you need? When you wake up do you usually feel rested, refreshed and energized, or sluggish, tired or irritable? During the day, are your emotions balanced, is your outlook positive and your energy high when you need it? If not, what's standing in the way of you getting the sleep you need? How is that a problem for you?



There are many health risks from too little sleep.

Did you know that a person who is sleep-deprived is as dangerous behind the wheel as someone who has had too much to drink?

Sleep deprivation causes skewed thinking. A recent study found that a significant percentage of people who got less than 6.5 hours of sleep had impaired memory and attention, decreased ability to perform motor skills such as writing and walking, and impaired ability for problem solving.

A 2012 study found that getting too little *or* too much sleep can increase your risk of heart problems. People who sleep fewer than six hours, or more than eight hours a night were more likely to experience stroke, heart failure and heart attack.

**Having a positive outlook is an important predictor of health and longevity.**

Insufficient sleep stresses your body, which makes your adrenal glands produce cortisol. Cortisol makes you hang onto every extra ounce of fat on your body and blocks glucose (food) from your brain!

And everyone has seen how lack of sleep ages your face.

The following are several suggestions from *Seven Secret Strategies to Overcome Insomnia Naturally*, a Special Report I wrote to help people consistently get a good night's sleep:

- **Guard your energy and say 'no' more often.** Anxiety and stress can cause sleeplessness and are often caused when we

feel overwhelmed by too much on our To-Do list. Remember to put yourself first because that's what's best for everyone!

- **Exercise before 7 p.m.** because the stimulating effect of exercise can keep you from feeling sleepy. For that reason, it's best to develop the habit of morning exercise.
- **Stop watching TV or using the computer an hour before bedtime.** The flickering lights of electronic media stimulate your brain and delay the production of melatonin, the hormone that your brain produces to help you sleep. If you use electronic devices to read books in bed, install an app such as F-lux, which changes the backlight wavelength so that it doesn't affect your brain's melatonin production. It puts a red glow over everything you see onscreen.
- **Adopt better sleep habits.** Go to bed and get up at the same time every day so you get the right amount of sleep to rest, recover and rejuvenate.
- **Block out noise and light.** Make sure no light gets into your bedroom from the street or other parts of your house so your brain knows it's time to sleep.
- **Your muscles need magnesium in order to fully relax.** Pumpkin seeds, which you can buy at a bulk food store, are one of the most magnesium-rich foods. To help your muscles relax, eat an ounce in the hour before bed, use a topical magnesium gel or cream, or put liquid chlorophyll in your drinking water.
- **Get into the habit of associating sleep time with time away from your problems and preoccupations.** Decide now that sleep time is off-limits for worrying.
- **Give specific directions about your problems to your unconscious mind:** Before you go to sleep, give yourself

this mental memo: “Dear Unconscious Mind: If you know how to solve this problem, please come up with a solution by morning.” Then let it go! You may be surprised at what gets accomplished during the night. Keep a pen and paper by your bed to record insights and solutions when you wake up.

### **Experiment With How These Products Help Your Sleep:**

- **Use a melatonin sleep spray.** Isagenix makes Sleep Support and Renewal, a highly effective, inexpensive melatonin sleep spray that will help you fall asleep and stay asleep. Just spray in your mouth 20 minutes before you intend to be asleep. It contains time-release and immediate use melatonin to help you achieve noticeably deeper, more restorative sleep, without morning drowsiness.
- **Use a YumaLite™ medical light therapy head lamp device.** Scientific studies on light therapy are proving that exposure to full-spectrum light is an effective treatment for insomnia and depression.

Being exposed to the right amount of light within 30 minutes after waking regulates the body’s sleep/wake cycle. The light kick-starts your brain’s production of serotonin and sets up the production of melatonin to start when it gets dark.

Melatonin and serotonin are important for the sleep/wake cycle – melatonin for restful sleep and serotonin for alertness and energy. Sunlight suppresses the production of melatonin and allows your serotonin levels to rise during the day. Without exposure to adequate natural light, your melatonin levels



will be higher and your serotonin levels will be lower, causing unbalanced moods and troubles with energy and feeling rested. This is a problem in cold weather, or at seniors' homes when people stay indoors most of the time.

“Recent medical research has shown that light therapy can be as effective as traditional anti-depressant drugs for depression due to insufficient light,” says Sean Miller. He’s the designer of YumaLite™, a medical-grade light-therapy head visor that he says is transforming lives in just 20 minutes a day.

“YumaLite™ is much more cost-effective than conventional light boxes,” he says. But the best benefit is the convenience of using YumaLite™ instead of other light therapy devices that require the user to sit in front of them for up to 90 minutes. “Using a YumaLite™ allows you to move around and get on with your morning,” says Miller. “The only thing you can’t do while wearing it is take a shower!”

YumaLite™ users reported improved moods, more energy, relief from PMS, jet lag and sleep disruption from shift work. Users also reported relief from the winter blues (Seasonal Affective Disorder) and other types of depression, better sleep, weight loss, greater focus and improved libido!

## Habit #10 – Feel The Joy And Do It Often

*“Joy and gratitude go hand in hand.  
We are not grateful because we’re happy,  
rather we’re happy because we’re grateful.”*

– Betty Mahalik, author, *Living a Five Star Life*

Having a positive outlook is an important predictor of health and longevity. It’s interesting to know that there’s a correlation between feeling good and living longer.

It’s essential that you know what makes you feel joyful and turn it into a habit.

In order to enjoy a healthy and rewarding retirement, start now. Look after your emotional and physical health; create fulfilling, supportive and loving relationships, and find a life purpose that's 'bigger' than you. Make sure that your financial situation supports your lifestyle so money is not a concern.

**People who are self-compassionate are happier, more optimistic and less anxious and depressed. But here's the kicker: They're also more successful, peaceful ... and have fewer wrinkles!**

Research is finding that higher serotonin levels correspond with greater levels of joy and happiness.

Want to feel good more often? There are many natural methods to increase levels of the 'happy' hormone serotonin that don't require you to resort to drugs, which can have dangerous side-effects. High serotonin levels increase your levels of happiness and well-being and keep them high to prevent depression.

Known methods of increasing happiness levels naturally include:

- **Don't worry, be happy!** There's intriguing evidence that getting into in a happy mood – such as what can happen when you meditate regularly or give and receive lots of hugs, raises your level of serotonin. See Habit #2 (page 83).
- **Aerobic exercise** raises brain serotonin. Some doctors are now treating mild clinical depression with exercise instead of drugs. See Habit #5 (page 118).
- **Full-spectrum light.** It's ideal to spend at least 30 minutes in natural sunlight every day – preferably when shadows

are longest to prevent overexposure to harmful sun rays – before 10 a.m. and after 2 p.m. Full-spectrum lamps can be beneficial for people who live in northern climates, or people who stay indoors most of the time. See Habit #9 (page 170).

- There's evidence that getting **seven to eight hours of sleep** every night supports serotonin production. See Habit #9 (page 167).
- Foods can affect moods. See Habit #2 (page 77).

## Put Yourself First

Most women in the Western world are shocked when they first hear the concept of putting themselves first. After all, we've been raised to put always others first – spouse and children especially – and to give until it hurts.

In my seminars, I remind women about the instructions flight attendants give passengers at the start of every flight – if the oxygen masks drop in front of you during the flight, put the mask on yourself **BEFORE** helping others. Why? If you're unavailable because you've passed out from lack of oxygen, who's going to take care of your loved one?

It works the same in everyday life. Give yourself time to just 'be' and do what makes you happy. How can you be a good daughter/son, wife/husband, or parent if you're exhausted, resentful, depleted, sick or dead?



## **Give Yourself Permission To Enjoy Your Sexuality**

Joyfully accept the opportunity for pleasure presented by your sexuality. If you can't grasp how to do that, ask for help. Sex is a natural, normal human experience. Cuddling, hugging, kissing and sexual intercourse with the right person can reduce stress and lower blood pressure. And sexual activity provides dozens of other health and wellness benefits.

Keep your natural sexual equipment in top condition by getting into the habit of doing Kegel exercises several times a day. See Habit #5 (page 127).



To read a blog I wrote about the benefits of sex for women, go to [www.naturalmenopausenow.com/2012/03/19/the-truth-about-the-health-benefits-of-sex-for-women](http://www.naturalmenopausenow.com/2012/03/19/the-truth-about-the-health-benefits-of-sex-for-women).

## Love Yourself

Marci Shimoff's book, *Love For No Reason*, contains many strategies for self-love, self-compassion, forgiveness and feeling more love every day. I highly recommend it.

Self-compassion is about cutting yourself some slack. It's about being willing to face and fully accept your mistakes or 'failures' with kindness and compassion – without criticism or defensiveness.

Studies show that people who are self-compassionate are happier, more optimistic and less anxious and depressed. But here's the kicker: They're also more successful, peaceful ... and have fewer

**Respecting your own boundaries becomes another way to feel powerful and positive about yourself and your life.**

wrinkles! A dose of self-compassion when things are at their most difficult can reduce your stress and improve your performance, by making it easier to learn from your mistakes. Here are a few suggestions for achieving greater personal peace:

- Use respectful language whenever you think or speak about yourself – as you would treat a good friend. When you're harsh with yourself, you're harsh with others. The entire habit system can't work without a commitment to being kind to yourself because you must reward yourself for completing your new habits.

- Preserve the peace you have.
- Reduce your stress levels.
- Use your posture to show yourself and others that you love and respect yourself. Keep your head up, put your shoulders back and your chest out when sitting or walking.
- Believe that you deserve to give and receive kindness and compassion.

### **Commit Daily Acts Of Kindness**

Expressing kindness to others – humans and animals – is a gift to yourself. When you treat others with compassion and caring, you express the essence of who you really are – without the anger, sadness, fear, hurt, guilt, disappointment, resentment and shame from your past that can ruin the present. When you put aside judgment and criticism of others, you'll find greater peace and acceptance of yourself.

### **Protect Yourself**

Be an observer of what people do, because that will tell you more about them and predict what they'll do in the future better than anything they say.

How are your boundaries? Are they clearly defined? If you have none, get some. One of my clients in her mid-40s found herself feeling relieved and joyful when she began setting and keeping boundaries around her time. Respecting your own boundaries becomes another way to feel powerful and positive about yourself and your life.

Can you assertively speak up for yourself in a respectful, responsible, honest, open way?

## **Forgive**

Forgiveness is a gift you can decide to give yourself. It will release you from living in the past, which is over.

Make it a habit to forgive yourself and others (for whatever was done or wasn't done because it seemed like a good idea at the time). We are all doing the best we can with what we've got.

Forgiveness is always about taking back the power you gave away to the person who hurt you when you decided to hold onto the pain. If you can forgive the person's deepest motivation for hurting you (e.g., getting love, feeling safe, avoiding pain, etc.), rather than the act itself, you may be better able to accept the lessons from the situation and let go of the negative emotions and the physical pain.

Don't know where to start? In his book, *Shift Happens!*, Robert Holden suggests you ask yourself 'ghostbuster' questions to make buried old stuff obvious to your conscious mind so you can forgive and let them go.

When struggling, Holden says, ask yourself, "What am I holding on to from the past?" What old thought, old block, or old fear are you still clinging to? When you feel fear, let the fear speak to you as you repeat the following sentence: "I am afraid of X because in the past I \_\_\_\_\_." Keep saying the sentence over and over and watch the old fears appear. Each time a fear appears, simply

acknowledge it and be willing to let it go. When you're cynical and defensive, repeat the following sentence: "I have given up on X because in the past I \_\_\_\_\_." When depressed, repeat: "I am depressed now because in the past I \_\_\_\_\_."

**To age  
youthfully,  
you'll want to  
stay socially  
active.**

Now you've freed up time and energy, which you can use to focus on your present and your future.

### **Do Things That Revitalize You And Make You Feel Good**

- ✓ Take a low-activity, high-relaxation vacation, or weekend away with your spouse, family, friend, or by yourself. Make sure you have plenty of time to just 'be,' rather than 'do'.
- ✓ Choose to listen to peaceful, calming music. Visit a museum, theater, or symphony, or watch TV or films about love stories, comedies and other feel good movies.
- ✓ Engage in long, deep conversations with one or two other people.
- ✓ Clean and organize your environment. Fill up 'Keep,' 'Discard' and 'Donate' bins.
- ✓ Read an inspirational book for 30 minutes every day to keep you inspired, hopeful and focused on what you want. See Appendix A (page 245) for more information.

There's always something to learn about yourself, other people or the planet. You'll never get everything done, so don't try. One of my teachers, NLP Master Trainer Dr. Kim Redman, says, "When you're done, you're dead. Avoid being done!"

## **Consider Inviting A Furry Companion To Live With You**

If you can provide ‘a forever home’ for a cat or dog, it may turn out to be one of your own best life- and longevity-enhancing decisions. There are several known physical, mental and emotional health benefits of pet ownership, including decreased stress, lower blood pressure, reduced pain from arthritis or migraines, and faster recovery from surgery.

A 2012 study found that pet owners with high blood pressure or high cholesterol had a greater likelihood of surviving heart disease. Pet owners experience up to 40 percent fewer heart attacks and strokes than non-pet owners.

A study of more than 2,000 adults found that dog owners responsible for walking their dogs are less likely to be obese than people who don’t walk their dog or people who don’t have a dog.

Pets offer unconditional love and may also give their owners a sense of purpose and affection, which can help prevent depression. Pet companions prevent feelings of loneliness, which can boost your overall mood and bring feelings of joy and happiness. My husband surprised and delighted me when he observed that my cat Zoe was ‘love on four paws.’ And she was!

## **Nurture Friendships With Positive, Uplifting People**

Humans are social animals, which means we need positive connections with others in order to maintain good mental, emotional and physical health at all ages and stages of life.

To age youthfully, you'll want to stay socially active. Supportive family and friends play an important role in staying interested in living and having a happy life. Friendships with people who share your interests and abilities will engage your mind and affirm your growth as a person.

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*“You’re the average of the five people  
you spend the most time with.”*

– Jim Rohn

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This quote is meant to make you think about the influence that others have on you. If you hang out with positive, supportive, happy people, you'll have a different outlook than if you hang out with negative, domineering, draining, unhappy people. If you're in the latter group and you want to be more satisfied and happier, you may want to consider changing friends.



McGill University professor Dr. Simon N. Young says, “Low social support is associated with higher levels of stress, depression ... post-traumatic stress disorder and ... increased morbidity and mortality from a host of medical illnesses.” Negative people drag down your energy and remove hope.

Some friendships are not meant to last a lifetime. It's okay to let go with love and gratitude, and spend time with happier, supportive friends.

### **Avoid Complaining**

Complaining draws to you that which you do not want. What you focus on expands and no one wants more to complain about, do you?

### **Seek Out Fun And Laughter**

Frequent healthy laughter is an essential habit for youthful aging.

In the mid-1970s, Norman Cousins, who was suffering from a debilitating, painful disease called ankylosing spondylitis, discovered that funny movies, TV sitcoms and mega-doses of Vitamin C relieved his pain. He found that 10 minutes of “belly laughter” gave him two hours of pain-free sleep.



Although doctors gave him little chance for a cure, he eventually recovered and wrote a book called *Anatomy of an Illness*, and other books about humour and healing.

Laughter can relieve physical or emotional pain, stress and illness, and has been proven to:

- Add joy and enthusiasm to life.
- Improve mood and sense of well-being.
- Reduce the perception of pain.
- Lower blood pressure.
- Increase oxygenation of the blood.
- Reduce the stress hormones cortisol and adrenaline.
- Boost the immune system.
- Reduce the frequency of colds and respiratory infections.
- Relax the entire body.
- Relieve stress, anxiety, fear and physical tension for up to 45 minutes after laughing.
- Provide a workout for abdominal, facial, back and leg muscles.
- Improve sleep, energy, alertness, creativity, memory and digestion.

Finding what's funny to you is a personal journey. Below are several suggestions that will help you laugh as often as you want! And when you've found what you like, use it – often!

- Comic books or newspaper comics.
- Humorous books.
- Funny videos on Facebook or [www.youtube.com](http://www.youtube.com) about cats, dogs, people and people trying not to laugh.



- I compiled a list of 60 of the funniest movies of all time, which you can access as an on-line bonus. For details, see Appendix B (page 247).
- Listen to a friend who likes to tell jokes and laugh at them – even if they're not that funny!
- Take a laughter yoga class.
- Spend an evening at a comedy club.
- Remember a time when you fell down laughing – go back to that time, be in your body and really feel it! Feel what you felt, see what you saw, hear what you heard – really FEEL the feeling of laughing hard! Keep laughing! Just start laughing and see what happens. You can fake it 'til you make it because your body doesn't know the difference!

## **Spend Time In Nature**

Walking on a beach, down a tree-lined path, a hike in the woods or digging your bare toes into the sand or grass all contribute to a feeling of connected to 'all that is'. Going for a walk outdoors is an effective 'pattern interrupt' when you find yourself 'climbing up the crazy tree' with worry, doubt, indecision. Take a break and do something good for yourself!

## **Recharge Your Energy Every Day**

Are you an introvert or an extrovert? It's important to know so you'll know why you like to do what you do when you have free time. Extroverts like to relax and recharge their batteries by being around other people at a party, a pub or noisy dinner table. Introverts are happiest when allowed to putter about by themselves – reading, listening to music or pursuing a quiet hobby. Until they understand

and accept themselves, many introverts talk about time alone in hushed apologetic tones – half fearful they’ll be called selfish or anti-social if they admit enjoying their own company on a regular basis.

Time by yourself, to let your mind wander, meditate, exercise, feel gratitude, watch funny movies is restorative – it’s precious self-care time. Allow yourself to enjoy a few minutes or a few hours alone every day doing what you want.



## Get Involved With Your Community

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*“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”*

— Margaret Mead

—

Many people know the satisfaction of giving back to their community by volunteering for a project dear to their hearts. My husband chose to become actively involved in revitalizing an 88-acre park and architectural showpiece that was suffering from ‘demolition by neglect’ in our community. His vision has brought the community to work together alongside government to influence the future of the park for the enjoyment of the community, the city and the country.

I am donating a portion of the sales of this book to:

- The Toronto Wildlife Centre, to help them in their work to heal sick and injured wild animals and return them to the wild.
- Million Dollar Smiles, a non-profit organization that puts smiles on the faces of children who have major challenges in their everyday lives as they deal with life-threatening illness. They create magic by building private, family playgrounds for children whose health prevents them from playing with other children.

Who or what needs help in your community?

## Keep A Daily Gratitude Journal

Legendary personal development leader Bob Proctor was interviewed by Odette Laurie for her Canadian Domination Telesummit, 2015. He recommended the audience adopt this morning routine:

- Write out 10 things you're grateful for – let yourself get emotionally involved.
- Send love to three people who are bothering you.
- Be quiet for five minutes and ask the Universe for direction.
- Above all, think – really think!

“If you're troubled, sit down and think what you're grateful for. I guarantee life will get better,” says Proctor.

You cannot feel grateful and sad at the same time. Your list will remind you of how fortunate you are to have what you have.

## Find Your Purpose In Life

We are all here to fulfill a purpose. What's yours? If you don't know, consider hiring a coach to work with you to identify how you can spend your time, money and energy in a way that's meaningful to you and helps you live according to your core values.

## Manage Your Finances

If you don't manage your finances, you may end up with very little money when you need it since no one cares more about the welfare of your bank account and investments than you.

Spend time recording and analyzing where your money goes. An hour or two every week noting where you've spent your money and how your investments are doing will pay off as time passes. If you need help managing your finances:

- Read Tony Robbins' book, *Money: Master the Game – 7 Simple Steps to Financial Freedom*.
- *The Healthy Business*, Rosalyn J. Cronin, CMA, help for small businesses.
- Consult a Chartered Accountant, Certified Management Accountant and/or a Certified Financial Planner.

## **Make A Written Plan For Independence As You Age**

Embrace life by setting intentions for how you want it to unfold, rather than waiting to react to whatever happens. Writing what you want is the first step towards manifestation. It brings an idea from your mind into the world – on paper first.

- Decide in advance that you're going to embrace the changes that life places before you as opportunities for your growth and learning.
- At what age or stage will you move from your home into some sort of assisted living?
- Is your will up-to-date?
- Who will be your decision-maker if you are no longer able to handle your finances, legal and medical decisions?

## Ask For Help When You Need It

Giving help, asking for help and being ‘an excellent receiver’ are important life strategies that will keep you balanced and happy.

Giving and receiving are two ends of the same action. If you’re always giving and never receiving, when do you ‘fill up your cup’?

Being an excellent receiver means saying ‘thank you’ when someone gives you a compliment, holds a door open for you, or offers to give you something. It’s a gift to the giver to let them give! After all, if there were only givers, who would givers give to? Go ahead, be reckless, smile and allow the abundance that has appeared come into your life.

You may have heard that we teach people how to treat us? We teach the Universe too. If you say no to gifts of time, money, services and things, why would the Universe send you more?







PART 3



# How To Create A Powerful Habit In 30 Days, Or Less

**N**ow that you know how to look and feel 10 years younger, this is where you'll find how to customize this knowledge for your specific needs and put it to work using the power of healthy habits.

## WHAT IS A HABIT?

In his book, *The Power of Habit*, Charles Duhigg describes habits as “choices that all of us deliberately make at some point, and then stop thinking about but continue doing, often every day.”

Personal development guru Bob Proctor says a habit is “a fixed idea” and a group of habits is a paradigm that controls our behaviour and leads to our results. If you want different results, you've got to create different habits.



Starting today, you can consciously use the power of habits to achieve all of your health and wellness goals, and grow younger every day.

## DEVELOPING GOOD HABITS: THE KEY TO GROWING YOUNGER EVERY DAY

In 1892, philosopher and psychologist William James noted, ‘All our life is . . . but a mass of habits.’

Did you know that most of what we do every day is from habit?

Some of our habits are helpful. They get us up in the morning and allow us to drive to work safely without paying strict attention to every detail around us; they help us type or tap a digital device, work the television remote control or our exercise equipment, cook dinner without a recipe and get ready for bed.

Of course, other habits such as smoking, excessive drinking, or eating fried foods are harmful to our well-being and they ultimately contribute to the destruction of health and wellness.

**Routines – habits – will support you while reducing the stress of decision-making.**

Sometimes, neglecting to form certain habits can be harmful: Lack of regular exercise, for example, or failing to deal with stress. Others include choosing to eat fast food rather than preparing food in our own kitchen, procrastination, negative self-talk, indulging

in the habit of negative emotions, searching continuously for stimulation and living our lives according to others' expectations or our own unacknowledged limiting beliefs.

When I was a teenager, I disliked habits. They were boring and they meant you were content doing the same thing over and over again. I thought that habits prevented people from being creative or adventurous. And I wanted excitement and interesting new things in my life.

That belief caused me to unconsciously create unhelpful habits. Like most people, I sought novelty and short-term pleasures instead of building healthy habits. The result? Poor focus and inconsistency in almost everything I did.

Since then, I've learned that creating good habits directs energy, time and money towards the daily choices that are helping me to achieve my goals and dreams.

What would happen if you chose a few actions that are proven to improve health and slow aging, and then turned them into new habits – made them part of your regular routine – something you do automatically, without thinking?

How much easier would it be to get what you want out of life?

I call it the 'auto-magic way' to life and business success.

For example, you can achieve a goal such as looking good in a bikini next summer, by breaking your goal into small daily habits. Over time, these habits will lead you to your goal – automatically.

## HOW TO CREATE A POWERFUL HABIT IN 30 DAYS, OR LESS

In fact, your daily habits for looking good in a bikini next summer could be some of the habits that will help you to look and feel 10 years younger naturally. Your plan could include:

- Exercise for 20 to 30 minutes four days a week.
- Cleanse your body internally once a week.
- Have a high protein meal replacement shake twice a day.
- Drink two to three litres of water a day.
- Avoid carbohydrates from flour-based foods.
- Increase your consumption of vegetables.

When you follow through on these small daily actions, you build self-confidence and belief in yourself. What if your goal is to become more positive? Your daily habits could be to:

- Read 30 minutes of inspirational material each morning (for suggestions, see the link to my recommended reading list at the back of this book).
- Use only positive words when you think or speak to yourself (and others!).
- Forgive yourself for anything you've done, or should have done – you were doing the best you could at the time.
- Forgive anyone who has wronged you. This takes back the energy you use resenting or being angry at this person.
- Do one or more nice things for yourself every day.

**TIP:** Brainstorm what you will do in advance so you have a ready list you can grab when you need it!.

- Spend time with positive people; avoid negative people.
- Repeat positive affirmations several times a day and immediately before sleeping.
- Keep a gratitude journal.

## WHY DO HABITS WORK?

Making decisions can be a significant and persistent cause of stress in your life. Researchers have found that every time you make a decision – whether it's about what to wear to a meeting, how to resolve an issue with a good friend, or where to buy your coffee – you create a state of mental tension that adds to your stress. Personally, I feel exhausted when I'm required to make a lot of decisions, but when I rely on healthy habits, I find it really helps lessen the tension in my life.

Stress is the number one cause of premature aging, and poor sleep is number two, so it's good to get a handle on how to use habits to diminish these challenges. With less stress and better sleep, your body can use its resources and the nutrients you feed it to thrive, rather than survive, to harmonize with staying young and vibrant, rather than getting old before your time.



When you reduce the number of decisions you need to make by using routines – habits – you free up your energy for more important tasks. If there's something you decide to do every day – exercise or meditate, for example – it's helpful to schedule it at the same time each day, so you don't have to keep remembering to fit it in later.

Routines – habits – will support you while reducing the stress of decision-making. President Barack Obama, for example, never worries about what to wear in the morning. His clothes are colour-coordinated and interchangeable, likely the result of advice from an image consultant. He manages his decision-making energy to avoid stress so he can put his focus and energy where it will pay off the most – reaching his goals and dreams for his country. You can do likewise!

## WHAT CAN YOU TURN INTO A HABIT IN YOUR LIFE?

Have you ever thought about the fact that everyone ages at different rates? Every human being has the genetic potential to live to be more than 100 but very few of us – especially in the Western world – actually live that long.

Imagine three 50-year-old women standing next to each other.

One looks and acts 10 years older than the other two and you can see her age reflected in her face, hair, skin, body and brain. She may have sallow, sagging, or discoloured skin with deep wrinkles; she may weigh 20 to 50 pounds more than she wants and has had progressively worsening digestive difficulties for many years. She might have one or

more diseases or conditions – pre-diabetes or diabetes, for example – or she may have had a recent bout with cancer or signs of heart disease. She went through a difficult menopause a few years ago. She has insomnia. She may be considering joint replacement surgery because of debilitating, constant pain in her knees or hips. She requires a lot of medical appointments and most of her focus is on her pain. She's likely taking more than one pharmaceutical drug on a daily basis. She has a lot of complaints and unsatisfactory relationships in her life.

The second woman looks more like you would expect a 50-year-old woman to look. She's got grey thinning or coarse hair, noticeable facial wrinkles and dry skin; her face and hands are discoloured from sun damage or oxidation; she's carrying unwanted fat, her arm and leg muscles are invisible, and she's suffering from aches and pains and what she considers to be menopausal challenges – such as hot flashes, anxiety, brain fog, irritability, and she doesn't sleep well. She has little interest in sexual activity. She's experiencing vaginal dryness and uterine prolapse. She has no interest in learning anything new and she doesn't believe she has a life purpose – maybe she's never even thought about it. She's withdrawn from her friends and family.

The third woman has few facial wrinkles; her skin is luminous, moist and clear with only slight sagging. Her hair is shiny, thick and healthy-looking. Her eyes have an interested sparkle; her body is slender and the flesh is toned and firm. She has well-defined arm and leg muscles. Her hips and breasts are softly curved. She has lots of energy and enjoys sex. Her health is excellent and she is not taking any drugs. She has an active social life with like-minded people, and she's engaged in activities that give her life purpose and meaning. She is open and excited to learn new things.

Why do these three 50-year-olds look so different?

People age differently because of a natural process called ‘biological aging’ and it’s affected by life events, lifestyle choices, a person’s perception of stress and their daily habits. We really do have some control over how fast we age.

May I invite you to imagine a new definition of aging?

What if aging were about achieving maturity and keeping your body in a positive state of health, wellness and youth for another 50 years, or better? What if you could look and feel energetic, alert and pain-free – as if you were 40 – until you are well into your next century? Would you be interested in that?

Are you thinking: “That’s impossible” or “I’m too old” or “It’s too late for me”?

What if it *is* possible?

What if the answer to looking younger than your biological age, and setting yourself up to live into your second century, is the result of specific healthy lifestyle choices? What if it comes from developing habits and routines to regularly manage stress and ingesting specific youthful-aging foods and supplements? What if it also involves cleansing, exercising and using emotional healing tools to replace self-sabotage, negative emotions and limiting beliefs with supportive values, beliefs and behaviours?

What if health-supporting behaviour could become automatic and feel effortless?

Would you be interested to know what to do and how to do it?

It all starts with your decision.

You *can* deliberately create new daily habits that will significantly affect your emotional, physical and financial health – in the short-term and the long-term.

What makes a habit a habit? Repetition.

It's interesting that many adults, in the pursuit of their goals, expect to go from learning something new to being an expert – *instantly!* Here's the bad news straight up: That never happens!

There are four unavoidable steps to becoming an expert at anything – from learning to walk, to becoming an Olympic athlete, to taking care of a pet, to creating and maintaining a new youthful-aging habit. You cannot skip steps. These are the steps that must be experienced every time you learn something new – no matter how old you are; or how many degrees and diplomas you have, or how rich you are.





Picture a baby learning how to walk. She starts with mobility basics. She learns how to crawl first by progressing through these four steps:

- **Unconscious incompetence** – At this stage, the baby doesn't know what she doesn't know. She can't do 'it' because she doesn't know 'it' exists. This is where we all start with learning *anything* new. At first, she's content to lay in your arms, then she sees something she wants and starts to squirm. She wants to go down so she can get to it herself. Her desire for independence – to do it herself – starts her mind working. She wants something she didn't previously know she wanted.
- **Conscious incompetence** – You put the baby on the floor and she quickly learns that she doesn't know *how*, or have the strength, to get what she wants. But she decides she will do it. Eventually, she figures out a way. With a little clumsy, awkward practise and muscle development, she begins to pull herself along with hands and forearms.
- **Conscious competence** – Soon, those knees get in on the action and she slowly, shakily, begins to move forward with deliberate intention. With practise and persistence in the face of repeated failure, she learns from the results of her actions and, more quickly than anyone can predict, she becomes consciously competent at crawling. She can do it while she concentrates; it's not automatic – yet.
- **Unconscious Competence** – Days pass and, with lots of repetition and practise, she gets unconsciously competent at crawling. Now she crawls automatically, easily, confidently, without thinking about how to do it.

The same steps apply as a baby learns to walk:

- **Unconscious incompetence** – Until the baby became unconsciously competent with crawling, she wasn't aware there was another way, a quicker way to get to what she wants. She was exclusively focused on becoming an expert at crawling.
- **Conscious incompetence** – Once she notices that mom, dad and her siblings are standing up and walking on two feet, and she realizes that she can't, her curiosity, desire to imitate behaviour, or maybe even boredom, kick in. They lead her from unconscious incompetence about walking to the beginning of another learning process. She reaches up to grab hold of a table or a handy hand and she falls on her bottom, again and again and again. She's acutely aware she can't walk, yet she persists in her goal.
- **Conscious competence** – Days, weeks or months go by and the baby has been falling (and failing) repeatedly. She keeps practising. After cautiously inching around a table and hoisting herself up repeatedly, she decides she's ready to take an independent step – and she steps away from all support. At this point she's still falling down, but when she sets her mind to it, she takes cautious, deliberate steps. She's consciously competent at walking.
- **Unconscious competence** – More time and practise later, the baby is walking at breakneck speed, without concern for what her feet are doing. She's become unconsciously competent at walking.

She will repeat all four steps to learn how to run. No one ever went from being a babe in arms to running across the living room floor. We *all* followed the natural progression to unconscious competence. It's that way with becoming an expert at anything – including developing *Powerful Habits To Grow Younger Every Day!*

**When you live in alignment with your values, life flows and is deeply satisfying; when you make decisions that are out of alignment with your values, life is frustrating and unhappy.**

When did you decide that you could skip steps and go from conscious incompetence to unconscious competence without practise and repetition of your new skills?

Have patience with yourself and the process.

## WHY DO YOU WANT YOUR NEW HABIT?

It's helpful to know why you want to create your new habit. If you answer: "Because it's good for me" or "Because I've heard this is a good habit to develop", you probably aren't going to be able to maintain the habit in the long run. Eventually, you'll run out of willpower, enthusiasm and determination. Your new habit may fail when you visit your parents for a weekend, or something stressful happens and you get out of your routine.

Anyone who knows me will tell you that I've always led a healthy lifestyle, but while I was writing this book I asked myself which of my existing habits were necessary for me to reinforce.

After all, if I write a book about youthful aging, but I look my age (mid-50s) or older, why would anyone believe that I know anything about growing younger every day? I want my habits and my appearance to demonstrate my integrity and credibility as a youthful aging expert.

This turned out to be a very strong motivator for *consistently* practising what I preach. I fine-tuned a few of my habits. I started using large pill boxes for my breakfast and lunch supplements, which saved me time by making my habit easier to complete. I moved my rebounder to make it easier and quicker to set up, and I purchased a rebounding workout DVD to make exercise more interesting. I settled on a specific time to meditate. I give more details in Habits #2 (page 76) and #5 (page 118).

## START WITH YOUR VALUES

When deciding which goals you want to achieve, and which new habits to create, you'll be more successful and satisfied with your results when you align them with what you value most. Knowing exactly what you value in the area of youthful aging will help you zero in on your perfect place to start.

Why are values so important? We have values in every area of our lives. Your top five most important values are the 'drivers' – the ones you unconsciously use to make decisions. Your values create your beliefs and your behaviours. When you live in alignment with your values, life flows and is deeply satisfying; when you make decisions that are out of alignment with your values, life is frustrating and unhappy.

When you do the following exercise you may come up with a list of 30 or more of your values about aging. Take 10 minutes to answer the following question:

**“What is important to you about your youthful aging?”** Keep your mind open and write a one- or two-word response. What else is important? Write some more. The goal is to ‘empty’ your mind at least three times. Knowing that all your responses are important, very quickly read through your answers and number them in order of their importance.

Now, you are about to discover why every diet you’ve ever done has failed in the long run! Examine each of your responses and decide if it is ‘towards’ what you want, or ‘away from’ what you don’t want.

## **‘TOWARDS’ AND ‘AWAY FROM’ GOALS**

What we know about motivation is people whose goals are framed as ‘away from’ – what they don’t want – are likely to have uneven results or fail. Those whose goals attract them to something positive tend to achieve better results.

For example, if you’re moving away from what you don’t want, such as, “I don’t want to be fat,” the fire behind your motivation to lose weight will fade when you lose ‘some’ weight and the pain of being ‘fat’ lessens. This means that the moment you move far enough away from what you don’t want, it no longer motivates you like it did in the beginning. At this point, you could self-sabotage by beginning

to make exceptions in your routine and never reach your goal! So phrase your goals and habit like you want them to be.

For example, if your goal is to reduce a dress or pants size and you believe daily exercise is important to reach that goal, your new habit could be, “By the end of this month I do my trampoline exercise routine consistently every morning for 10 minutes.”

You can recognize an ‘away from’ goal when it states what you don’t want, states that you want more or less of something, or implies that you currently don’t have enough of something. All of these motivations come from a place of lack.

What do you want that’s ‘towards’ your goal? Most people know what they don’t want, but haven’t figured out, or allowed themselves to decide, what they really want. Then there’s the added issue of whether or not you doubt that you can achieve what you want. Moving towards a goal that’s big, bright and compelling produces more consistent results, such as with the goal: “I am fit, healthy and weigh \_\_\_ pounds by June 30, 20\_\_.”

Do this next step with another person. For each item on your values list, have your helper ask you: **“Why is that important to you? What are the pictures, sounds, feelings, tastes, self-talk behind the pictures in your head? Why else?”** These details are important for visualization, to maintain desire, and for you to know when you’ve achieved your goals.

At the end of this process, you'll have a list of 'towards' goals that will anchor your focus on what you want, ensuring that you will actually get and keep the results you want. Now that you know your 'towards' goals, you can choose one to three youthful-aging methods, actions, strategies, products and techniques to turn into powerful habits.

If you still need help to choose a goal, ask yourself if any of the following potential goals support your top five values and whether you want them enough to develop new habits to achieve them. Don't agonize over this decision. Over time, each will make a difference in your aging process. Add a time frame for achieving your goal and you're ready to begin!

I have a strong desire to:

- Release the exact amount of my unwanted weight and keep it off.
- Look healthier and more youthful than I did in this photo taken 10 years ago.
- Improve my skin so it is smoother, has fewer wrinkles and more even-toned compared to my 'before' photo.
- Increase my strength and stamina in order to run a marathon/ bike to work/other specific health goal.
- Increase my lean muscle on my arms, abdomen and legs.
- Eliminate physical pain.
- Find three natural methods that I will use to reduce my stress.
- Improve my digestion by eliminating pain, gas and bloating.
- Improve my mental focus so I feel sharper and notice my memory has improved.
- Get eight hours of uninterrupted sleep every night.

If you don't want to do the values exercise, you could simply decide to make a couple of general lifestyle improvements that will enhance your health and aging process. For example:

- Drink a glass of room temperature water with the juice of half a lemon every day when you wake up to gently cleanse your liver and hydrate your body.
- Get up earlier at a specific hour EVERY day to do 20 minutes each of exercise, inspirational reading and meditation.
- Take nutritional supplements twice a day to ensure you get the right nutrients, in the amounts your body needs.
- If you know anxiety or worry is an issue for you, commit to weaving stress management strategies into your day. See Habit #1: Avoid The Stress Mess.
- Listen to self-development audio programs while commuting to improve your ability to achieve your dreams.
- Start your workday by completing your most important, disliked or dreaded tasks first so you do what most needs to be done.

Adopt the mindful, focused habit of 'uni-tasking' instead of multi-tasking. Begin a task and finish it before beginning another task and be fully present to everything as you do it. This simple habit will reduce the stress and inefficiency of multi-tasking. Researchers have found that it takes 20 to 23 minutes after an interruption, such as a phone call or changing to another task, for you to fully get back into your original task. Although many people think multi-tasking is a good idea, you can only ever effectively complete one task at a time. Multi-tasking causes anxiety, scattered focus and delays the feeling of gratification from completing a task.



- Be early for appointments so you avoid stress and people trust that you value their time.
- Plan your day the night before so you have clear, focused steps to take you closer to your goals every day.
- Become a non-smoker by substituting a healthy habit, because – well, you know why!!
- Don't eat anything after 7 p.m. to help achieve and keep a slim body.
- Go to bed by 11 p.m. and get up at 7 a.m. so every day you are revitalized and keep your immune system strong.

## THE DIFFERENCE BETWEEN GOALS AND STATES

Sometimes people think that joy, peace of mind, abundant energy or self-confidence are goals, when in fact, they're states. It's possible and easy to change how you feel *any time you want*. I give seminars on how to do this.

A goal is different than a state. What I call a Passionate Goal is the outcome you desire that excites you every time you think about it. It's something you are 100 percent committed to achieving as soon as possible! No doubts! I call the process to achieve your Passionate Goal, my 'PG13' – 13 criteria that will ensure the successful achievement of your goal, including that neglected New Year's resolution.



## THE PG13

A passionate goal:

1. Is initiated and maintained by you. You can't set goals for others.
2. Is stated in positive terms.
3. Is written down. Putting a goal on paper is the first step towards bringing what you desire into reality.
4. Is when your head and heart are in alignment with what you want to achieve. There are no 'shoulds' because, as Tony Robbins says, you don't get your 'shoulds,' you get your 'musts' – your must-haves.
5. Captures where you are and the daily habits that have gotten you where you are today. When you get what you desire, you'll be able to see how far you've come. It's the ultimate satisfaction to see progress from where you were to where you are, because the only truly healthy competition is with yourself – what you're capable of achieving.
6. Is comprised of many smaller tasks that build upon one another in a specific sequence, so get clear on what you want to achieve and then work backwards to where you are now.
7. Is compelling and pulls you forward. Your goal gets you something you truly desire, or allows you to do something that you were previously unable to do.
8. Includes strong reasons for doing what it takes to achieve your goal. This will help you through the challenges you'll face along the way.
9. Paints a picture of what you'll see, hear, feel, taste or smell when you achieve your goal.

10. Includes specific, concrete criteria for determining when you have achieved your goal. For example, in terms of pounds released, it would be helpful to note the kind of visual evidence you need, such as before and after photos, or physical sensations in your body such as an absence of pain after eating. Remember, feeling calm, grounded, confident, excited, happy, etc. are emotional states, not goals or reliable evidence procedure.
11. Includes the new daily habits that will get you to your goal. It states where, when, how and/or with whom you will achieve your goal. For example, if your goal is to get more restorative sleep, it will include your sleep ritual – specifically how much sleep you intend to have, the time you’ll go to bed and wake up, how frequently you’ll achieve that sleep, what tools and techniques you’ll use to achieve your sleep goal, and how you’ll cope when you sleep in a different location. These are your new standards and daily habits to achieve what you desire!
12. States the resources you require. What do you have now and what do you need to achieve your outcome?
13. Is good for you, your family, society and the planet.

## VISUALIZE YOUR END RESULT DAILY

Focus on your Passionate Goal with emotional intensity and envision achieving it.

An example of a Passionate Goal could be: “Currently, I am 12 pounds heavier than I want to be. I desire to see my abdominal muscles become toned, stronger and more youthful, have a flatter stomach and streamlined hips and thighs. I achieve my slimmer,

healthier body as I release 12 pounds of fat doing a 30-day Isagenix cleanse, exercising for 20 minutes every morning, and avoiding all forms of sugar, including carbs from grain-based foods.”

Here’s a fun way to visualize a weight-loss goal: Look for a photo of the body you want to achieve – print the photo and put a picture of your head on the body. Place the photo where you can look at it several times a day. Your unconscious mind will work towards creating a body like the one in the photo.

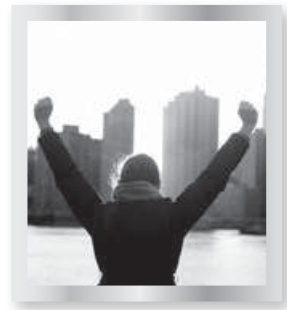
## USE THE POWER OF DECLARATIONS AND AFFIRMATIONS

A declaration or an affirmation of your choice will get your unconscious mind aligned with achieving your goal and dramatically increase how quickly you’ll develop your new habits.

Frequency and repetition are key. Choose one or two and repeat three to four times in front of a mirror – when you get up in the morning and last thing before you go to bed.

### Declarations

When you declare something you’re making a statement from a place of being – you’re already there. Bring your passion and enthusiasm when you think about the new you. The key is to embody the thing that you desire. State your declaration in the present tense using an ‘I am’ statement. For example:



- I am youthful.
- I am in good health.
- I am 10 years younger.
- I am fit.
- I am in peace and calm.

On some level you already are all these things. The more you state your declarations, the more you'll match energies with the goal you want and be able to make it yours.

## **Affirmations**

Author and business trainer Brian Tracy promotes practical and spiritual affirmations, such as: "I get up and get going immediately at 6 a.m. each morning!", "I believe something wonderful is going to happen to me today." Here are a few more of my favourites:

- Every day, in every way, I'm getting better and better!
- I live my potential more and more every day.
- I am a powerful creator of my desires.
- I always look and feel 10 or more years younger than my real age.
- Everything is working out for my highest good.
- I am deeply grateful for all that I have.

This approach sets you up to succeed. It's up to you to make it work for you!

## YOUR YOUTHFUL AGING MANIFESTO

Would you agree that if you stay focused on what makes life interesting, fun and worth living for you, you might live longer?

I invite you to be intentional and write your own script for the way you want to age and the important activities you want to do / achieve during the remainder of your life. The power of habit can make the entire process easier.

*My Powerful Habits Youthful Aging Manifesto* worksheet is a guide for you to create a plan that states your intentions and goals for living your life to the max. It helps you identify what's important to you so you can apply your time, money and energy to achieving it.

You'll specifically state how long you want to live and what you want to do in the time you have left. You'll write Passionate Goals for all the important areas of your life – health, fitness, career, finances, family, relationships, spirituality, fun, volunteer work, personal growth and more.

Your manifesto can include a 'bucket list' of activities such as travel, pets, courses and seminars. To help you get started, see the Special Section, *Creating Your Youthful Aging Manifesto* (page 257).

When you've finished writing your plan, you'll have started manifesting what's most important to you.

**You know you've got a new habit when it feels weird – like you've forgotten something important – when you stop practising it. When you've mastered your first habit, you can start to create another one.**



**BOOK BONUS:** I've created the Youthful Aging Manifesto Worksheet as my gift exclusively for readers of this book. Go to the Book Bonus page, print a copy, set your intentions and write a plan for what you want to achieve in your life. To access the Book Bonus page, use the QR code or visit [www.wendyvineyard.com/bookbonuses](http://www.wendyvineyard.com/bookbonuses). Password: Wendy

**NOTE:** Sometimes people's negative emotions and limiting beliefs become evident and cause anxiety, or become a barrier during the process of working with their goals. My Fast Start Breakthrough process quickly and painlessly helps my clients to permanently clear away old emotional baggage that's keeping them stuck. If you'd like more details about moving past 'stuck' emotions, or if you would like to have guidance and accountability to achieve your Passionate Goal, please contact me at [wendy@wendyvineyard.com](mailto:wendy@wendyvineyard.com).

## HOW LONG DOES IT TAKE TO CREATE A HABIT?

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*“The most important thing you can do to achieve your goals is to make sure that as soon as you set them, you immediately begin to create momentum.*

*The most important rules that I ever adopted to help me in achieving my goals were those I learned from a very successful man who taught me to first write down the goal, and then to never leave the site of setting a goal without first taking some form of positive action toward its attainment.”*

– Tony Robbins

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Experts vary on the length of time it takes to create a habit.

Some, like B.J. Fogg, a professor at Stanford University who developed the Tiny Habits® method, say habits can take only days to create. He defines a Tiny Habit as a daily behaviour that takes little effort and gets completed in less than 30 seconds.

Other experts believe that a habit can take up to six months to cement into your life. Kevin Schoeninger of The Mind-Body Training Company Ltd. says a year is optimum.

“Every season brings different challenges, different emotions and different physical conditions,” he says. “By practising through a complete yearly cycle, you weave the results into the core of your being. Short-term practise creates a pattern. Long-term practise changes your life.”

You know you’ve got a new habit when it feels weird – like you’ve forgotten something important – when you stop practising it. When you’ve mastered your first habit, you can start to create another one.

The longer you consistently perform a habitual behaviour, the stronger it becomes. The 12-Step Power Habits System I describe in detail below calls on your desire to achieve the reward(s) of practising your new habit, and:

- Your belief that you can achieve it.
- Your surrender to the process (no resistance).
- Enough persistence to keep at it.



This is not a quick fix; it's a lifestyle choice. Anything done consistently without missing a day will sooner or later become a habit.

## WHAT COULD HELP ME OR PREVENT ME FROM DEVELOPING MY NEW HABITS?

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*“The only thing that’s keeping you from getting what you want is the story you keep telling yourself.”*

– Tony Robbins

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It’s good to be aware that life itself can get in the way of practising new habits consistently.

You might forget or allow yourself to temporarily stop your powerful habits when you experience a change of routine, such as travelling on business or taking a vacation. You might also stumble when you experience major family events – such as a birth, a wedding, a funeral, or elder or teen issues.

You can improve the situation by planning for these challenging times, connecting with your ‘why,’ using a reminder such as an alarm or an app, or creating a written schedule to see you through.

The effects of temporary change can work in your favour too. If a change in routine can make you forget habits you want, you can also use it to break habits you don’t want. You can go on vacation where you can’t eat foods that you no longer want to consume. For example,

go camping or rent a cottage in the woods – you’ll be miles away from any store and distracted by a new routine! Bring healthy snacks such as apples, pears, raw almonds, walnuts, dried veggies and fruit.

When you forget to practise your new habit one day, and it’s likely you will in the beginning, don’t beat yourself up. Just keep going with your commitment. This isn’t a race or a competition. So have compassion for yourself!

## HOW TO STOP PROCRASTINATION AND SELF-SABOTAGE

Developing healthy habits and routines means that you can make successful aging ‘auto-magic’. Habits don’t require willpower or motivation after they’re established, but what if you have a problem starting a habit?

You may have the supplement that’s been proven to slow cell aging, but if you don’t take it regularly, at the right time, in the right amounts, it’s the same as not taking it at all.



You could get stuck in procrastination.

People try to force themselves out of procrastination – they may use tough love on themselves, ask someone else to keep them accountable, use time management techniques or a schedule.

None of these strategies address the underlying root cause of procrastination, which is fear – fear of ‘getting out there,’ or fear of being criticized, or worrying about someone’s reaction!

The fact is, procrastination is a behaviour that is protecting you. You won’t stop procrastination until the fear goes down.



There are many different mind-body techniques that quickly and effectively end self-sabotage and procrastination, including Emotional Freedom Techniques (EFT or Tapping) and Neuro-Linguistic Programming (NLP), and I offer both during one-on-one mentoring and coaching.

One of my colleagues has another perspective that I want to share with you.

Adele Spraggon is a reformed lifelong self-saboteur. She now teaches the powerful techniques she developed to help people take control of their lives.

“Just imagine the life you could be having if you put as much energy and creativity into manifesting your goals as you do avoiding them,” she says.

Self-sabotage might include compulsive eating, procrastination, maintaining bad relationships, clutter or career blocks.

Like many of us, Spraggon’s self-sabotage began in the area of her career. Every time she got close to success or got a taste of it,

she would quit and walk away. Then, blaming herself and growing despondent, she began to sabotage her health and weight.

Eventually she started to journal. She had a ‘eureka moment’ when she noticed that her life was unfolding along old patterns she traced back to childhood.

“A pattern is a complicated intertwining of physical sensation, emotion and thought,” she says. “Human brains are structured to create patterns. Some of the patterns serve us well, and others don’t.”

When people self-sabotage, they don’t have the right pattern to reach their goal, explains Spraggon. They tend to think there’s something wrong with them, but it’s not their fault. They’re just running an old pattern that worked in the past but has outlived its usefulness. When people deconstruct their old patterns, their self-sabotaging behaviour falls away.

Spraggon has developed a 12-week workshop to teach people how to permanently exchange unproductive patterns for new ones that lead to success and life satisfaction.



## BE ACCOUNTABLE

Do you want accountability or a tool to measure your habit-creation progress? Try these ideas:

- Post a sticky note on the bathroom mirror, your bedroom door, or car steering wheel to remind you to practise your new youthful-aging habit.
- Check in with a friend or accountability partner every day by phone, e-mail, text or Skype. Record your results in a journal for extra ‘oomph.’
- Did you write in your Food/Mood Journal on March 18th? Did you record the snack you had on Monday afternoon in your Healthy Weight Journal? Awareness of what you’re doing, and when, are the first steps towards changing habits that you don’t want, and they can make you aware of what you truly desire.



**BOOK BONUS:** I’ve created two downloadable journals that are my gifts exclusively for readers of this book. To access my Book Bonus page, use the QR code or visit [www.wendyvineyard.com/bookbonuses](http://www.wendyvineyard.com/bookbonuses). Password: Wendy

- Set up your new habit on a habit tracker website such as: [www.chains.cc](http://www.chains.cc), [www.goalsontrack.com](http://www.goalsontrack.com), or phone app such as 21Habit, Lift App, HabitFlow, Way of Life, Habit List, ipro Habit Tracker.

- I specialize in fast-tracking my clients to achieve empowered happier, healthier lives. Go to [www.wendyvineyard.com](http://www.wendyvineyard.com) for more information.

## HOW DO I START A NEW HABIT?

“Successful people are simply those with successful habits.”

– Brian Tracy, American author

There are many ways to start, or end, a habit, and all involve desire for the reward of doing/stopping the unwanted habit, and repetition required to create the desired habit.

Every habit you’ve developed occupies a strong neural pathway in your brain. You can wrap your mind around how this works when you visualize a path in a field or park. It was created and maintained by people walking on the same path countless times. Once or twice was not enough. Repetition was key and so it is with any new habit.



A habit begins with a ‘cue’ or a trigger that starts the behaviour.

“Tiny Habits” expert B.J. Fogg created a list of routines (see table) that you can use as triggers to form habits.

## Routine Triggers to Form Habits

- Pour coffee
- Park your car
- Sit down on the subway
- Turn on the shower
- Pee
- Brush your teeth
- Enter your home after work
- Hear the phone ring
- Drop off kids at school
- Put on contacts/glasses
- Start the dishwasher



Other habit wisdom states that you can accelerate the creation of a new habit if you associate it with pleasure – a reward – something you already enjoy doing. The reward must occur during or immediately after the activity. For example, you may decide to start an exercise habit. First decide on the reward(s) that you'll give yourself right after exercise. This list could include:

- Sitting in the hot tub or steam room.
- Listening to your favorite CD.
- Meeting a friend for tea.
- Going shopping for a new book.
- Putting your favourite aromatherapy oil on a cotton ball and smelling it.
- Playing with your pet.
- Reading for 15 minutes.
- Walking outdoors in the sunshine.
- Spending 15 minutes on the phone with a friend.

- Feeling the sense of pride that comes from stepping on the scale at the end of each week.
- Deciding that you'll reward yourself with a new bathing suit or article of clothing when you achieve your desired weight loss.
- Noticing a sense of completion, satisfaction or achievement.

**NOTE:** Your rewards should not be food or alcoholic beverages – both of which can lead to unhealthy habits.

Your mind will begin to associate your new habit with the pleasure you get from the enjoyable activity you've chosen. In fact, it may only take four or five times of doing both to establish your habit, at which point you may not need the original reward.

Charles Duhigg observed, "The craving drives the habit." To successfully develop a new habit, you've got to really want your reward. It's got to become a craving that will make you feel deprived if you don't get it, and give you enormous satisfaction if you do. A study of more than 6,000 people who each lost more than 30 pounds found that when temptations arose, they focused on their desire for a reward that had grown into a mild obsession. That obsession won out over the temptation to stop their weight-loss program.





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*“The truth is that we can learn to condition our minds, bodies, and emotions to link pain or pleasure to whatever we choose. By changing what we link pain and pleasure to, we will instantly change our behaviors.”*

– Tony Robbins

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## LINK TWO OR MORE HABITS TO THE SAME REWARD

Did you know that you can amplify your results by grouping together several habits that build upon each other and, over time, produce better results than developing one isolated habit at a time?

Professor Fogg recommends setting up a new habit so it comes after an existing habit. For example, ‘After I put my head on the pillow (existing habit), I will think of one good thing from my day (new Tiny Habit).’ He advocates starting habit-making with “Tiny Habits” so you’ll naturally build bigger habits after you have success with the little ones.

Charles Duhigg says you can create several habits at the same time when they’re tied together by the same cue, routine, reward and craving.

For example, you decide to build muscle: If your existing habit is to exercise for 30 minutes, you could create a new habit out of having a high-quality whey protein shake within 30 minutes of exercise, followed by taking your existing morning supplements.

You could extend the routine by adding several new supplements to your existing habit of taking supplements. You can make this easier by using a seven-day pill container for your supplements and store it next to your shake powder. The visual cues will help to connect the existing habit of taking supplements with the new habits of having a shake for breakfast and adding more supplements. All of these habits will support your goal of building more muscle.

**Everyone has needs – they're non-negotiable. It's important to get your needs met in a healthy way.**

## HOW DO I LET GO OF AN UNPRODUCTIVE HABIT?

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*“It is easier to prevent bad habits than to break them.”*

– Benjamin Franklin

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*“You leave old habits behind by starting out with the thought, ‘I release the need for this in my life.’”*

– Wayne Dyer, American Psychologist

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*“Correcting bad habits cannot be done by forbidding or punishment.”*

– Sir Robert Baden-Powell, Founder of the Boy Scout movement, 1857-1941

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*“To change an old habit,  
you must address an old craving.  
You have to keep the same cues and  
rewards as before and feed the craving  
by inserting a new routine.”*

– Charles Duhigg, Author

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To decide which habits you want to change, you may want to start by answering these questions:

- How is what you’re currently doing working for you?
- Where are your current habits leading you – in the short term and in the long term?
- Will you be any closer to your goals three months from now if you keep doing what you’re doing? What kind of 50-, 60-, 70- or 100-year-old are your habits today leading you to become? Will you be the one who looks and feels years older than she is and is full of regrets and bitterness, or the one who is vibrant, healthy, open and loves life?
- Do your habits match your intentions or what you *say* you want to be like when you’re in your 80s or beyond?

In the case of creating new habits to grow younger every day, the big goal – the overall reward – may be to look and feel younger. There may be benefits inherent in that state: You’ll keep your job, you’ll keep your spouse or attract a better one, and maybe you’ll feel relief from any anxiety you have around growing old. But you’ll need to develop shorter-term rewards to maintain your individual habits that will add up to the big goal.

Two factors affect success: The belief that it's possible to change the habit and the existence of a plan to follow when things go off the rails.

It's tempting to think that self-control and willpower will lead to the results you want but studies have shown that these eventually stop working. By contrast, a conscious decision to create a habit, backed by a clear, well-thought out cue, routine and reward system means your new habit can function when you're on vacation or temporarily in a different routine – as long as the cue is intact.

Sometimes clients want faster results and that's something I can deliver during a breakthrough or coaching sessions. One process I use can help them to dislike anything – a food, a habit, or a behaviour – in just a few minutes.

## FIND HEALTHIER WAYS TO GET YOUR NEEDS MET

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*“Most people don’t have that willingness to break bad habits. They have a lot of excuses and they talk like victims.”*

– Carlos Santana, Award-winning musician

—

Everyone has needs – they're non-negotiable. It's important to get your needs met in a healthy way. When unhealthy habits become a problem, answers to the following five questions may

make it easier to change. As an example, below are the questions with some possible responses from a smoker who wants to quit:

- **What are the negative consequences of your unproductive habit?** Smoking is a proven risk for aging you faster, disease and early death.
- **Why do you want to release this habit?** Smoking is smelly, expensive and socially unacceptable – I have to go outside in all weather, hotels charge hundreds of dollars if I smoke in the room, it sets a bad example for my kids.
- **What are the ‘benefits’ of your old habit? What good feeling (sensation of pleasure) does it create inside you?** It soothes anxiety, releases stress, gives me time to think or be by myself.
- **What are healthier ways you could get the same benefits as your old habit?** Take regular breaks and chat with co-workers, play relaxing music in the background, buy and use a favourite essential oil in an aromatherapy diffuser, enjoy a cup of hot chamomile tea, do yoga, meditate, etc.
- **What are the benefits of stopping your unproductive habit?** Enjoying better health, living longer, smelling better, tasting food.



Here's another example: A franchise owner I know realized she was operating her business at a huge deficit every month. She kept her business going two-and-a-half years *after* she knew it was costing her money every month to run it.

The habit of running that store was stronger than the pain of subsidizing this business from her retirement savings. Of course, there were other factors involved in her continuing with this situation – she had committed to a lease with the plaza landlord, and backing out early would mean a monetary penalty. The bottom line was that she felt stuck in a situation she knew didn't work for her.

**Sometimes a 'reframe' can change how you look at things. When you change the way you look at things, the things you look at change!**

If you want to stop a negative habit, you could teach your brain to associate the habit with punishment or negative consequences and a negative emotion, suggest the authors of the book, *Train Your Brain to Get Happy*. For example, if you want to stop drinking coffee, associate having your cup of coffee with something you really dislike, something that's uncomfortable or unpleasant. This could include cleaning a shelf under the kitchen sink, scrubbing a toilet, or listening to loud music you hate for five minutes. (For me, it's opera, heavy metal or rap.) The negative emotion you choose to evoke could be disgust, irritation or impatience. For this method to be effective, you must do it every time you have a cup of coffee. Eventually the pain will outweigh the pleasure and you'll find you no longer desire that cup of coffee.

American entrepreneur, author and motivational speaker Jim Rohn was a student of human behaviour and had some startling observations about stopping old habits. He wrote that there are four reasons why we'll stop old habits and take action:

- Disgust with ourselves.
- Making a decision when our backs are to the wall.
- Desire that won't be extinguished.
- Resolve to do or die.

Charles Duhigg conducted extensive research and completed hundreds of expert interviews to gain insights into the science of habits. He found that it's possible, but not always easy, to overwrite old habits and develop new ones that completely transform your life.

You must keep the same cue (something that starts the habit) and the same reward (something that ends the habit). What changes is the middle part is the 'routine.' Duhigg found that there's no one secret formula for changing a habit. But he developed a four-step framework to develop new habits and overwrite old ones.

For example, you decide to replace your habit of drinking coffee and soda with drinking more water. You've heard that drinking water is good for brain function and your complexion. Here's how you can apply Duhigg's framework:

- **Identify the routine habit.** Your current routine is to drink coffee and soda.
- **Experiment with rewards (to see what drives the habit).** You discover your reward is taste and stimulation. Water isn't an alternative because you think it's boring and bland.
- **Isolate the cue (so you know when your habit routine will kick in).** When you get bored or anxious you want the stimulating taste of coffee or soda. To switch to water, you're willing to forego coffee if you can make the water taste interesting.

- **Have a plan (and write it down so you know exactly what to do).** Write yourself a reminder to add peppermint leaves or slices of cucumber or lemon to make your water tasty.

Now, you've changed an unhealthy habit to a healthy one and you get the stimulation you crave from the flavored water.

## ADD SOMETHING NEW THAT YOU 'GET TO DO'

Sometimes a 'reframe' can change how you look at things. When you change the way you look at things, the things you look at change! Author and Emotional Freedom Techniques (EFT) expert Carol Look suggests that rather than 'stopping a habit,' ask yourself, "What could I add to my life?"

For example, in 2014 and 2015, my top personal goal was to have more fun!

Your top personal goal could be eating healthier foods, meditating more frequently, taking healthy-aging supplements, exercising regularly, reading from an inspiring book or listening to inspirational recordings every day. Look asserts that what you add will take the place of habits you want to delete from your life, and it's far more enjoyable than trying to get rid of a habit.

"When you add something good," Look says, "you'll notice the difference in your vibration and in your enthusiasm about your life." She suggests that you reframe your new habit into an opportunity to say: "*I get to add . . .*"



For example: “Having to” go for a walk three times a week could be reframed as “Getting to” go for a walk three times a week. After all, it’s time for yourself to clear your head or think through a problem and you could decide to look forward to it.

“When you add something good, you’re automatically coming from a place of plenty and abundance, and you communicate to the Universe that you are ready to move forward,” Look says.

## HOW TO CREATE A POWERFUL NEW HABIT IN 30 DAYS

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*“We are what we repeatedly do.  
Excellence, then, is not an act, but a habit.”*

– Aristotle, Greek Philosopher, 384 BC - 322 BC

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While there’s no single ‘right’ way to create a new habit, my simple, step-by-step 12-Step Power Habits System is an effective way to create all your new youthful-aging habits. In fact, you can use it to develop any habit that you truly desire. With practise, you’ll find it gets easier to develop new habits. It’s a skill you learn, like any other, through commitment, repetition and persistence!

Set your intention to put 100 percent of your willpower into your habit when you decide to create it, especially in the early days when missing a day could imply permission to miss more.



Be honest with yourself. Is now the right time to develop a new habit? Do you have the energy to do what must be done? Do you have the money? What resistance might you have about forming your new habit? What will make you unstoppable? Once you are 100 percent committed, it's a done deal! All that's left is the doing. Just like a baby learning to crawl and walk.

It's a fact that you will feel uncomfortable as you work on your new habit! When most people get close to achieving what they want, they may have to plunge through a state of confusion and discomfort first. Your unconscious mind sees any change as a threat, but you know differently. You've decided to make a healthy change that will lead to better, happier results for you. The danger with confusion and discomfort is that you may return to where you were before you started your new habit – just to get comfortable. Avoid that! A new 'comfortable' is on its way!

When I ask clients why they don't have what they want, the top answer is: "If I could believe I'd get it, I'd do it." This brings up an interesting question: How do you create a belief? The answer is even more interesting: Decide first. Decisions precede beliefs.

It took me a long time to learn that I will succeed after I decide I will – in advance of proof that it will happen. It's your 100 percent commitment to achieving the result you want that is the tipping point between success and failure.

To get started, read the following Super Easy 12-Step Power Habits System, then get the one-page worksheet that's one of my bonus gifts exclusively for readers of this book. Print a copy and write your own plan for successfully creating your new youthful aging habit.



**BOOK BONUS:** To access my Book Bonus page, use the QR code or visit [www.wendyvineyard.com/bookbonuses](http://www.wendyvineyard.com/bookbonuses).  
Password: Wendy

## THE SUPER EASY 12-STEP POWER HABITS SYSTEM

1. **Decide. Ask yourself, “What goal do I really want? What is my youthful-aging goal?”**
  - Begin with the end in mind.
  - Get a handle on it. What do you really *want*? This is your goal. It's not what you *should* do or what someone else thinks you *should* do. Here's where people make their BIG mistakes: They go after things they don't really want. They fool themselves. They bring in a few 'shoulds.' (Have you heard the expression, 'Don't should on yourself'?)
  - To avoid making the wrong choice or becoming overwhelmed, choose habits that fit with your values, or contribute towards your goal to grow younger every day.
  - Be up front and honest with yourself. Decide what you want in detail – write it down.

- Do you want to wake up every morning feeling refreshed and energetic? Do you want to get rid of pain in your knee? Do you want the satisfaction of playing a better game of golf this season? Do you want to play golf into your 90s? (Hey, do you really want to live that long? Some people don't.)

**2. Why do you want your goal? Really.**

- Owning your 'why' will lead to greater focus and unwavering commitment to achieving your goal. Use the Power Habits System Personal Worksheet to record the 'real' reasons you want to have your goal. Answer the following questions:
  - What three things will you be able to do when you achieve your goal?
  - How different will your life be in one year when you have mastered your new healthy youthful-aging habits? How will you feel about yourself? What will be different about how you look? How different will your self-talk be?
- Get it settled in your head why you value it.
- Be honest with yourself about your 'secret why' – the one that seems vain, silly, childish or unattainable. Knowing this 'why' and honouring it will increase your probability of achieving your goal.
- You may want to:
  - Look 10 years younger than your younger sister.
  - Take charge of your weight despite years of failed diets.
  - Live healthier and longer than your parents, uncle or grandparent who died too soon.

**3. Which one new habit will help you achieve your goal?**

- Consider the suggestions in this book by choosing from the 10 habits I've included.

4. **What is the trigger or cue to begin your new habit – the existing routine that your new habit will follow?**

- What is your new habit routine? Use the following sentence as a guide:

“After I \_\_\_\_\_, then I’ll \_\_\_\_\_.”

Be specific about your new routine.

- What activity will you do? For how long? What does ‘exercise four times a week’ actually mean? Where will you exercise? With friends or by yourself? For how long?
  - Will you take vitamins once or twice a day before or after a meal? Will you drink a cup of water every hour, or will you drink continuously all day? Will you meditate for 15 minutes as soon as you get out of bed in the morning, or before bed at night?
- Decide if you want to use an accountability tool or to work with a coach to help keep you consistent with your new habit. A transformational coach could help you to reduce fear before you start new habits(s), which can increase the likelihood of achieving your goal.
5. **a. What obstacles could prevent you from practising your habit(s) and reaching your goal?**

Knowing what could get in the way of practising the habits you’ve committed to is part of planning for success. I’ve noticed that travelling makes it challenging for me to stay committed to my habit of taking vitamins and so I’ve created a ‘cue’ to support me: I put my supplements into a bag next to the protein shakes I take with me so I can mix up a quick, easy breakfast. What fires together wires together: When two things happen at the same time, your

brain perceives a pattern and it can more easily maintain a desired behaviour. Making my shake cues me to take my vitamins.

Brainstorm scenarios that could come up, for example:

- A holiday weekend could take you out of a 30-day cleanse.
- You could catch a cold and have to stop exercising before it becomes a firm habit.
- You could visit relatives and be pressured to eat food you know is not healthy for you.

**b. How will you deal with these obstacles?**

What's your strategy for overcoming any obstacle to practising your habit? I've coached many people to overcome these situations so they can give their goals and dreams the proper respect and importance they deserve no matter what.



**6. What is your reward for successfully completing your new habit? When will you reward yourself?**

- Choose a small, but powerful reward for practising the habit that will take you one step closer to your goal. Lighten up and celebrate often! You may decide to reward yourself immediately after you do your habit, weekly, or monthly. In time, your brain will associate the reward with the activity – turning it into something you love to do. Avoid using food as a reward or waiting until you achieve your goal.

**7. When will you start your new habit (specific date)?**

- Set yourself up for success. Avoid starting a 30-day cleanse on December 15 or any time before a holiday. Start working with a personal trainer when you have time and energy to follow through.

**8. What is your supporting affirmation or declaration? Some examples are:**

- “Every day, in every way, I’m getting better and better.”
- “I am calm and relaxed.”
- “I can do it!”
- “I like myself.”

**9. Tell at least one supportive person that you’re creating your new habit.**

- You’ll be much more disciplined and determined when you know that others are watching you to see if you are truly committed to your new habit. If you tell the ‘right’ people, they’re likely to become a source of support for your success.

**10. Commit to taking action every day. No exceptions!**

- Practising your new habits every day will take you to your goal, step-by-step. If you're concerned about whether or not you'll be able to create a new habit, take baby steps. Decide that you'll practise a small new habit for one week to give yourself a win to build on. Set yourself up for success. When you've successfully completed one week, celebrate and commit to practising your habit for another week. Soon, you'll see for yourself that creating a habit happens one manageable step at a time.
- Add another habit, after the first habit is well-established. This means you may be able to start a new habit or two every month. Or you could need up to three months to establish a bigger habit. Give yourself the time you need.





**11. Decide that you will persist with your new habit.**

- Continue with your new habit until it feels automatic, and uncomfortable if you don't do it.

**12. Visualize like an athlete.**

- Successful athletes use the power of visualization to know exactly how success looks, feels, sounds, smells or tastes before they ever get to the starting gate. See yourself successfully performing each of your new habits. The more often you visualize and imagine yourself acting as if you already have the new habit, the quicker the new behaviour will become automatic. Your unconscious mind will get to work in support of your new habit.



## ALWAYS . . .

- **Take action on your new youthful-aging habit every day!** You can read about it. You can imagine it. You can talk to friends about it. But until you take action, nothing is going to change. Take a baby step and get in motion!
- **Track your progress.** Use the Power Habits System Personal Worksheet and write down what you've done daily.
- **Celebrate, Correct and Continue.** Celebrate and reward yourself at intervals along the way, and especially for practising your new youthful-aging habit for 30 days! A reward is important because each time you reward yourself, you reaffirm and reinforce the behaviour. Unconsciously, you'll begin to associate the pleasure of the reward with the habit. Soon you'll look forward to practising your habit because of its positive predictable results over time.

Make adjustments to your habit, if necessary, then make a commitment to yourself to keep going! Healthy youthful-aging habits are meant to last a lifetime and they get easier over time.

## FOR FASTER RESULTS

Is creating a new habit too slow for you? Hang in there! Did you know that you can change many behaviours within minutes? Beyond a shadow of a doubt, this is true! I help my one-on-one coaching and breakthrough clients to change their habits – permanently and quickly. Visit [www.wendyvineyard.com](http://www.wendyvineyard.com) for more information.



# CONCLUSION

I wrote *Powerful Habits To Grow Younger Every Day! Look And Feel 10 Years Younger – Naturally!* to share practical, youthful-aging solutions that have made a significant difference in how I'm aging. My intention was to expose the secret truths about aging that:

- a. Many doctors don't know about.
- b. Businesses that make millions of dollars every year from surgery, hormones and drugs don't want you to know about. They want you to have part of the solution – the part that they control. I want you to have it all – so you can decide for yourself how you'll age. And now, with the information in this book, you have all that you need.

I hope my book has helped you to see that you have a lot of power and choice over how your aging process will unfold, and that your parents' experience of aging doesn't have to be yours. When you approach the aging process intentionally, your experience can be so much better.

I hope that you are inspired to believe that your new healthy choices will help you to heal and to grow into the person you've always wanted to be.

When you take charge of your health, wellness and aging process, you are stepping into a place of opportunities and possibilities that might not have been possible for you before.

## CONCLUSION

You have the knowledge to set yourself up for a pain-free, disease-free, exciting next chapter of your life; to make it the best part of your life, with lots to look forward to and celebrate.

I hope that what you've read has given you the confidence to take charge of your aging process and create several new healthy habits – now!

I encourage you to make a game out of implementing one or two youthful-aging strategies every month. See how much fun it is to feel more alive and vibrant than you ever have before.

If you would like more support, mentoring or coaching to implement your new habits, learn new skills or get rid of emotional baggage that's been holding you back, I would be honoured to serve you.

With love and appreciation for all that you are, and all that you want to become . . . .

*Wendy Vineyard*

August 2015

For more information, please contact Wendy's office:

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www.WendyVineyard.com

www.NaturalMenopauseNow.com

## INSPIRATIONAL BOOK LIST

A few years ago, I developed a powerful habit of reading an uplifting book for 30 minutes every morning to set the tone for my day. I strongly urge you to develop your own reading habit – either at the start or end of your day.

I suggest you read the same book several times – you’re a different person every time you read it, and repetition is the mother of mastery. Choose well, because a part of you will remember everything you’ve read and seen. Make it worthwhile to carry that energy inside you.



**BOOK BONUS:** I’ve compiled a list of my favourite personal development books to help you on your life journey. This list is available exclusively for readers of this book on my Book Bonus page. Use the QR code or visit [www.wendyvineyard.com/bookbonuses](http://www.wendyvineyard.com/bookbonuses). Password: Wendy



### WENDY'S 60 FUNNIEST MOVIES OF ALL TIME

Laughing increases your enjoyment of life and helps keep you looking and feeling young and vibrant. It sends endorphins streaming through your veins and makes you feel good! Watching something funny is an easy 'state change' when you're feeling down or anxious and want to feel better fast.

My funny movie list is a compilation of my personal favourites with selections from lists on the Internet. I put it together so you'll have a list that's ready and waiting for you when you want to use the power of laughter.

Although I chose these movies for their wide appeal, you may want to do a little research yourself to see if it fits with your sense of humour! I know this from personal experience because my husband's humour is more *Life of Brian* and mine is more *Airplane*. By the way, several lists and I agree: *Airplane* (1980) is the #1 funniest movie of all time. Be adventurous – many of the movies from the early part of the 20<sup>th</sup> century are delightful!

You can watch these movies for free, or for a small fee or monthly subscription on the Internet, YouTube, Netflix, 'on demand' from your local cable company and in the DVD and BluRay bins at stores everywhere.



## APPENDIX B

Note: You may also want to research funny TV series on YouTube or the Internet. You can watch episodes of old favourites such as *The Carol Burnett Show* or *The Beverly Hillbillies*, or laugh out loud at scenes from *The Simpsons* and other recent series. My current favorite is *Modern Family*.



**BOOK BONUS:** To access my list of the 60 Funniest Movies of All Time, which I've created exclusively for my book readers, use the QR code or visit [www.wendyvineyard.com/bookbonuses](http://www.wendyvineyard.com/bookbonuses). Password: Wendy



## SOURCES

**A**re you curious about where I found my facts for *Powerful Habits To Grow Younger Every Day!* I've put my sources on my website so I can include more practical ways to look and feel 10 years younger naturally in this book.

Of course, part of taking personal responsibility for your own health and happiness is doing your own 'due diligence' to make sure that what you choose to do to enhance your aging process is right for you.

Please contact me if you would like my guidance and assistance to integrate a youthful-aging strategy into your life.



**BOOK BONUS:** To see my sources, use the QR code or visit [www.wendyvineyard.com/bookbonuses](http://www.wendyvineyard.com/bookbonuses).  
Password: Wendy



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Thank you to my parents, Betty and George Vineyard, who inspired me to become the best person I can, and to give generously to others. Thank you for allowing me to tell part of your story in this book. I love you and want the best for you always.

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## ABOUT THE AUTHOR

**W**endy Vineyard is an expert in natural youthful aging. She helps her clients heal the root causes of physical and emotional challenges – naturally.

Wendy is passionate about inspiring women to achieve their health and wellness goals, manage their aging process, and learn how to look – and feel – 10 or more years younger than their chronological age.

Wendy has identified natural ‘de-aging secrets’ that help women and men to live well now, and maintain that higher quality life longer. She’s developed a process for step-by-step, healthy habit creation that helps achieve results faster, easier and with less stress.

This is the subject of Wendy’s latest book, *Powerful Habits To Grow Younger Every Day! Look And Feel 10 Years Younger – Naturally!* Previously, she co-wrote *Trusted Experts*, a book of insights and inspiration, and is the author of *Eat Well, Live Well – Wellness Guide & Recipes for Vibrant Health*.

Wendy is a board-certified master coach and trainer of Neuro-Linguistic Programming (NLP) and Timeline Therapy. Her company is an accredited institute of NLP and hypnosis training. She is one of the first certified trainers of James MacNeil’s



## ABOUT THE AUTHOR

*Verbal Aikido*, an advanced communications seminar in self-mastery, ethical influence and managing interactions for win-win communications. She earned a holistic health practitioner diploma from Transformational Arts College and certifications as an aromatherapist, reflexologist and Reiki Master. She has a degree in journalism from Carleton University.

Since 2010, Wendy has inspired and supported women to thrive through menopause and beyond, without drugs or added hormones. Her website, [www.NaturalMenopauseNow.com](http://www.NaturalMenopauseNow.com), has become a key resource for women seeking safe, natural solutions to their menopause challenges.

Wendy is the proud mother of an adult son and lives with her husband in Toronto, Ontario, Canada.



# CREATING YOUR YOUTHFUL AGING MANIFESTO

**A** manifesto is an important declaration. Creating your own **Youthful Aging Manifesto** is a first step to looking and feeling 10 years younger, naturally. Congratulations for getting started!

The following steps will help you craft a **Youthful Aging Manifesto** personalized just for you. You get to decide where to start and then identify what actions and habits create a vibrant and vital life.

It's important to write out your **Youthful Aging Manifesto** and your goals in the accompanying worksheets (you can start below or use the free bonus pages available online). Committing words to paper is a powerful and magical habit (that's why it's called "spelling").

Keep in mind that while you may have an urge to improve many aspects of your life immediately, it's best to start by focusing on one area, two at the most. Begin by doing what you can handle. Be as kind and gentle with yourself as you are with those you love.

After you achieve your initial success, you can apply this process to additional life goals with growing confidence. Repeat this process whenever there are parts of your life that require attention. Always remember the ancient Hawaiian Huna life principle: “Energy flows where attention goes.”

### GETTING STARTED

- Begin by completing your **Youthful Aging Manifesto** (on the next page). When you sign and date this statement, you make a commitment to yourself. This is a powerful way to boost your motivation.
- From the Wheel of Life (see next page), select one or two life categories that are most important to you right now. Additional categories are included for your consideration.
- Identify up to 10 specific goals within the life area you select. Write your goals on the accompanying worksheet.
- For each goal, identify the next steps and the related habits that will support achieving that goal. Write them on the worksheet. If you'd like inspiration, go to page 263 and complete the Habits worksheet first.
- Commit to a deadline for achieving that goal. Write it down.
- Review your worksheet regularly—weekly is good, daily is best. Read your manifesto statement aloud, with passion, and keep updating your progress to achieving your goal.

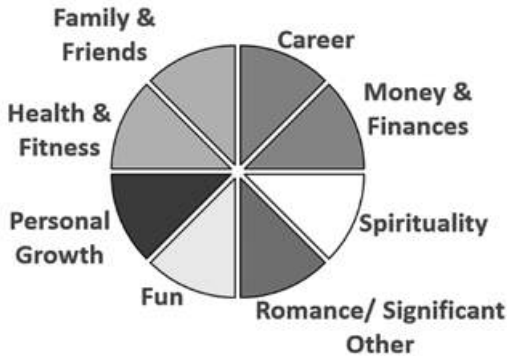
## MY YOUTHFUL AGING MANIFESTO

I, (name) \_\_\_\_\_, age \_\_\_\_\_, intend to live vibrantly until the age of \_\_\_\_\_, or older.

Taking into consideration all the important areas of my life, I will focus on my selected life category/categories and achieve the goals I've identified so I continue to feel young, vital and enjoy life to the fullest.

**Signed by:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## WHEEL OF LIFE - MAJOR LIFE CATEGORIES



### Additional Life Categories:

- Relationship with my \_\_\_\_\_
- Volunteer Work
- Education / Seminars
- Hobbies
- Travel
- Pets
- Other \_\_\_\_\_

**The Life Categories most important to me right now are:**

1. \_\_\_\_\_ 2. \_\_\_\_\_

(Select no more than two Life Categories to start. After achieving success on your first selection, repeat the process for other Life Categories.)

## EXAMPLE: MY LIFE GOALS

Life Category: Health & Fitness

My Goal	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!
Walk the 96-mile West Highland Way in Scotland with a friend.	Research the website and get tourist information.	Starting 6 months before the trip, walk at least three times a week for one hour on different terrains.	June 15, 2016	✓
	Research how other novices have done long-distance hiking.			
	Plan how we'll do it.			
	Buy proper footwear and walking gear.	Begin making weekly menu plans and buying whole foods, and add vitamins and supplements to strengthen my endurance and build muscle.		
	Book travel and accommodation.			

## MY LIFE GOALS

Life Category: \_\_\_\_\_

My Goal	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!



**BOOK BONUS:** Additional copies of this Manifesto and the accompanying worksheets are available as a book bonus. To access your Book Bonus page, use the QR code or visit [www.wendyvineyard.com/bookbonuses](http://www.wendyvineyard.com/bookbonuses). Password: Wendy



THE  
SUPER EASY  
12-STEP POWER  
HABITS SYSTEM-  
PERSONAL  
WORKSHEET

**BE COMMITTED TO THE YOUTHFUL-AGING RESULTS YOU WANT!**

1. **What goal do I really want?** Begin at the end. Decide.

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WORKSHEET

2. **Why do I want my goal? What three things will I be able to do when I achieve it? (My big benefits.)**

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3. **Which one new habit will help me achieve my goal?**

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4. **Which existing routine will my new habit follow?  
What is my new habit routine? (Be specific.)**

“After I \_\_\_\_\_ ,  
then I’ll \_\_\_\_\_.”

5. a. **What obstacles could prevent me from practising my habit?**

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b. **How will I deal with these obstacles?**

---

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6. **What is my reward for successfully completing my new habit? When will I reward myself?**

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7. **When will I start my new habit (specific date)?**

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8. **What is my supporting declaration?**

**Examples: “Every day, in every way I’m getting better and better”; “I am calm and relaxed”; “I can do it!”;  
“I like myself.”**

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(Repeat your declaration 3 to 4 times in front of a mirror. Do this at least twice daily)

9. **I’ve told at least one supportive person that I’m creating this habit. That person’s name is:**

---

10.  **I’ve decided to make a commitment to myself to take action every day. No exceptions!**

11.  **I’ve decided that I am persisting with my new habit until it feels automatic, and I feel uncomfortable if I don’t do it.**

12.  **I’ve decided to visualize performing my habit every day.**

## WORKSHEET

30 Days To Success! Check daily:

V – Visualized D – Declaration A – Took Action

DAY	V	D	A	DAY	V	D	A
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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				31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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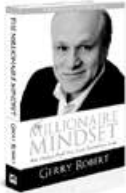
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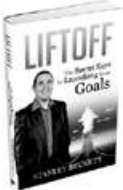
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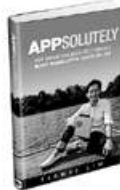
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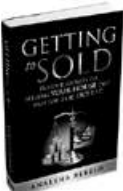
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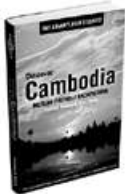
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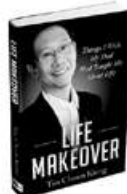
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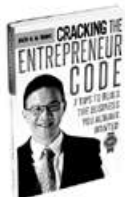
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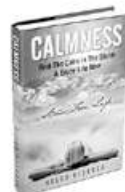
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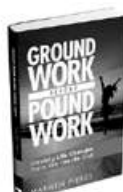
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