

The Lost Book of



Youth

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Introduction

Aging is not treatable because it is a natural process, not a medical condition. Nevertheless, this process can be slowed down. Just like there are factors that speed up the signs of age on the body inside out, there are other factors that can slow down the onset of wrinkles and other problems that come with aging.

Aging is the result of different causes like wear and tear of the tissue, immune system decline, genetic damage and stress from free radicals. Understanding the causes helps a lot with providing the right treatment that will slow down the aging process and make you live healthier and look younger. It is on this ground that the science of anti-aging is built, and great advances have been made in this field in the past 30 years.

In controlling the factors that affect aging, longevity of the cells is the first step in developing anti-aging medicine. Making sure to include food with anti-aging properties in the diet, and regular exercises will both improve the life expectancy of the cells dramatically. Hundreds of researches are done to provide more understanding of the methods and substances used in the anti-aging medicine.

It is a common saying that a picture is worth 1000 words. Looking at a picture taken 20 years ago can rekindle memories and past experiences. Looking good is a very important aspect in life. Psychologists have discovered that self-esteem is heavily influenced by personal appearance. Problems with skin, especially for older folk, are a major cause for depression. Every day should be a new start. Every time the sun rises, it should erase dark memories of yesterday.

Aging is a natural and inevitable process, frown lines are caused by the withering of cells of the skin. As time progresses, the skin loses its ability to stay moisturized which causes it to appear saggy. However, you can always choose to age gracefully with anti-aging methods. There are many ways to reduce wrinkles while maintaining healthy skin. It is important to take deep skin care to reduce saggy skin and wrinkles.

Living habits have a great impact on how we age. Day to day activities will definitely affect how your skin ages. It is naïve to think that a lifetime of neglect and poor care of your skin will not result in damaged skin. More so like buying a new Ferrari sports car and trashing it every chance you get, and still expecting it to stay in sparkling condition. The skin is the largest organ in the human body.



Copious amounts of water should be incorporated into the diet. Sometimes you can supplement water with juicy fruits or natural juices (avoid fizzy drinks).

While at the beach or out getting some sun outdoors, constantly make use of sunscreen. Ensure that you do not expose your skin to too much sun. Take an umbrella or a large hat that will help reduce your vulnerability to the sun's ultraviolet rays which damage the skin.

It is a no brainer that once you hit your sunset years; you should stay off narcotics and illegal drugs. Actually, avoiding drug abuse at any age is probably a good idea for your skin. Some chemicals present in nicotine inhibit the body's ability to produce wrinkle busters known as collagens. With trace production of collagens, the skin is bound to form wrinkles over the years.



Chapter 1: Understanding Normal Aging Process



From the moment we are conceived, growth starts taking place. The only difference between growth in our mothers womb and after we are born is that when we are developing in the womb, we are protected from external factors. However, from the moment we are welcomed into this world, we come into contact with various factors that affect our bodies and skin in different ways. These factors affect our aging process in varying ways. Even though this book will mainly focus on making sure that you slow down and remain young, it is important to point out that aging is not a disease; if it is, it doesn't have any cure! After we hit 25 years old, we tend to lose height as the vertebrae's in the spine begin to shrink and compact. Between the ages of 20-70, a woman may shrink about two inches. Another aspect that is affected by age is weight; before we hit middle age, our weight is on a steady increase but starts decreasing after the age of 50. The body also loses its ability to convert food into energy by 3% every 10 years after 20.

Fun fact: As you grow older, you sweat less (I bet you are now looking forward to aging just to avoid smelly armpits). While your armpits will not be bone dry, they will be drier. Below is a list of changes that can occur as we age and some tips to manage them effectively.

A decrease in appetite

As we grow older, we are likely to eat less food than we did when we were younger. This loss of appetite can be attributed by a decrease in our smell and taste senses. To combat this effectively, you should add healthy spices to your food or eat out in a friendly atmosphere.

A decrease in metabolism

As I had mentioned earlier, our bodies develop a gradual inability to convert food into energy, which happens gradually. This decrease in metabolism mostly happens in the gastrointestinal systems and causes a slow down in metabolism. The best way to take care of this is to eat a lot of good fiber mostly found in vegetables.

Skin changes

The thinning of the skin outer layer coupled with the loss of circulation increases the risk of skin ailments such as wounds from minor traumas. An effective way of tackling this is practicing proper skin hygiene such as using moisturizing lotion and sun screen when heading out into the sun.

Some other signs of aging that women experience include menopause; we shall not look at such signs, as we shall focus on preventing aging and properly taking



care of your body to decrease the rate of aging. Before we get to the foods that you can consume to ensure that you reduce the rate of aging. I should give you some useful tips that you can use to reverse or halt the signs of aging such as wrinkles on the face and the hands.



Chapter 2: Eating Habits



What you put in your mouth radically affects how you age. In your younger years, it might have been acceptable to have ice cream for breakfast, three slices of pizza for lunch and two bars of chocolate for dinner. It was also acceptable to just eat carrots for an entire week whenever you wanted to lose weight. There was no problem with your eating habits because you can have what you want, and your body will follow what you want it to do.

However, as you grow older, you will realize that your body is changing as well. You are no longer the metabolism machine that you used to be. Suddenly, there is a long list of foods that you are no longer allowed to have for health reasons. You can't eat pork, you can't have too much sugar, and you're not allowed to have anything fried. Suddenly, your life will be filled with rules about eating. Whether you like it or not, you might find yourself limiting your diet choices as you age.

Your diet plan has a huge impact on your aging process. What you put inside your mouth has a huge impact on how you will age. It is best to start your diet plan as early as you can if you want to stay vibrant and young-looking.

Even if you are only in your twenties, try to stop eating like a college kid. Get rid of junk food and unhealthy choices that make the aging process much faster for your internal organs.

Here are some food tips that can help you stay youthful and fresh.

Avoid processed food

In this day and age, processed foods are everywhere! We always go for convenience so we often end up grabbing junk whenever we go to the grocery. It is an unfortunate fact that most of us would rather go to the processed foods aisle rather than the fresh produce. Studies show that processed foods is the prime reason for many modern-day diseases including obesity and cancer. Most of the time, they are void of nutrients and the body, and they contain chemicals and artificial substances that are surely harmful for your body. Eating processed foods everyday is a recipe for aging faster!

Try to stick to real foods that are packed with nutrients and flavor. Switch up your preferences. Spend more on fruits, vegetables, dairy and fresh produce. Use herbs and natural spices to make your food more interesting. Also, try to avoid fast foods. They might taste good, but you never know what's in your meal so you better just stay away.

Educate yourself to know what is good for you and what is not. You don't need to follow diet trends. You don't need to go vegetarian...you don't need to limit



your purchases to organic goods. You just have to know what is good for you and what is not. It might seem like a lot of work for now, but as this habit becomes a part of your lifestyle, it will be easier and more natural for you to choose healthy.

Drink lots of water

Almost everyone knows how important it is to consume at least eight ounces of water in a day. This can help you look young, healthy and fit. This method is useful for keeping your skin hydrated as well. Hence it is necessary to consume as much water as possible. If you do not like the taste of water, or if you do not like drinking plain water, you can make lemonade and drink that instead. However, a better option is buying an infuser bottle. Using an infuser bottle, you add the taste as well as certain nutrients of any fruit or vegetable to the water to make it tastier and healthier.

If you cannot remember to include water in your diet or cannot remember to drink some from time to time, you can download smartphone apps that can remind you to drink water. Most of these apps are free, and they can track how much water you have drunk throughout the day and how much more is necessary for a healthy body.

Consuming an adequate amount of water can help you keep your skin blemish-free and clear. It can also provide your skin with a never before glow. It is also necessary to keep your hair smooth, soft and shiny.

Eat in moderation

There is absolutely nothing wrong with enjoying food. You don't have to deprive yourself in order to stay healthy. You can enjoy your meals and still make smart choices for nutrition and fuel. Don't hate eating, and don't beat yourself up every time you have a craving for a particular dish. Food is good as long as you eat smart.

Try to choose quality over quantity so that you will be more easily satisfied. In effect, you won't find yourself overeating because you are not happy with what you is being served to you. When you are satisfied, there are less chances of binge eating as soon as you get the chance. You won't find yourself with a craving for sweets or junk food after eating salad for lunch.

It's okay to eat, and it's okay to be more discriminating about taste. In fact, you will be able to keep your body healthier if you know how to make wise food choices that will actually satisfy you. You really don't need to eat a lot. You just need to eat enough to give our body what it needs and to satisfy your palette. It



is possible to find foods that are delicious and nutritious enough to satisfy you in every way.

Eat food rich in anti-oxidants

There are actually foods which can help slow down or counter the aging process. They will help your body function better and it will also keep you young-looking. You don't need to spend much in order to acquire these foods. In fact, they are probably available in groceries and supermarkets in your area.

Try eating foods that are rich in anti-oxidants because they are known to slow down aging. They protect the body from free radicals which cause damage to body cells. Free radicals are known to cause certain deadly diseases like cancer, Alzheimer's and other immune-system related illnesses.

Berries are examples of food that are rich in anti-oxidants. Go for the darker berries because they are known to contain more anti-oxidants. Berries are associated with improved memory; they are also great for preventing urinary tract infection.

Dark chocolates (in moderation) are also good for you! Cocoa beans are filled with anti-oxidants, and dark chocolates are the best because they have not gone through extreme chemical processing which could strip away anti-oxidant flavonoids.

Enjoy your meals

Many of us have a lot of responsibilities, and so we often just eat to keep our bodies energized. It is not uncommon to see working professionals run around trains while biting on energy bars. There are also those who eat in front of their desktops or during meetings. How are you supposed to feel satisfied if you can't even sit down and enjoy a good meal?

Take time to eat well and appreciate your food. It would be best if you can sit around a table and enjoy casual conversation with the people you are eating with. Use your lunch time to catch up with your colleagues about things other than work. Use dinner time to share stories with your family. Enjoying your meals will give you a chance to have a much healthier relationship with food. In effect, you will be inspired to make healthier choices that will keep you feeling young and healthy.

Buy and Eat Organic

Though often looked down upon as a fad diet, it has been proven multiple times that organic foods are far better for your overall mental and physical health, as



compared to the other form of foods that are available on the market. Instead of using foods that have been grown using harmful pesticides and fertilizers, try to buy and eat healthy.

Quite often organic and non-organic foods both taste the same. However, remember, even if you cannot taste the chemicals, they can still cause a variety of health problems. These chemicals cannot be washed away. These chemicals are harmful to skin, hair and overall health, hence, try to eat organic as much as you can.

Eat Blueberries

Blueberries are considered to be highly popular and strong ‘Superfood’ as they contain a significant amount of resveratrol. This antioxidant is a highly potent body chemical that is an excellent immunity booster. It is also known to fight cancer. With this, it is known to slow the aging process while lowering blood sugar levels too. Chocolate and wine are also rich sources of the chemical, however as they are not good for health in general and thus they should only be consumed in moderate amounts, for instance, the amount of resveratrol found in half a bottle of red wine can be easily found in a large serving of blueberries.

Make your Diet and Life Colorful

Many dieticians advise making your plate as colorful as possible. This does not refer to the dish’s color but to the amount and variety of foods that you need to eat. Adding different types of fruit and veggies to your meals can help you fight various diseases and disorders. They can also help combat the signs of aging and can keep you young and fit for a long time. Including nuts in your diet can also help you to conquer the signs of aging. Nuts are a rich source of fatty acids and nutrients, and these can boost longevity and health.

Avoid Toxins

As said earlier, toxins and chemicals are extremely harmful to your overall health and body, and hence they should be avoided whenever possible. However, toxins are not only present in our food, but they are found in the atmosphere itself. Hence, it is necessary to protect your skin and hair whenever you go out. Wash your face and hair regularly to avoid toxin



Chapter 3: Supplements



Living in these modern times, it can be very difficult to get all the nutrients from our food. We live in times where eating right has become a chore and we have let ourselves become comfortable eating garbage. While it is always a good idea to get your nutrients directly from food, I realize this is not always possible, which is where supplements come into place. Supplements will help us absorb all the nutrients our body needs to look and feel young and while not necessary they're always a good aid when it comes to staying young.

Calcium

Calcium is a mineral found in several foods such as dairies and works alongside vitamin D to provide the nutrients necessary to create a healthy fat-burning environment. Calcium is normally stored in fat cells and recent studies have found out that the more calcium a fat cell has the more fat that cell will burn in the long term. Calcium also helps reduce the rate of absorption of fat in the GI tract, reducing the amount of excess fat your body will store from fatty foods.

Glucomannan extract

Glucomannan extract is obtained from a south-Asian plant called Konjac which is high in fiber and is considered to be highly effective for diabetes and glucose control, but also offering weight-loss properties. This plant has been for many years an important source of food for Asians and its high levels of fiber help absorb water in the GI tract, reducing the absorption of complex carbohydrates and LDL cholesterol and has been used for many years as a folk remedy for obesity.

B-complex

By getting a B-Complex vitamin you get the full range of vitamin B's including B1, B2, B3, B5, B6, B7, B9, and B12. Keep in mind that unless you have a notable b-vitamin deficiency you should limit the amount of B supplements you ingest. The most important out of all of these is by far B12 which helps bring energy levels up and increases the metabolism rate in your body, aiding with weight loss and fat absorption.

Coenzyme Q10

Hands down one of the best supplements you can get for anti-aging. Normally our bodies produce this coenzyme naturally. Q10 helps our bodies produce ATP or adenosine triphosphate which is the fuel that helps our cells power up. However, as we grow old, our bodies produce less and less of this coenzyme, which then results in some diseases such as Parkinson's, cancer and heart disease.



A recent study has proven that taking Q10 as a supplement reduces the risk of heart disease and it promotes the absorption of antioxidants into the bloodstream. Q10 has also been proven to maintain the levels of sugar in our body low as well as cholesterol.

If you do decide on getting the supplement, be aware that it comes in several forms, from capsules to tablets. I would recommend getting them in gel form if possible as our bodies absorb it faster than capsules.

Aspirin

Believe it or not, one of the best supplements you can take to slow down the effects of time might be right in your bathroom! Aspirin does not only get rid of headache but it is also great for relieving minor pain and to increase blood flow, which is one of the best things you can do to improve your overall health as this will repair cells, improve circulation, improve kidney and liver function and reduce the risk of heart disease and colon cancer by slowing down the development of polyps and other toxins. Take it easy on the aspirin though, as increased doses have been linked with abdominal pain and diarrhea.

Carnitine

Carnitine is a natural nutrient that is produced in the liver and is responsible for turning fat reserves into energy. Carnitine has also been proved to reduced the symptoms if angina by increasing overall circulations and reducing joint pain. Carnitine has also been proved to reduce the risk of suffering from Alzheimer's disease and to improve long-term memory as well as aiding the development of other mental conditions such as dementia or depression. Men will also be happy to know that carnitine increases sperm count and it has been linked with increased levels of testosterone. I recommend taking at least 1 gram of carnitine per day and up to 3 grams for patients who suffer from bad circulation.

Human Growth Hormone

Kind of a touchy subject as most people associate human growth hormone (HGH) with roided bodybuilders or professional athletes. First of all HGH is naturally produced in the body by the pituitary gland, and while it is vital in early development, HGH can greatly help us slow down time in our bodies and help us reverse the effects of aging. Synthetic HGH has been available since the mid 80's and though no official studies have proved the effects of HGH, this hormone is still used by thousands of Americans to heal faster, promote bone density growth and increased levels of testosterone. I encourage anyone



considering HGH as a treatment to check with their physician before taking any drastic decisions.



Chapter 4: Anti-aging Superfoods to your Diet



Do you ever wonder how your life would be like if the fountain of youth was real? If only you could take a sip of its water, you will never have to worry about feeling or looking old ever again. While the fountain remains to be just part of a myth, you can do your part in slowing down the hands of time and getting your youthful energy back. All it takes is the right superfoods and a positive attitude to put you back on the right track.

Olive oil

Olive oil contains polyphenols that can prevent age-related diseases. The monounsaturated fats can lower not just your risk of developing heart disease, but also some certain cancers. The great thing about olive oil is that it is so versatile that you can easily incorporate it in your diet.

Fish

Fish is loaded with omega 3 fats that can also help you fight off heart disease. It prevents cholesterol from building up in the arteries, as well as normalizes heart rhythms. If you have always been a meat lover, it is time to change it up and choose white meat for your dose of protein.

Nuts

Studies show that people who eat nuts live an extra two years longer. Nuts are full of unsaturated fats that give the body its dose of much needed healthy fats. Nuts are also concentrated sources of antioxidants, vitamins and minerals. Next time you get a craving for chips, snack on a pack of nuts instead.

Yogurt

Yogurt is a powerhouse of benefits. Not only does it contain probiotics that gives your body a healthy dose of good bacteria, it is also rich in protein. It makes the perfect workout recovery food, as well as a complete diet food if you are trying to lose some extra weight. Make yogurt your everyday habit and have a cup of the good stuff every morning.

Tofu

Tofu is a low calorie superfood that is also an excellent source of protein and calcium. A serving of tofu can decrease bad cholesterol, alleviate symptoms of menopause and lower the risk of certain cancers. Since tofu is cheap, many vegetarians prefer to use it as their meat substitute. Tofu may be an acquired taste, but the health benefits are definitely worth it.



Chocolate

Chocolate is rich in flavanols, an antioxidant that helps keep blood vessels in top shape. Studies show that moderate consumption can help lower your risk of type 2 diabetes, as well as high blood pressure. If you are going to binge on chocolate, make sure that you choose the dark kind. Who would have thought that this guilty pleasure would be included in this list of anti-aging superfoods?

Coffee

Having a cup of your favorite blend is not just going to give you the energy you need for the day, but it might just save you from an untimely demise. Recent studies show that drinking coffee daily can lower your risks of developing cancer, skin cancer to be exact. You do not have to settle for just one cup because the more you drink, the lower the risk. Always pick caffeinated because decaf will not cut it.

Blueberries

Blueberries contain a potent mix of antioxidants that rejuvenate cells in your body. Eating blueberries regularly can also help you improve memory and reverse signs of aging in the brain. Moderate consumption also regulates blood sugar. If you want to get the most out of blueberries, then buying organic is the best way to go.

Strawberries

Strawberries contain a high level of polyphenols, which can help you reduce your risk of developing cardiovascular diseases. The fiber in strawberries is a great help in keeping your weight in check and at the same time, promoting healthy bowel movements. Strawberries also contain folate, which helps prevent depression. Next time you are feeling low, a bowl of strawberries and cream is all the happiness you need.

Wine

Wine contains a unique compound that slows cellular aging. When consumed in moderation, wine can help your body protect itself against heart disease and memory loss. It can also help your body stabilize sugar levels, in effect preventing diabetes from taking over your lifestyle. With its long list of health benefits, it is no wonder the wine loving French cannot live without their daily dose of this drink.



Chapter 5: Combating the Diseases of Aging



Boosting the Immune System

Health must be protected at all costs. It is one of the most sacred possessions of a person. Boosting the immune system is essential in reducing the risk of getting sick.

There are several ways to boost your immune system. One is to regularly eat protein-rich food. You might be thinking that it is somehow expensive, well yes, in a sense it is but it will be more expensive if you always purchase medicines or even worse, pay for hospital bills. So it is best to eat protein rich food daily to repel bacteria and viruses from entering your body.

Drinking vitamins or eating food which are rich in vitamins is another way. Some people may think that taking vitamins daily is for kids. But on the contrary, everyone needs vitamins to keep the immune system strong and tough as well. You can also eat foods which are rich in Vitamin C, E and A, like vegetables. When you regularly eat nutritious food, then you are assured that you are at a low-risk of getting beat by bacteria and viruses.

Lastly, keep your body fit. You may be thinking that keeping the body fit is tiring. To an extent, it is tiring but the tiring part keeps your body healthy and fit as well. It is a great way of detoxifying the body. Detoxifying is a process of expelling toxins from the body.

So now you know some ways to practice if you want to keep your immune system superior. Don't forget, your immune system is your Aegis from bacteria and viruses. Make sure that you consider those tips to keep your immune system at a high level.

Heal Your Heart

Reversing a heart disease is impossible. However, there are numerous ways to heal a heart that has been experiencing chronic illness over the past years. There are various kinds of treatment available for heart disease. This will depend on the actual situation of the patient and upon the diagnosis of a medical practitioner. People who have heart problems should have a major change in lifestyle. People who are used to drinking alcoholic beverages and smoking should put a stop to this habit. Serious conditions will require taking medicines as prescribed by doctors.

They should be able to get a complete diagnosis before starting any medication. If you already have an underlying medical condition, you can lessen the condition by taking control. Disciplining yourself is important if you want to heal your heart.



Regular diet is the key in achieving this. People should also exercise often and maintain the needed weight according to their age. Getting adequate rest and sleep is also essential if you want to heal your heart and safeguard it from being put to greater risks.

Heart diseases can be controlled. There are many ways to manage the condition of the heart wherein you will be able to endure a repeated heart attack. This will help you improve your chances of living longer even if you have underlying heart problems. Those who have chronic heart diseases can always ask for support from family and friends. This will make them feel a lot better especially in times when they are attacked by the illness. Keeping in close touch with the doctor is essential to safeguard their health condition. Furthermore, patients who have this condition must be in touch with themselves. This include being courageous to face the sickness until complete healing is attained.

Preventing Cancer

Cancer has been one of the leading causes of death worldwide. In fact, as of the latest WHO report, Cancer ranks 7th in the top ten deadliest diseases in 2011 and is found to be more prevalent in high-income countries. Deaths attributed to cancer are mainly due to complications, coupled by the uncertainty of the treatment options available in delivering optimal results. This is the reason why physicians and medical professionals take the time to actively campaign for what they think is the best solution to combat cancer, which is simply cancer prevention.

Cancer is caused by different factors that may be of biological and or environmental in nature.

The following are some simple steps on how to prevent cancer.

1. Check for any family history of cancer.

Family history is very important in order to gauge your risk of developing cancer. Studies have shown that cancer can be brought about by certain mutations in your genes that can be inherited and continually passed on to succeeding generations. Knowledge on your family history is a protective factor in developing cancer for it paves way to early intervention.

2. Watch your weight and the kind of food that you eat.

Obesity has been proven to be one of the factors that pose high risk in developing cancer. Poor diet such as excess red meat and those rich in sugar are proven to increase the risk of developing colon cancer in women. Those rich in



unsaturated fat on the other hand, lead to obesity. It is interesting to note that coffee, despite the claims that it is harmful to the body, is actually a protective agent against liver cancer.

3. Avoid smoking or exposure to smoke.

Exposure to smoke is a risk factor for developing lung cancer.

4. Exercise.

Burning those excess calories actually prevents the deposition of excess fats leading to obesity. The more fit you are, the less chance of being high-risk.

5. Use oral contraceptives.

Contrary to popular belief, there is no clear evidence of developing breast cancer through the use of oral contraceptives. In fact, it is a protective factor against ovarian cancer.

A lot more things could be done in order to prevent cancer but in order to combat this deadly disease effectively and efficiently; people must first be aware. Awareness is the key to prevention. Consult your physician the soonest possible time if you see abrupt changes in your body (e.g. weight loss, skin colour) and get screened.

Eliminating Arthritis

Having a joint disorder like Arthritis could be debilitating to one's daily living. Due to its main symptoms of joint stiffness, pain and swelling, it brings discomfort and immobility for those who have been inflicted by it. Arthritis could be branched out to its three known types: osteoarthritis, the most common in which the cartilage (acts as barrier in preventing the bones from rubbing each other) of the bone goes wear and tear, thereby causing stiffness and pain when moved. Rheumatoid arthritis happens when the synovial fluid, the one that lubricates the joints, is attacked by the own cells of the body, thus manifesting inflammation and pain. Another type is Juvenile Rheumatoid arthritis, which affects children.

Indeed, this type of joint disorder impinges on any age. Though one may not wish for it, there are modalities of treatment or prevention which can be helpful in dealing with the arthritis pain. First to consider is the diet. What you eat is obviously absorbed by your body—your cells, bones, and even your joints. So eat healthy by injecting fruits and vegetables in your meals. Stay away from sugars and fatty foods, and keep the meats and poultry at minimum. Supplement the diet with foods rich in omega-3 and vitamins and minerals.



These groups provide anti-inflammatory properties and promote improved cartilage functions which are essential in fighting arthritis. Green leafy vegetables and sardines are the most common sources of vitamins and minerals and omega-3, respectively.

Another modality in treating arthritis is exercise. It may sound confusing but doctors recommend individuals with arthritis to move around and flex those joints. It is said that exercise helps to stabilize strength, improve joint function and minimize pain. When painful joints are subjected to exercise, blood flow will increase, bringing more the needed nutrients to alleviate the inflammation and discomfort.

Doctors also prescribed medications, particularly the NSAIDs (non-steroidal anti-inflammatory drugs) which is also provides the relief from pain and inflammation.

There are also natural approaches in dealing with the arthritis pain like application of cold compress and splints, massage, acupuncture, and incorporation of spices like ginger and cinnamon in the diet, which proved to have anti-inflammatory properties.

Though arthritis could greatly affect one's daily activities, it just needs cooperation and patience to deal with it. Nevertheless, the said modalities of treatment are verified to heal or at least prevent the stiffness of joints and pain. And with the promotion of such, you could really say that you have gotten away from arthritis—happy and pain-free.

Building Better Bones

With aging, there is the possibility that your body will perform lesser than what you expected, making the daily tasks more difficult for you to accomplish. With this, you may feel your bones getting weaker everyday coupled with painful muscles, and even slower thinking which leads you to the decision of just sitting on a couch and just wait for the time when you can sleep again.

If you feel like having weak bones, there are some things you need to consider in order to somehow gain back even just the 50% of your original bone strength. The first thing you need to do is to take lots of calcium. Dairy products are rich in calcium. If possible, you can drink the pure cow's milk as it is not yet processed, and the nutrients are still there. Cheese can also do big help. Fruits and vegetables can also help in building your bones. It helps the calcium to be more absorbed by the bone marrow. Also it can help you build your resistance. If still you are not aware, frequent getting into sickness can definitely lead you



to weak bones. Always make sure that your calcium deposits in your bones are on its full load. Lastly, perform regular exercises. It will be enough if you will settle with cardiovascular exercises. It does not only allow you to have a better flow of blood, but it also strengthens your muscles, which supports your bones. If the muscles around the bones are strong, there is lesser tendency of having frequent pains on bones. You can also consider taking some calcium supplements.



Chapter 6: A Youthful Mindset



The human mind is more powerful than most of us think. A few years back, conventional medicine believed that the body will inevitably breakdown and experience atrophy as a person ages. However, recent studies show radical new findings. Some researchers discovered that the energy and intelligence of the human mind is so powerful that it can influence the aging process to speed up or slow down. Therefore, aging can be strongly influenced or changed by psychological shifts. A person can practice mental, physical and emotional exercises which will help him or her stay youthful.

This means that we can change and control the way we age. You don't have to be weaker and slower just because that is society's idea of growing old. You can be fifty but feel like you're still in your thirties. By making conscious choices in your way of thinking and behavior, you can paint your own unique picture of what is like to grow old.

Though your body will probably never be just as it was when you were only eighteen years old, it is possible to keep it youthful and healthy. Just remember that it all starts in the mind.

Here are some of the things that you can do to help you have a youthful mind.

Learn something new

Even in old age, it is important to keep your mind and body active. You are never too old to be student. You are never too old to learn something new. When you are learning something new, you keep your brain alert. Keeping your mind working enables you to feel fresh and youthful.

Perhaps there's a skill that you want to learn or an interest that you want to pursue. Go ahead and invest time, money and effort to learn. Don't let your age hold you back. It doesn't matter if you join a class full of college students. So long as you are determined to acquire a new skill, you will absorb that is being taught.

If you don't have money to spend, you can use other means in order to learn. Use the internet. Ask community centers about course that they offer for free. You may also search for a group or organization which welcomes learners who show interest in what they have to teach.

Practice relaxation and meditation techniques

Stress is one of the factors which really speeds up aging. Overanalysing problems and issues will just bring your spirits down and make you look old. There are many different causes of stress nowadays. More often than not, work. Relationships and your own personal life could bring unwanted problems and



issues that have the tendency to speed up the aging process. It is always a good idea to relax and meditate in order to keep your mind at ease.

In a nutshell, accumulated stress will make you feel old faster. You can prevent this by constant and consistent meditation. Internally, meditation will allow you to be more at peace with yourself in spite of the stress that surrounds you. You will find your inner balance which will enable you to handle whatever problems life might throw your way. Meditation is all about knowing how to rest your mind. When your mind is fully rested, it follows that your body will rest better as well.

People who suffer from stress will also likely suffer from a lot of different diseases. Those who are always stressed out might develop hyper tension, heart-diseases, anxiety and other stress-related problems. If you have all these diseases, you will undoubtedly age faster. Your body will feel weak, with no energy and worn out.

Meditation is good for you because you will feel a lot calmer and your body will be energized. Aside from this, your memory will improve and your sense of self will improve. There are numerous benefits that will surely make you feel young, fresh and youthful.

Maintain your curiosity

It is important to keep your childlike wonder that will let you stay interested in the world. Young minds are often very interested in what the world has to offer. Even simple things, like a colorful butterfly or a beautiful flower, are enough to keep them interested. Children are very open and flexible. They see the beauty of the world in all its simplicity. They know how to appreciate what the world has to offer. This keeps them curious and this keeps them learning.

As adults, we tend to get too absorbed with our own responsibilities in the grown-up world. In effect, we tend to become too serious about life. We forget the simple joys of eating good food or making a new friend. These are the things which make children so wonderfully simple to be with.

Get in touch with your inner child. Remember the things that evoke childhood for you. What did you enjoy most back then? Spend time indulging yourself in these activities. Eat ice cream, go to the park, and draw your dream house. Try to actually enjoy what you're doing. Bring back the joys of doing something simple and enjoyable without necessarily having a goal.



Socialize

Isolation and sadness is one of the fastest ways to looking old. You will be unhappy if you feel like you haven't made any genuine connections with anyone. Depression will bring down your spirits. It can even cause you to develop certain diseases like heart attack and cancer.

Do not underestimate the power of social connection. You still need to invest in your relationships. If you truly want to stay youthful, spend time with friends, nurture relationships with your relatives.

Having a strong social circle gives you a lot of people whom you can talk with. You will not feel alone and isolated if you are constantly surrounded by people. Don't think that just because you are old, you can't make friends anymore. No matter what age you are, you always have the chance to make, develop and maintain genuine human connections that will make you happy.

Don't limit your circle to people from your age group. You will be surprised by how refreshing it is to have a friend in the younger generation. It may be in the person of your grandchild or young neighbor - the important thing is that this person can help you connect to the latest trends. It will surely help you understand the modern world in a much more fun and exciting way.

Be kind

Unfortunately, there are people who think that being old gives them the license to do as they please. This includes being rude and impolite, especially to the younger ones. Some older ones shout all the time because they think that it's okay. Keep in mind that no matter how old you are, you should try to always make it a practice to use kind words and to treat people with respect.

Don't fall into the typical stereotype of a grumpy old person with an unpredictable character. Don't make the younger one fear you. Don't make the younger one think that being old gives you the excuse to treat people as you please.

If you are grumpy all the time, you will push people away. It is a sure-fire formula to being alone. Do you really want to spend the rest of your journey without anyone by your side?



Chapter 7: Anti-aging Secrets to Live Longer



Add Life to Your Years

One factor to live longer is to practice the attitude of slowing down. It is very stressful to spend your life on turbo where everything is done fast. Doing things by rushing makes your subconscious think you're in a state of danger, setting yourself for a fight reaction. If you rush around all day long, you cannot relax because you feel impatient and irritated.

Just when these things start to happen, then it's time to slow down gradually. Take a deep breath, relax, and walk around slowly. Train your thoughts and actions to calm down. You will never accomplish things when things are troubling you all the time. Honestly speak to yourself and command your body to take it easy. Most physical sicknesses come from being stressed and losing the right balance of the mind, emotion, and actions. Those who live longer and can extend their lives are those who know how to handle their tasks properly. They give more priority on their health conditions rather than in accomplishing things.

To add more years to live means you don't allow external factors to rob you of your peace and happiness. In contrast, being stressed and rushing your steps will shorten life expectancy, and you only live in misery and unhappiness.

The Raging Hormones

Hormones are chemical signals that keep our body in working order. They regulate a person's metabolism, growth, immune function and reproductive potential. In short, it is impossible to survive without them.

The hormones that a person has will naturally vary as he or she gets older. There are those that will increase, such as the parathyroid hormones that regulate the calcium content of the blood. There are those that will decrease, such as the testosterone and estrogen. A high level of hormone concentration is not necessarily better. This is because the body must strike a delicate balance between how much hormone is produced, and how much is needed in order to function. Therefore, doctors try to suppress these hormones before they have adverse effects to the body.

In the same way, lower concentrations of hormones may be detrimental to the body. Because of this fact, doctors prescribe supplementary hormones in order to elevate the concentration of these hormones to youthful levels. However, taking too much supplements is also damaging to the body.



As mentioned above, the body must strike a delicate balance between how much it produces and how much it needs. Therefore, hormone therapy should only be attempted when the concentration of hormones is too far off the normal level.

Shake that Body

There was a period when Tae Bo and ballroom dancing became very popular. The former is a workout regimen that has been derived from taekwondo and boxing.

Aerobic exercises and dancing were also incorporated to appeal to people of different sex and age levels. Aside from developing rhythm through the dance motions, the hybrid workout provides flexibility, cardiovascular workout, muscular endurance, and strength. Nonetheless, the workout is not intended for self-defence or a form of martial arts. Throws, grappling and ground fighting are not included in the workout.

From a type of social dancing, ballroom dancing became a competitive dance style. Apart from achieving fitness and relaxation, dancers can join various dancing competitions being held in many venues. Dancing promotes flexibility, rhythm, and cardiovascular fitness. In terms, of health benefits, Tae Bo and ballroom dancing have a lot in common. People who decide to take up one of these workout regimens have the chance to shake their body. This enables them to keep their body in tiptop shape with high level of fitness. Moreover, engaging in these kinds of activities do not cost much, and no fitness equipment is needed. The crucial part of these activities is the body that is willing to move and sweat out.

Prioritizing Yourself

Knowing how to prioritize yourself as well as to find time to reach your goals is important to be successful. Staying on the right direction and maintaining drive can be challenging when trying to develop a new habit. However, the rewards will be for your own good. Every good thing in your life follows, if you know how to prioritize yourself. When life's activities make you occupied, self-care, personal priorities, or "my own time" may begin to get out of your sight. Lots of busy, smart persons get caught in a mind-set deception. They believe that it is self-centeredness to care for one's self as well as to buy something that is luxurious.

Keep in mind that the way how you treat yourself really matters. It affects your sleeping, eating, and all your activities. It's not a joke having emotional eating with all the stress and sort of complicated things pressuring your life. How you



prioritize your personal needs affect your goals in life and how you can achieve them.

When you put yourself beneath your list of priorities, it shows up on how you deal with others. In fact, taking good care of yourself is neither selfishness nor luxury. Giving something enough for yourself allows your life to work smoothly and bring out the best in you. You will draw more strength and positive view of life only after you have spent time for yourself and your needs.

You Are What You Think

Over the next ten years, science will be providing us lots of things to ponder on, with reprogramming, cloning, neuron replacement, antioxidants, melatonin, hormone, and DHEA; it is essential to keep in touch with what is going on all over the globe.

Here are some of the things that you need to know in order to slow down your biological clocks:

- 1.Explore the benefits of cosmetic surgery.
- 2.Consult your doctor regularly.
- 3.Control your destiny.



Conclusion

Anti Aging is all about looking good, feeling good and being good to others and ourselves. We can stay young only if we are not lazy taking good care of our face, body, and mind.

With the help of a good anti-aging regime, we can regenerate the cells, rejuvenate the body and repair aged and damaged cells. Your skin is like a garden take Special care of your skin in the face and body and you will see results over the years compared to those who don't do anything. If we keep our skin looking fresh it will reflect on how we feel about ourselves. Invest in active and professional cosmetics to preserve your skin. Never neglect yourself and always look for your face and body they are always with you till the end of your day's and you can't replace them, not in the near future.

Fill your heart with love and forgive yourself even when you are mistaken, when you learn to forgive yourself and others you have more love energy and this is the way of feeling happy and young.

Anti-aging is about looking good and especially feeling good so go do good for your self and for others.

It is necessary to understand that no human being lives forever. However, it is possible to delay the inevitable and increase longevity. It is also possible to look beautiful and blemish-free throughout your life if you are ready to take proper care of your mental and physical health.

Remember, no amount of artificial products and chemicals can make you look young and pretty for a long time. Most of these are temporary solutions that last only for a short period. When this time runs out, these products often cause various side effects that can even destroy your natural beauty and make you look even older.

Hence, it is necessary to use natural products only. Natural products cannot only help you look young, but they can also help you to keep this youthful appearance for a long time. This book is full of such natural remedies that can be used to look good and young.

Although the recipes and products mentioned in this book are natural and relatively harmless, it is still necessary to talk to your physician before using any of these products. You may have some undiscovered allergy that might get



triggered from any of the above ingredients. It is therefore important to be very careful.