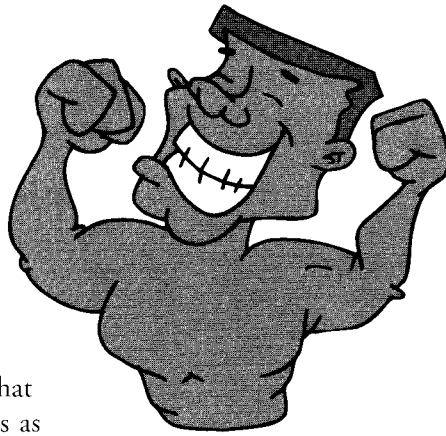


Five Secrets to Feeling Younger, Healthier and More Energetic



In modern society, we almost take it for granted that we're going to develop chronic, degenerative diseases as we age. For years, we've been told that we're seeing more arthritis, diabetes, cancer and heart disease because we're living longer and that these are just the diseases of old age.

Well, it simply isn't true! And here's why

First of all, these diseases were very uncommon in many traditional cultures, even in the elderly. Second, more and more young people are falling prey to these diseases, suggesting that they aren't a factor of aging at all. Third, there is a lot of evidence suggesting that these diseases are caused by factors present in the modern civilized society in which we live.

The truth is, these diseases can be prevented, and in many cases reversed, by adopting a healthier lifestyle. In other words, because the causes of these diseases are problems created by modern civilization, all we have to do is identify the factors in modern civilization and change our lifestyle to avoid them.

For starters, we know that people aging in Western society tend to develop some common underlying factors that lead to chronic and degenerative disease. These include *increased* cellular resistance to insulin, systolic blood pressure, percentage of body fat and hormonal imbalances. Other factors associated with aging are *decreased* strength, muscle mass, immune function and hormone output. Linked with these factors are free radical damage and chronic inflammation, metabolic syndrome (also known as syndrome X or hyperinsulinemia), and chronic stress. These are the underlying factors that contribute to cancer, heart disease, diabetes and other diseases associated with aging.

So, if we want to stay healthy as we get older, we need to accomplish the following:

1. Decrease insulin resistance and blood pressure
2. Reduce body fat and increase muscle mass
3. Improve immune function and reduce inflammation and free radical damage
4. Improve hormonal balance and function and reduce stress

These goals are achievable. And with the following five tips you can feel younger, healthier and more energetic.

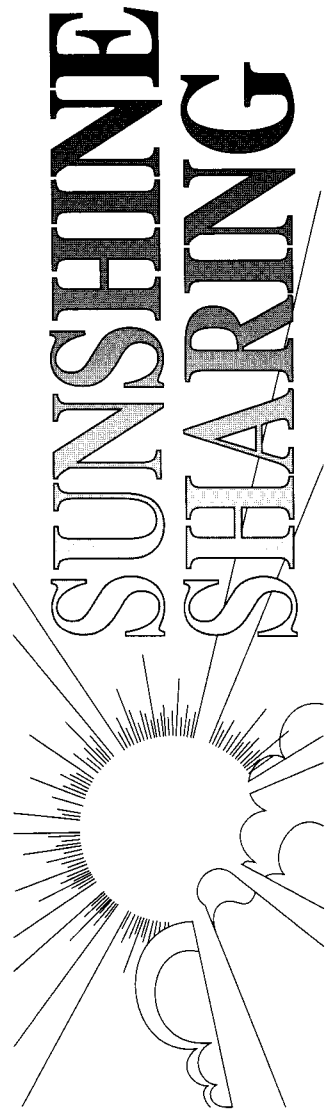
Anti-Aging Secret #1 — Avoid Processed and Refined Foods

Want to live a longer and healthier life? Want to have more energy? Want to reduce your risk of cardiovascular disease? Want to have a better mood, feel less stressed and happier? All you have to do is cut two things out of your diet—all refined sugars and all processed fats. Okay, it's easier said than done because food manufacturers have put these simple sugars and altered fats into just about every processed food in the marketplace.

So, just avoid eating refined and processed foods as much as you can. You'll be avoiding a lot of chemicals in the process (Secret #3), too.

If you're craving sugar, it's because you aren't getting enough fat and protein in your diet. Increase the amount of good fats you're eating (in fact, start each meal with a little good fat)

More secrets inside....



Important Notice

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