

5 Secrets to Feeling Younger...

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and the sugar cravings will go away, you'll have more energy and you'll probably start losing weight, too.

Fats have gotten a really bum rap in modern nutrition and are wrongly blamed for causing chronic and degenerative disease. This simply isn't true. You need good quality fats to

stay young and healthy. What you want to eliminate is processed fats—margarine, shortening, fried foods (especially from fast food chains) and partially hydrogenated vegetable oils. Instead, eat real butter (preferably organic), olive oil, flax seed oil, coconut oil, nuts and avocados to get the fats you need.

To satisfy your sweet tooth naturally, use natural sugars as an alternative, such as tree-ripened fruits and berries, freeze-dried sugar cane juice, real maple syrup, raw honey, agave nectar and brown rice syrup. However, even these natural sugars can be done to excess, so you may need a sugar substitute. If you need an alternative to sugar, don't turn to artificial sweeteners—use **stevia** or **xylitol** products instead.

Glycoessentials will supply your body with the right kinds of natural sugars the body needs for good health, which can also help reduce sugar cravings. **Licorice Root** or **ginseng** will help to balance blood sugar levels and reduce sugar cravings, too.

Anti-Aging Secret #2— Focus on Being Healthy

Experts in the human potential movement tell us that we tend to bring into being what we focus on. Most of us spend a lot of time focusing on what we don't want and thus, we are constantly creating more of what we don't want.

This is especially true of health care. Most of us think about health care in terms of "curing" diseases. Because the focus is on disease, we never really get well. If you turn your focus away from "What can I do to cure such and such problem?" to "What can I do to be healthy?" it will shift your focus and start you on the real path to better health and a longer life.

If you need help adjusting your focus, get some books, audio tapes or DVDs on positive thinking to help you.

Anti-Aging Secret #3—Avoid Chemicals

The toxic chemicals we are exposed to in modern society are a major factor in the development of heart disease, cancer, brain disorders like Alzheimer's and Parkinson's and auto-immune disorders, including rheumatoid arthritis. We get these chemicals from a variety of sources, including food additives and pesticide residues in food, household cleaning products and furnishings (carpets, upholstery, etc.), air pollution, water pollution and personal care products (soaps, shampoos, cosmetics, etc.)

We can't live in a glass bubble, so it's pretty much impossible to eliminate all chemical exposure, but we can reduce it as much

as possible. Use natural cleaning products and personal care products and buy organic food or food raised without pesticides and chemicals. It's also a good idea to filter the water you drink. A **Nature's Spring Reverse Osmosis** unit will make great tasting, clean water for pennies a gallon.

Anti-Aging Secret #4—Exercise Regularly

Regular exercise, even something as simple as walking, can decrease insulin resistance, improve muscle tone and burn body fat, reduce stress, elevate mood and tone your cardiovascular system. So, turn off the TV, get out of the chair and get moving. To move is to live; to sit still is to slowly die!

Anti-Aging Secret #5—Take Your Tonics

A tonic is an herb that improves the general "tone" (structure and function) of the body. In many cultures, tonics have been and continue to be taken regularly by elderly people to help keep them healthy. In general, tonics have the following properties.

1. They enhance immune function.
2. They boost energy levels and balance blood sugar.
3. They improve glandular and organ function.
4. They decrease fat deposition and improve muscle tone.
5. Some tonics are also adaptagens, meaning they help counteract the effects of stress.

In short, tonic herbs have the capacity to counteract many of the aging factors discussed on page one. They do something that drugs and medications can't do—they restore and normalize body function when the system is getting weaker.

So, if you're starting to "feel your age," put these five secrets to work for you. You'll be pleasantly surprised at how much younger you can feel when you're taking good care of yourself.



Ginseng: "King of Tonics"

In Chinese medicine, ginseng is considered the "king of tonics." It was first written about over 2,000 years ago and is taken by millions of Chinese as they get older to counteract the effects of aging. Research has confirmed many of its benefits.

Ginseng is known to increase energy, stamina and endurance. It improves mental and physical performance, including memory and reaction time. It does not interfere with sleep the way caffeine does because it does not act as a stimulant.

Ginseng balances blood sugar and counteracts cellular resistance to insulin and diabetes. It lessens anxiety due to stress, enhances mood and has an adaptagenic effect. It aids blood circulation to the heart, lowers cholesterol and has a beneficial effect in congestive heart failure. Ginseng can also help menopausal symptoms, including vaginal atrophy.

It doesn't take much to get the benefits of ginseng. Just one capsule per day is sufficient to increase energy, improve reactions to stress and improve general health. Ginseng is not recommended for children or teenagers.