

## **The Secrets to a Long Healthy Life**

**Does the thought of living to 100 or older seem unrealistic to you? Perhaps it might because not too long ago, the average age was 47. There are now 61,000 members of the 100+ population in the US, where it has been estimated that by the year 2020 there will be 100,000 of these long lived folks.**

**These longevity champions die of old age. What a concept. Many of us take it for granted that death is associated with illness or aging or both. As we are discovering, age associated maladies can be prevented. Unfortunately, the standard American diet is actually causing many diseases because it taxes the body to such extremes. Also, a great many of the 100 year and older crowd don't go to doctors very often.**

**Scientists today have found the key to prolong your life. They have discovered that youth potions are right in you your vitamins. If it sounds impossible, let's use Dr. Linus Pauling, for example, who lived to age 93. He attributed his long life because of this consumption of large doses of Vitamin C. He believed that you took from 3,000 to 12,000 milligrams of Vitamin C daily you could extend your life up to 18 years.**

**Consider the increase in disease these past few years. According to studies on health, there are five major causes of disease.**

- 1) Too many toxins in the body.**
- 2) Nutritional deficiencies.**
- 3) Exposure to chemicals.**
- 4) Environmental Pollutants.**
- 5) Stress.**

**Any trauma or life transitions are stressful and if not handled correctly can lead to serious illness. Stress management is of utmost importance. There are many tools to handle stress such as Bodywork; Spiritual beliefs and practices, relaxation with healing music, Yoga, Exercise, and Meditation along with the clearing of negative thoughts.**

**Now to eliminate as many toxins as possible it is important to cleanse your system. Ideally, one should cleanse with the changing of the seasons. It is best to consult a healthcare practitioner to find which is best suited for you.**

**The real causes of aging lie deep in the molecular biology of individual cells. Aging occurs when cells are permanently damaged by continual attacks from chemical particles called free radicals. The cellular damage accumulates over the years to the point of destruction. So to destroy free radicals and postpone aging, using Anti-oxidant vitamins are quite beneficial. Your best choices would be Vitamin E, C, Beta Carotene, Co-enzyme Q-10, Selenium, Zinc and Magnesium. We also recommend an excellent product called Fortril B12 by Standard Process Labs. A "Cap Monroe"**

**from Florida lived to 135 with this product!**

**Studies have also shown a great influence in life span has resulted in taking glandulars. Glandulars provide the body with exact nutrients needed for a specific organ. They contain extracts of bovine or porcine tissues, supporting various organs such as thyroid, adrenal, pancreas or thymus. They do a miraculous job of enhancing cells and tissues to get enough of the cellular reproduction and repair while consuming less animal food. Animal food for the most part has high serum cholesterol. If you do eat animal food, eat organic- the cholesterol content is much lower. Vegetarians age more slowly because they take in lower amounts of dangerous fats so they have lower cholesterol and blood pressure and experience fewer heart attacks and cancers.**

**The ideal diet for living a long healthy life would costs of 50% fresh fruits and vegetables. Fruits are best digest and assimilated in the morning. Vegetables should be raw or lightly steamed. Two or 3 times a week you should eat fatty fish containing omega 3 oils. They are mackerel, anchovies, herring, salmon, sardines, tuna and sablefish. If you don't eat fish you make take your oil in capsules Other foods that are beneficial are soy foods such as Tofu and Tempeh. They have been known to prevent cancer. Complex Carbohydrates are best found in Brown Rice, Kamut, Buckwheat, Quinoa and Millet should be first choices.**

**Major depression and even suicides are common among the elderly. Some of them are simply depressed about being old and some are lonely. A good circle of friends and an active social life is part of an emotional maintenance plan which will keep your spirits up. It was found that hear attacks were kept at a minimum for those who had enough companionship, one of the key examples of the effect our emotions have on our physical being.**

**Keeping your mind active is vital. Taking classes, reading books, watch educational or humorous programs or writing in a journal. I know a gentleman in NYC who owned a fashion design school. He continued to teach classes at age 90. He was very cheerful and positive all the time. He said keeping busy was what kept him youthful.**

**Physical decline that older people suffer from is not using their bodies. A suitable exercise program to keep healthy and your body looking good is vital to anti-aging. Walking for 20 minutes per day has enormous benefits. Yoga and Tai-Chi help to integrate body, mind and spirit: swimming gives the whole body a chance to work itself. Choose those exercise that you like the best. Find a friend or two with whom you can share the joy of physical activity-and laugh a lot while you are doing it.**

**You can't live forever but you can take action to help yourself and look your very best no matter what your age. Don't worry about aging-"worry makes it worse". Following some of the suggestions here help you discover a whole new definition of aging. Or, some to prefer to call it, "youthing". Yes, our mindset translates into our physical well-being. Stay happy, connected and active.**

**Some Recommended Reading:**

**Dr. Sherry Rogers – "Detoxify or Die"  
"The Blood Pressure Hoax"  
"The Cholesterol Hoax"**

**Deepak Chopra – "Ageless Body, Timeless Mind"**