

# *Natural Anti Aging*



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# Disclaimer

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Readers should consult with their doctor or health professional related to any matter of their health and well being.

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# Anti Aging Tips

Most of us would love to feel and look better. Imagine what it would be like if we were ten years younger.

The truth is you can't technically turn back the years but you can make improvements in your life that will create a more youthful and energetic you. If you really want to then yes, you can change yourself enough that you and others will notice the improvements.



Here are some ways that you can do this listed below. We will go into detail about these further into this report.

- Diet
- Exercise
- Emotions and Mental Outlook
- Supplements
- Alternative Therapies

Prevention is very important so start now. If you have been abusing yourself for years don't worry. You can still produce great improvements if you decide to use these ideas.

I hope that you will consider these ideas and start making decisions to be happier and healthier by taking action.

Lambert

## Diet or Lifestyle Changes

What did you have for breakfast today? Was it a donut, pop tart or maybe nothing? If so then you are starting the day on the wrong foot. Junk food is just that, junk. Why would you put junk in your body?

You have heard the saying “Breakfast is the most important meal of the day”. Its true. If you break the word down, “Break-Fast”, you will understand that your body has been fasting while you sleep, repairing your body and mind, rebuilding muscles and now you need to add nourishment to start the day right.

If you eat a good breakfast then you start the day off better. You will have the edge. The day will be enjoyable and you will feel better.



What kind of food should you eat? Think natural. Don't eat processed and junk food. Eat delicious, natural and fresh whenever possible.

If it comes in a package then consider reducing the amount that you eat.

Fresh fruit, vegetables, beans, nuts and other health foods are what you should strive for. Those are the ones that will give your body the fuel it needs to do the many task that are required of you each day.

A healthy lifestyle will let you do more and improve your life, while you increase your happiness as well.

Will it be tough? Sure, at first, but are you worth it? Of course you are. These changes will become easier every day. After about three weeks they will become natural to you. The changes in your energy and mood will be apparent and you will wonder why you haven't done this before.

What if you decide not to make improvements to your diet? How will you feel a month from now? Probably like you do now.

How about if you decide to invest in yourself and make some changes starting today?

Imagine seeing yourself a month from now. Looking more slender, fit, glowing with more energy. A smile on your face and really enjoying life again. That's the mood and the life you want right?

So let's get started by changing your eating habits today. Scientist say that if you make changes that they become habits in 21 days.

Here's more. Sugar can be very detrimental to you health. Both your body and brain. Here's the scary part. Too much sugar can cause memory loss.

Take a look at a recent entry in [ThinkHealthyBlog.com](http://ThinkHealthyBlog.com)

[Or Just read it on the following page...](#)

## **Recent studies find that excess sugar can affect your brain causing memory loss and Alzheimer's.**

Too many sodas, donuts, pop tarts or whatever sugary mix you are eating could be destroying your mind's thinking capacity.

Studies were performed on mice and humans. Sugar fed mice gained 17% more fat and their brains showed evidence of Alzheimer's disease more than the control mice.

The "Sugar Mice" performed worst on the test and had twice the amount of plaque deposits.

There seems to be a link to diabetes as well. Although its not completely understood. But it seems that common sense says its sugar and insulin

A Swedish study reports that humans with borderline diabetes have 70% increased risk of developing dementia.

They believe that tight control of blood sugar may reduce Alzheimer's risk.

The aging process results from the toxic reaction of free radicals. So eat your fresh produce and cut back on processed foods.

You combat free radicals with antioxidants. So give yourself a fighting chance.

So you see that its very important to control your blood sugar levels. Have a check up and stop over dosing on sugar.

Many sugar substitutes are just as bad as sugar but for other reasons that is an article in itself.

We do need some sugars but these are easily attained by eating a healthy diet.

Studies have shown that rising blood sugar levels target the part of the brain that controls memory.

Now you have another reason to live healthy. To save your sanity. BTW exercise lowers blood sugar levels. So get moving!

In the next section you will discover how walking and gardening can help make you fit.

# Enjoy Yourself As You Exercise And Get Fit

People were designed to perform physical exercise. Today we have so many conveniences that many of us are in conflict with nature. Through most of history humans had to walk, run and toil just to survive.

Hunting, fishing, searching and escaping were things our ancestors needed to do to live. Today we rarely need to do any of those things.

We are lucky right? Well yes and no.

Most of us don't get the exercise we require. Even at the gym it's not a natural form of exercise.

We are lucky enough to be able to choose the way we exercise. We just have to make some choices.

Almost everyone can walk. So if you are really unfit start there. Walk in places you enjoy like your yard, a park or someplace else.

If you love sports then that's a great option, although you have to protect yourself from injuries.

Working in the yard is another way to gain your health and stamina.

If you enjoy gardening then that will hardly seem like you are exercising, but you still gain the benefits.

The bottom line is that you should find something you take pleasure in and will give you some form of exercise. If you enjoy it then you will keep doing it.



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