



THE BIGGEST HEALTH SECRET OF ALL

**The Number One Key To Super Health That
99.9% Of Doctors WON'T Tell You About**



CAROLYN HANSEN



About Carolyn Hansen

Carolyn Hansen is a noted Holistic Health and Wellness Coach who hails from Whangarei, New Zealand where she owns an Anytime Fitness Gym. She has gained a reputation online as an authority on health, exercise and weight loss matters and is the author of several thousand health and fitness articles along with eBooks and programs that can be found [here](#).



She has devoted more than three decades to the fitness industry, both offline and online, teaching people the simple secrets to getting into better shape, losing weight, and improving health.

Her main goal is to change the paradigm of health care from sickness care to wellness care and will be showing people how to live longer, healthier lives while avoiding the many mistaken beliefs and practices that diminish health and longevity.

She will encourage you to become stronger and stay that way through each decade of your life, maintain your health, wellness and vitality and to ensure your “health span” matches your “life span”.

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Introduction

Hi there, my name is Carolyn Hansen and in this eBook I am going to tell you about a subject that I find enormously interesting. In fact, it's a subject that I think gets the attention of MOST people.

Despite the fact that the prospect may seem unlikely to you right at this moment, nonetheless I am going to tell you how to wind back your biological clock and promote natural and ongoing self-healing within your body. I'm going to share with you several strategies that will have your body functioning as though you were at least 10 years YOUNGER.

Odds are you are reading right now because you feel the title of my eBook resonates with you – in all likelihood because recently you looked back and realized that not too long ago you were slim, you felt strong, and you considered yourself to be in great shape.

Lately, however, you've begun to notice that things are changing. In the way you feel and particularly in the shape of your body which you simply cannot hide from others. This has been going on for years, but now you are finding it increasingly difficult to ignore. Day by day it is becoming increasingly apparent that your youthfulness is beginning to slip away...

You may also be feeling a bit threatened by the noticeable degree that people around us seem to be getting sick more often. Seriously sick. I know when I read my local newspaper I am shocked at the young ages of the people in the death notices. Not only is it happening in our towns, cities and communities it is often happening in our families with loved ones being taken well before their time.

Obviously to protect ourselves we need our self-healing mechanism functioning at its very best. We need to be confident that it will protect us as we move through adult life.



So this eBook is based around building those self-healing systems as well as we can so we don't become another statistic.

First, there is GOOD news, because if there was no loss of your youthfulness you might as well stop reading now, right? Luckily there is no need for that.

That is because self-healing, youthfulness and physical decline (they are all closely related) is NOT inevitable. Even if you are getting on in years the reality is that you DO have the power to make major positive changes that can significantly improve the quality and quantity of your life.

This is true no matter how old you may be.

The changes I'm talking about in NO WAY require you to take any kind of age-defying drugs, get hormone replacement shots, or work your way through an array of "vitality supplements". Nor do you need to subject yourself to any unnecessary medical procedures.

The changes I'm talking about can be accomplished with natural, non-invasive strategies that are always 100 percent under your control.

I scarcely need to point out that you cannot change your literal chronological age. You know this. However, when it comes to your youthfulness, health and vitality, you DO have the power to turn back the clock 10-20 years or more. In a very real sense you can go from being 40 or 50 years "old" to 40 or 50 years "YOUNG".



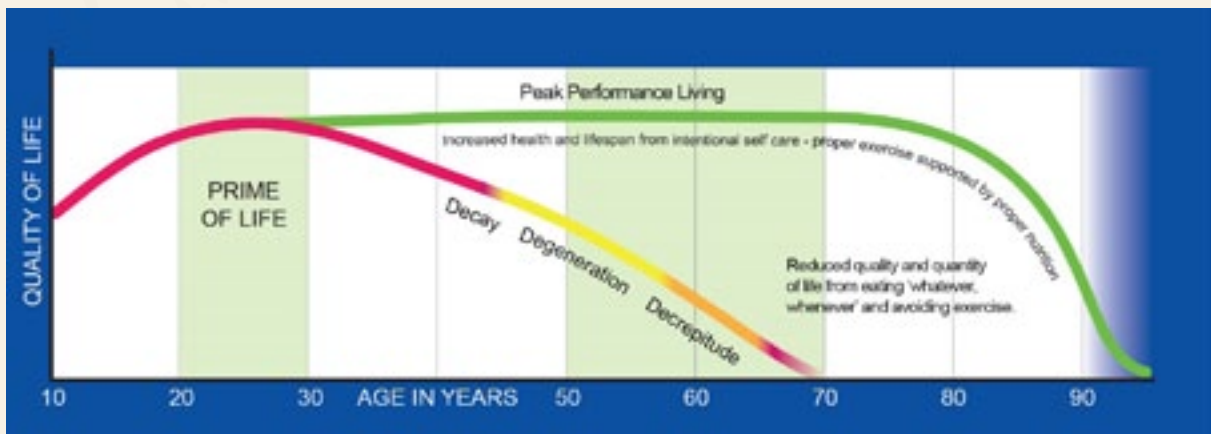


To me this is immensely appealing. Think of it this way. You can have the benefit of all your years of life experience while also enjoying the privilege of living out the rest of your days in a much younger and healthier body than your calendar age.

Your reward for being fit and healthy is that each and every hour of the day you get to enjoy the freedoms of a body that won't hold you back simply because you are getting older.

Life is about choices. If you choose to "let nature take its course" you will find each passing year brings another inch or so on your waist, and a little higher blood pressure your mind doesn't seem to be as sharp. You develop some nagging aches and pains that never seem to go away. Your energy level seems to be half of what it was only a few years ago. You start feeling and looking "old before your time". This is not at all what you want to have happening to you.

Take a look at this graph. You can see by the red line what will happen if you do nothing but let nature take its course. I don't want this for myself and I certainly don't want it for you.



Now look at the green line. Just look at the difference. Years (even decades) of peak performance living. Imagine what you could do with those years. You could spend that time with family, travel and explore the world or start a new career hobby or sport. The possibilities are exciting and endless.



Suppose that instead of feeling and looking worse each year, you could actually feel stronger, slimmer, younger and in better shape than you ever imagined possible.

Deep down you know that if you don't start taking good care of yourself NOW, your body is going to decline much more quickly than you would like. You will literally become "old before your time".

Well fooley to that!

I'm here to show you how to literally "turn back the clock"... by activating the self-healing hormones in your body by literally flicking the switch to turn them on and keep that switch on.

This could mean that you will not fully go on to develop diseases and conditions that may right now be shouldering away inside you. Sometimes these things can take decades to show themselves so if we nip them in the bud by activating your self-healing processes you will never have to endure the heart break of common "lifestyle diseases" like heart disease, cancer or diabetes or any one of hundreds of other conditions that if we get will make life a "living hell"!

The alternate is to build a "strong, disease resistant body" which has the power to turn your life into whatever you would like it to be.

It does seem strange to me that people will resort to spending tens of thousands on cosmetic surgery yet turn up their noses to a lifestyle that would give them disease protection and youthfulness automatically and with minimum cost.

Trying to "refurbish" the outer layers of your body while ignoring what is going on inside you is a big mistake. Not only is it rather pointless, as the spiral of health decline really starts on the inside of your body, but it can be an expensive mistake too.

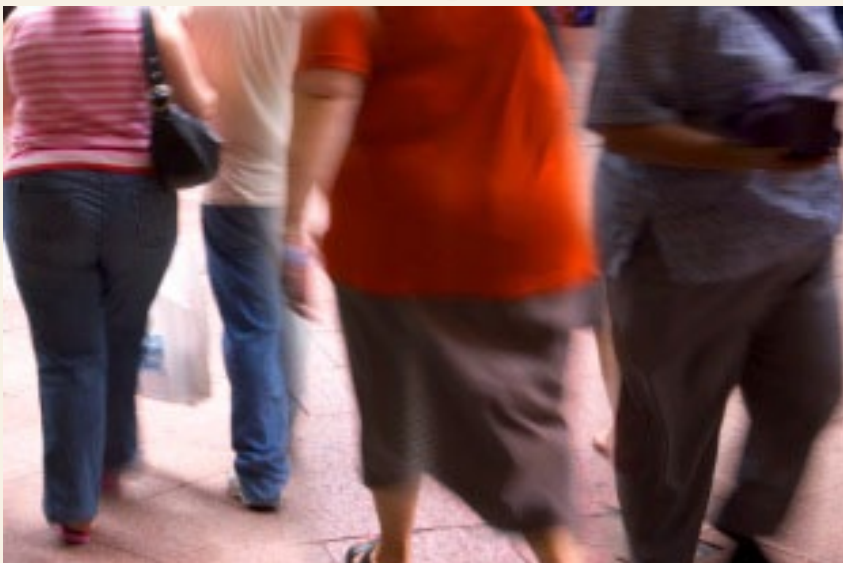


The body's health (or unhealthiness) status takes place along several pathways, all of which operate from the inside out. Some basic lifestyle tweaks can help boost or reduce these processes and they have a noticeable effect at cellular level. And the same habits that can improve your "outer" appearance also help keep serious illnesses like heart disease and cancer at bay. The result? A longer, better life, which can be enjoyed in a younger, healthier body.

As you will see, simply modifying your lifestyle - from the type of exercise you do to the foods you choose to eat - will provide amazing anti-aging and disease resisting benefits which are also relatively inexpensive to implement.

Along with that younger body, the greatest benefit offer by the wellness/self-healing lifestyle is that it literally prevents and reverses disease. It is not about chasing down symptoms with the latest drugs or natural remedies. It is about living a life that naturally produces abundant health and radiant energy and youth!

Unfortunately, the world today seems to be suffering an epidemic of unfit and overweight people who are used to eating whatever, whenever. They also avoid exercise, having been brought up in the fast-paced, fast-food lifestyle - a lifestyle that accelerates premature aging.





How motivated would you be to forgo fast foods, forgo processed foods, and take up regular exercise, if you knew that altering your lifestyle this way could not only heal and keep healing your body and cells from the inside out?

I'm guessing VERY motivated.

Exercise Is Medicine -The All-Natural, No Pill Prescription for Better Health and a Longer Life

Prevent, improve or solve almost any health issue

We could safely say pretty much everyone wants to lose weight, feel better and live longer. People have spent decades waiting for a miracle pill to let them do just that. But what if that miracle drug already existed? And what if those results were just the beginning?

Imagine a medicine – a wonder drug, really – that can prevent disease by up to 80 percent, including heart disease, reversing type 2 diabetes, preventing and combating cancer as well as improving depression, and has incredible results boosting low energy, enhancing sleep quality, battling osteoarthritis, erectile dysfunction, and even PMS symptoms.

And what if the list of potential side effects read like this: Improved blood sugar regulation, healthy weight loss, lower blood pressure and cholesterol, improved mood, stronger muscles, thicker bones, better circulation, increased flexibility, better coordination and an ability to function day to day at a higher level and for a longer time?

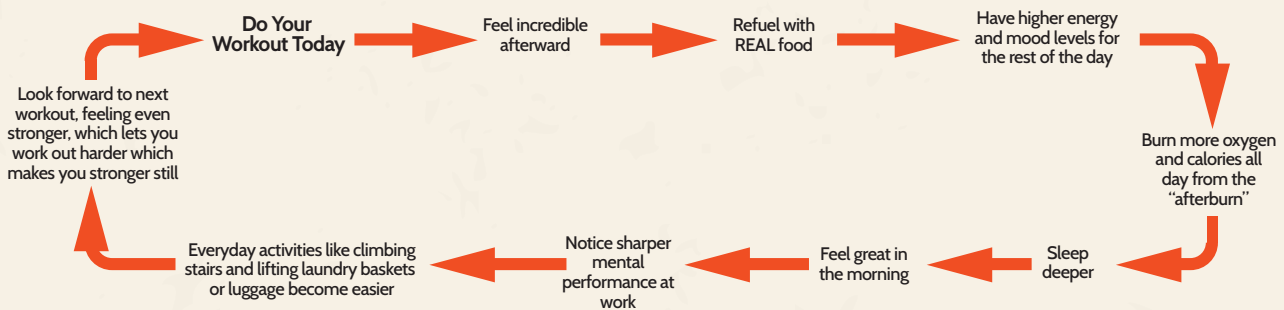
If this wonder drug existed, you'd take it wouldn't you?

Well, it does exist, and you can take it, starting today.



Research has proven, time after time that EXERCISE IS MEDICINE. It has real, measurable and lasting positive effects of almost every health issue. All you need to do is take the right dose, at the right time to benefit from the world's most effective medicine. It can give strength to the weak, energy to the tired, health to the sick and youthfulness to older people.

It is so powerful it can set a cycle in motion that builds and builds on itself in a self-perpetuating loop. Start with "Do Your Workout Today!" and follow the arrows to see how your life will change for the better – all from an exercise session.



"Take care of your body, then the rest will automatically become stronger!"

The Simple Self-Test you need to take right now

Brazilian researchers figured this one out, and I think every doctor should give this test to every patient. If anything, it will open everyone's eyes to the importance of regular proper exercise.

Here's what to do. Sit on the floor, Indian style is good. Now: Stand up.



Do so without worrying about speed, and do so with the absolute minimum help you need (whether it coming from using hands, another person, a wall or furniture).

That's it. That's the test. What does it prove?

The researchers tested 2,000 men and women ages 51 to 80. Those who could stand up without having to use assistance lived longer than those who couldn't. **A lot longer!**

Those who got up on their knees and needed help from a table wall or another person to stand were six times more likely to die prematurely than the non-help group. Why?

This very simple test reveals **everything** about your current strength, flexibility and coordination. In this research group those who could rise using one hand, or with no help at all were in the top 25 percent for musculoskeletal fitness.

It's so simple....the higher your strength and fitness level the longer you will live.





Sure the people in this research were older, but it's highly likely a LOT of younger people would have a tough time standing up from the sitting position without any help.

Take it to heart folks and take this test. If you have any trouble with it get yourself started on a strengthening exercise program right away then retest yourself in a few weeks' time. Try it as your life may depend on it!

I prescribe this medicine to myself – every day

Not so long ago, people who exercised like myself were considered “fringe” and a bit weird but now science has caught up and it has gone mainstream and the benefits widely known.

I see the incredible personal payback of over 3 decades of regular exercise when I look in the mirror. I also see feel the benefits of having tons of energy and being able to create new businesses and travel the world when others are winding down and marking time after retirement. It allows me to be more, to do more and get more out of this last third of life. It means the health span can match the life span.

Humans were made to be active – very active. Physical movement makes us happy. Lying around watching the world go by makes us sad. It's no wonder anti-depressant drug usage has increased 400 percent in the last decade.

I find it so incredibly disturbing that millions of people are suffering (and dying) from a ridiculous number of self-inflicted health issues – some major some minor that could become major – because they lack basic strength and fitness.

I make no apology to try and get as many people moving as possible. So, I'm very glad you're here and invite you to join me on this journey.



What Is An Anti Aging Lifestyle And Are You Living It?

Almost from the beginning of time, people have been looking for a fountain of youth, or at the very least a magic potion that can keep you feeling and looking forever young.

The potions usually come in a bottle, a jar or a pill - or from a surgical procedures - but as it turns out, we've been searching in the wrong places.

Instead of running to the nearest outpatient center for plastic surgery or to the store to buy a "potion" we should be looking no further than our workout clothes and getting back into the kitchen and cooking natural foods from scratch.

These two strategies are gaining popularity as new lifestyle-based anti-aging plans that can literally change what is going on with the DNA that is involved in disease and the aging process. We are progressively obtaining new answers to age-old questions and much of this new knowledge is positive and exciting.

Over 30 years of research has uncovered that the **more you change your lifestyle** (particularly in the areas of physical activity and nutrition) **the more you improve** as you are in fact turning off the bad genes that lead you down the path of poor health and instead are turning on the good genes that protect from by turning on self-healing processes that promote longevity and stellar health.

With the right lifestyle changes, you can actually alter how you age by lengthening rather than shortening the telomeres on the ends of your DNA thereby slowing or even reversing the aging process from within.

THE RESULT - Super health at cellular level - old worn out cells and tissues get replaced with new younger, healthier, stronger ones turning back the biological clock in your body, muscle and brain.



This “super wellness” is all about staying well when you are healthy. It is about building a strong disease resistant body and even if you get sick it is about finding and eliminating the cause of the disease not just managing the symptoms.

The Goals of an anti-aging lifestyle are (at ANY age)

- **Robust healing and cell renewal** - activating the self-healing processes
- **Healthier** - above simply “not being sick”
- To remain **strong and energetic** regardless of age
- **Slow the aging** process
- Live a **peak performance life**
- Improve **body composition** (muscle to fat ratio)
- **Physically, mentally and emotionally strong**
- Being free of - and **not at risk of disease**
- **Wellness** through every decade of life
- **Health span equals life span**

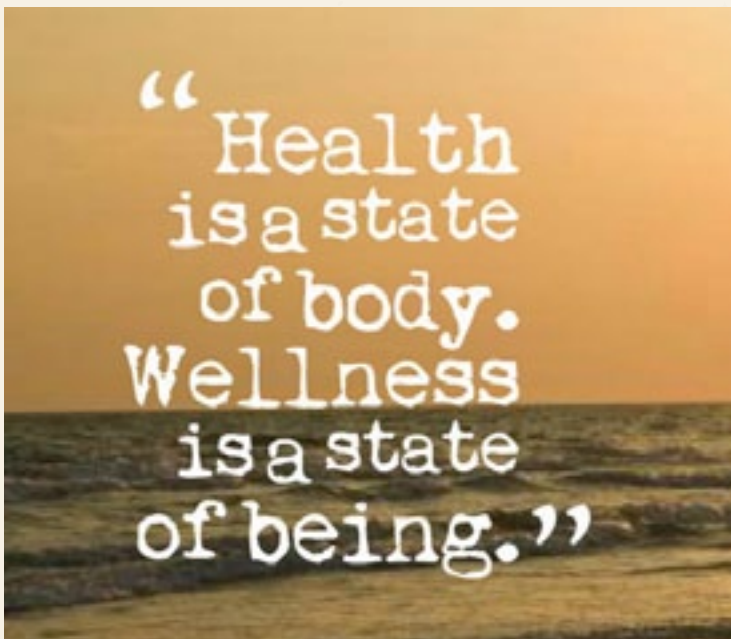
I think you’ll agree with me that any one of these bullet points are something wonderful. BUT imagine how powerful they all are TOGETHER?



Do You Know What Wellness Really Means?

Keeping wellness and health is more important than wealth or any type of “success” in life and its secret is in our lifestyle.

You hear a lot these days about wellness and some of us may wonder what exactly this term means. What constitutes wellness anyway? Is there a difference between health and wellness, or are they complementary terms? After all if I’m not sick, I’m well, right?



We are starting to understand that health is more than simply the absence of disease – much more. It is about having a **positive proactive** attitude towards one’s own health. It is also about prevention - not waiting till disease symptoms strike and then being **reactive**.

Wellness is a voluntary seeking out of ways to give one a higher quality of life and focuses on staying well and not waiting for disease to manifest before you make lifestyle changes.



If you do have health problems, wellness care focuses on finding and eliminating the cause of disease and not just treating disease symptoms alone.



Sickness Care Versus Wellness Self-Care

While it is desirable to eliminate symptoms when they appear, in most cases it is way more important to treat the cause. On the other hand the “sickness industry” is the conventional surgery and synthetic pharmaceutical drugs business. It tries to treat disease and sickness after it appears. The difference between the two is easily explained:

Sickness care

- reactively treats the symptoms of disease after they occur

Wellness care

- proactively prevents poor health and disease and slows the aging process

There is increasing evidence that no matter what your current age or health status, the time to start preparing for a healthier old age is **now!** The younger you are, the better your chances of locking in a healthy, active and enjoyable last third of your life.

Groups of people such as the Baby Boomer group are in this third chapter now and are at the forefront of the quest to **control** aging - and even to avoid it altogether!

And the great news is, for the first time in human history we have the anti-aging tools and the knowledge to avoid the worst effects of old age.

In the minds of some, old age itself has become a disease to be “cured.” There is a kind of quest for an **endless middle age.**

You can now join growing numbers of healthy older people making 70-plus the new 40. Imagine being able to live like you are 40 or 50 for the rest of your life? How cool would that be?



The anti-aging enthusiasts believe you absolutely **can** do plenty to stave off the effects of aging. If you adopt an anti-aging diet and lifestyle you have a real chance of adding **decades** of additional happy and healthy living.

It's all about extending **middle age** into the far reaches of old age and to increase the healthy span of aging, to avoid the worst aspects of old age until the last minute.

What's the point in living into your 80s if you're in a nursing home and can't even feed or dress yourself without assistance?

More and more people want a healthy and youthful life, **the good life**. The search is for a **quality** old age. Given new knowledge, an anti-aging lifestyle can keep our bodies and minds young for much longer than has traditionally been the case.



Through the habit of choosing to act responsibly you will develop a strong sense of **personal responsibility** for your health.

People who succeed with anti-aging practices are those who believe in the **values** of independence, productivity and self-care in later life. These values are at the **forefront** of their personal belief system. For them, anti-aging practices have become a way of life, a **lifestyle driver**.

Through the habit of seeking to grow authentically you'll begin to recognise there are growth choices present at every moment of your life. The more often you choose growth over instant gratification, the stronger you become.

The healthy habits I can teach you are about strengthening and nourishing your body and your mind. As you develop these habits you strengthen your inner resources, reinforcing all your healthy habits and propelling yourself toward real health, real growth and real success.

Adopt these now and join the growing movement of individuals doing the work necessary to enjoy a quality old age. The clock starts **now**.

Modern medicine has achieved much. Its ability to cure diseases and save lives has delivered for most of us the promise of a longer and healthier life than our ancestors could have imagined.

And as medical science continues its work, more and more of us can be confident we will reach old age. But a **decent** old age is something that **only you** can deliver. And the key is taking personal responsibility for your health is Knowledge.

You also have to earn it through healthy living habits, which means adopting an anti-aging lifestyle. I am here to encourage you to practice anti-aging at ANY Age!



In short, do everything you can to remain healthy as long as you can. Hold off aging by every means possible. Everything you do should be with an awareness of what it will do to YOUR aging process.

Consciousness of how the aging process works is the first step to understanding the principles that underlie an anti-aging lifestyle.

The alternative to preparing for a healthy old age is not neutral in effect. Neglect of your health will earn you misery in old age.



We all want to look great! We all want to feel amazing! The great news is that no matter what your chronological age, you CAN make a difference. For those in their 20s, making positive changes early on can positively affect the way they look and feel throughout life. For those over 50, accessing anti-aging regimens WILL turn back the clock!



You should **definitely** have started thinking this way if you are already in your thirties or forties. Younger is better. You need to start **now** to create a quality old age. The earlier you start to manage your aging process, the better!

It will take extra effort if you're already in your 50's or 60s.

But it's never too late. And it's never too early. The right time to adopt an anti-aging lifestyle is now! Its so powerful it can add 25.3 more years of productive lifespan.

You may decide to adopt more aggressive anti-aging regimens earlier on and the choice is always yours. The best decision when it comes to staying youthful is consistent effort over an extended period of time. ALWAYS do the inner emotional and spiritual work first, working from the inside out and then the outside in.

This is an exciting time and you don't need to age the way your parents and grandparents did. This is your prime! Set a new example for how HOT your 60s and beyond can be.



Christie Brinkley at age 60



Sir Richard Branson at age 66



Why You Need To Start Using Your Body Immediately

You may have heard that the human body is a “use it or lose it” machine - so let’s look at how this concept could be affecting you.

Once you reach your mid-twenties you slowly begin to lose your strength. So slowly in fact that you are unlikely to even have noticed it happening.

But happen it does. This sapping of your strength takes place as you go about your day-to-day tasks, as you sit at your desk at work, and when you sit on the couch while relaxing. It also happens when you are sleeping, talking on the phone, while you are driving your car and standing in line at the supermarket.

Your body is weakening. You may not have noticed to this point - but eventually, you will...

This is because the activities that used to be so easy for you to accomplish will become harder, and eventually they will become impossible. As the years pass by, you may no longer be strong enough to run, go out dancing, or climb a flight of stairs. It will get more difficult to carry out the normal functions of daily living; even carrying groceries becomes a major chore. Eventually, just getting out of a chair could be a struggle.

We have all seen old people whose bodies have become almost frozen with inactivity and we KNOW this happens, though most of us do a pretty good job ignoring the fact for as long as we can. We have also seen people we know not even make it to getting “old” and being taken out well before they get to that age. We KNOW this happens too.



We make the mistake of putting it off thinking we will have time later on. But guess what, you need to working towards a well and healthy body early on in life. After all that is when the life you are designing begins.



We used to believe that bodily weakening and disease susceptibility was just part of the aging process, and there was nothing we could do about it. But ongoing research is showing that this state of weakness and frailty occurs because we stop doing physical activities that require the strength and power of our muscles. It is not because we are getting older in years.



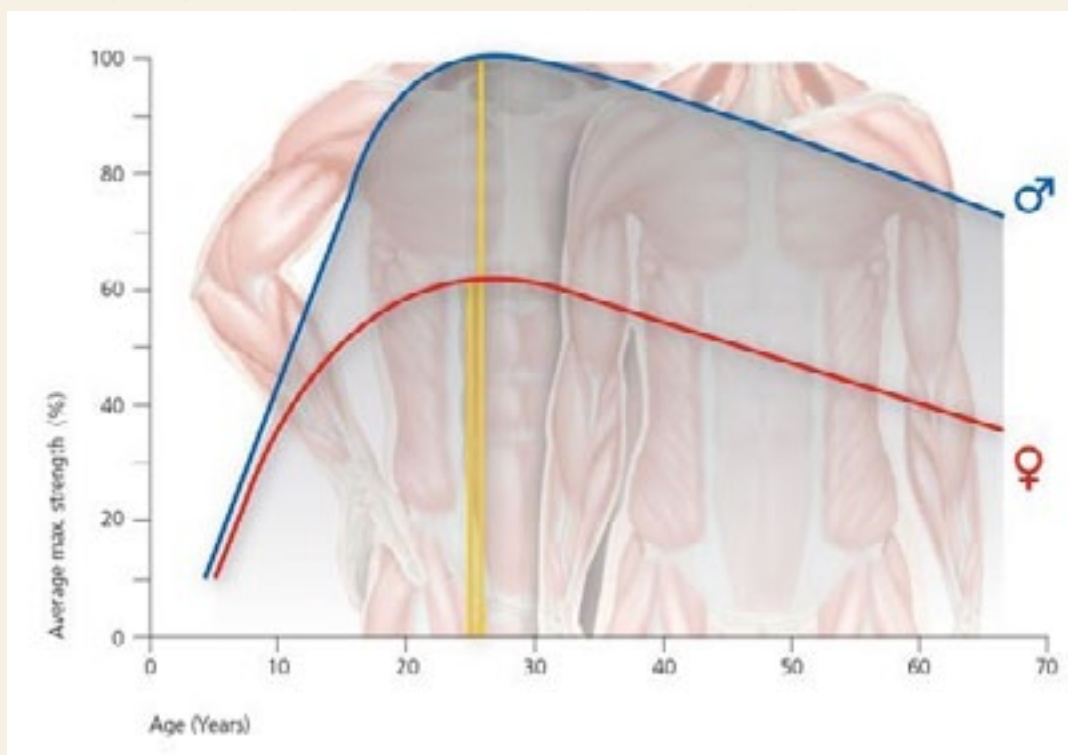
Many people are just not aware of what happens to the human body when strength is allowed to erode away like this. So allow me to shed a little light...

Before the age of physical maturity at about 25 years, our body is continually growing and developing. During this phase muscles and the entire body stays strong even without specific exercise. But by the time we reach the age of 30 we are presented with really only two options.

We can either begin the long process of becoming weaker and more at risk of disease, or we can work to maintain our strength and wellness for the rest of our life.

From this point on, if the body does not receive the necessary stimulus to trigger muscle growth, a slow process of muscle wasting begins. This loss of muscle tissue hastens the degenerative processes and conditions that characterize the dreaded aging process.

Take a look at this graph with shows muscle and strength loss when not enough muscle building and maintaining activity is not done.





Unfortunately, we seem to have somehow forgotten that our bodies have been designed for vigorous physical activity and have survived harsh conditions for countless generations. In fact, our genetic blueprint has scarcely changed from that of our ancient ancestors.

It does not matter that in the last 100 years or so our lives have changed dramatically. From an evolutionary point of view this is a mere blink of the eye. Changes to the blueprint of human life take hold on time scales of tens of thousands of years - far too long a period of time to respond to the changes that take place in a few generations.

So even though our world may have changed from one that once demanded hard physical labor to one that now favors sedentary desk jobs, household appliances, motorized transport and mechanical farming methods, by the time our bodies have adapted in the future to this new way of life we may well have already left the earth and colonized the solar system of a nearby star.

In other words, we are living the kind of lives our bodies are ill-equipped to handle and will not be equipped to handle gracefully for a VERY long time.

So while your body may not know how many years old it is, it does know when it is not being used in the manner for which it was engineered - and has been optimized to operate at for hundreds of thousands of years.



Use It Or Lose It In Action

Beginning in your mid-twenties, without the physical “work” to maintain strength, around one half pound of muscle tissue is lost each year. After age 50 this loss doubles. This change in body composition (muscle to fat ratio) not only siphons away your strength it weakens every system in your body.

Now-a-days, we hardly ever have to bend down, lift and carry, reach, stretch or run. When we finally get up out of our chair and attempt to use our body, pain and even injury can be the outcome.

This gradual loss of muscle starts a vicious cycle as it weakens the body. It weakens the immune system, nerve cells, hormones and other chemicals critical to normal health. At the point where it becomes difficult to do a particular task, people will naturally shy away from that task. Therefore lack of activity will snowball and speed up muscle loss.

Combine this snowballing effect with the reality that people from their mid-forties onwards spend about 80 percent of their waking hours sitting down and you can see how important and damaging this process can be to your health.

What many adults overlook, or are just not aware of, is the importance of doing activities that challenge their muscles to get stronger so they can have natural and ongoing healing of every tissue and cell in their body.

The human body really is a “use it or lose it” machine.

Your muscles do far more than just make movement possible. There is now clear evidence that your muscles, which make up to 50 percent of your body weight, also play an important role in metabolic health, wellness and longevity.



It is the loss of this muscle tissue accompanied by an increase in body fat that puts extra strain on all systems and makes us sick. The increased body fat changes the balance of fats in the blood, which can lead to heart attack and stroke, and alters sugar metabolism increasing the risk of obesity and diabetes.

Even if your body weight is normal these processes of deterioration can nonetheless still be taking place inside your body and be completely unseen and unfelt. So the stage can be set for disease entirely without your knowledge.

The bathroom scale is of no help here as it does not measure your body composition (your muscle to fat ratio) which ultimately determines your level of health, the state of your body, and the pace of the aging process.

Weak, flabby muscles cannot help the heart push oxygen and nutrient rich blood around the body so all cells, tissues and organs suffer. Even the brain is downgraded which is especially worrisome since it of vital importance as the central processing unit of your body.

Every part of your being is impacted by the loss of precious muscle tissue including not only physical health but mental and emotional health as well. This includes your mental stability, your moods, anxiety, stress levels and ultimately your happiness and satisfaction with your lot in life.

We used to think these negative outcomes were part of the aging process but now we know they are lack of use related - not age related. They only happen more often in older people because they have been around longer and have lived a sedentary lifestyle for longer.

In most cases if an element of the human body is not being used it will not be preserved indefinitely. This is to say your body is not frozen in time waiting for you to use something again. What is not being used is broken down and discarded in favor of maintaining what



it does use. So unless you are forcing it to do otherwise, it tends to deteriorate. Fast.

It's a fact that the human body simply cannot stay in peak health without constant vigorous activity. That is how we have been made; it is an aspect of our genetic blueprint which has scarcely changed since the dawn of early man.

This movement - or "work" as it should really be known - triggers chemical reactions that tell every single cell in every tissue, organ and system in the human body to repair, rebuild and renew itself. This is where the "self-healing" is taking place (or not) every hour of every day unbeknown to you.

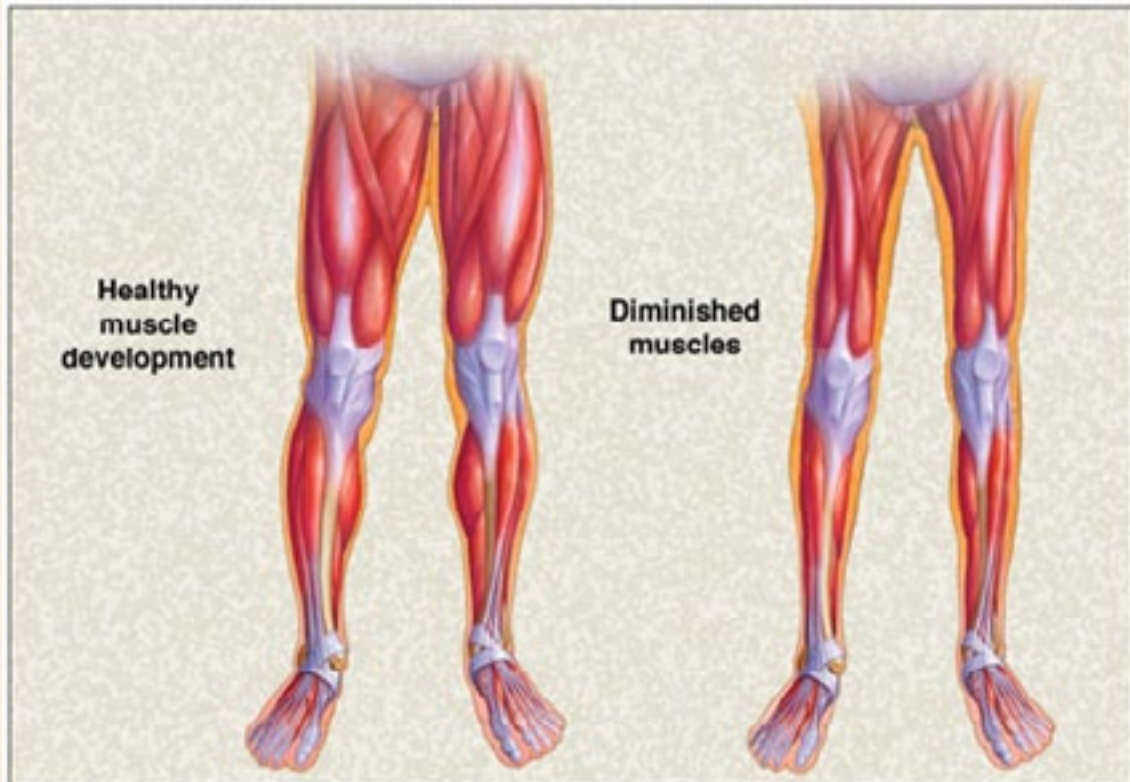
Without this stimulus the normal cell renewal and rejuvenation that keeps us healthy is stymied. The result of our collective inactivity is that we have become hyper-exposed to the risk of disease which globally is shortening the lives of millions.



Muscle Wastage = Sarcopenia

Up until recently the scientific and medical communities took muscle strength and mass for granted. The process of muscle loss throughout adult life did not even have a name until 1988.

Now we call it “sarcopenia” - meaning vanishing flesh, or muscle tissue. But progressive reduction in muscle mass and muscle strength is also strongly associated with bone loss and osteoporosis. The two go together hand in hand.



Studies have found that only about 30 percent of the difference in strength between young adults and older adults is due to aging. The muscle loss depicted above is largely the result of no strength training and little physical activity.

Although osteoporosis gets the lion's share of the attention, sarcopenia is very important here because our muscles are attached to bone and if muscles are not kept strong there is less pulling on the bones to which they are attached, so they weaken as well.



The reason sarcopenia gets less attention is because people don't "break a muscle". Having thin bones translates into broken bones. With lost muscle mass, it's a little less obvious that a problem is developing.

Sarcopenia is characterized by subtle symptoms, such as difficulty gripping objects, rising from chairs, walking, and maintaining balance - all the necessary tasks and activities of everyday living.

In the coming years, sarcopenia has been labelled as an impending major public health threat. Millions of people have sarcopenia - both YOUNG and old. Because adequate quality and quantity of skeletal muscle are necessary for optimal quality of life, sarcopenia can be devastating.

Fortunately sarcopenia is now beginning to get the attention it should, by researchers and the medical profession. In part because it is predicted to become one of the biggest health problems the world will face in coming years. It is suddenly a very hot topic in aging research as it can have a devastating effect on the quality of the last 20-30 years of a person's life.

Despite the fact that many people believe they are active enough because they feel "busy" and are often rushing around, they are mostly deluding themselves. Being busy does not work the major muscle groups through a range of movement and under a sufficiently adequate load - which is the formula for muscle building and the ability to maintain maximum mobility.

There is no way you can get that kind of muscle stimulating activity from the normal tasks and activities of everyday life - unless you happen to have a job as a manual laborer, which is not so common these days.



Waste Not, Want Not - Going On Inside You Right Now!

Until very recently - the last century or so - food was a scarce commodity for the average homosapien. As a result, the human body has evolved to be tremendously efficient at converting body tissue into life-sustaining energy when food is scarce. So, as already mentioned, anything not being used is disassembled and put to use elsewhere in the body.

Unused muscles weaken and shrink and unloaded bones lose density, thickness and strength. Unused brain neurons die and nerves not being used degenerate.

Unused joints and tendons lose strength and get damaged more easily. An unused heart becomes scrawny and weak and cannot pump effectively. Lung capacity diminishes, and red blood cell count declines if oxygen demand is low.

There is a high price to pay for not getting enough proper exercise. Physical inactivity adversely affects the function of the muscles, bones, brain, heart, blood vessels, liver, the immune system and every other organ and system in the human body.

As a consequence of this, an inactive person is more likely to suffer from anxiety and depression, find stress harder to manage, and lose self-confidence and self-esteem.

But it doesn't have to be this way.

Instead you can stop your muscles from wasting away with strength-training. It does not matter if you are a 40-year-old runner or a 75-year-old retiree. If you do not build muscle, you will lose muscle.



People fail to realize and understand how important proper muscle building and maintenance exercise is to their future health. There is simply not enough natural activity left in our modern lives anymore to keep us strong and functioning properly - so we **MUST** replace it with intentional exercise.

Without the stimulation of vigorous movement that works the muscular system the body senses that you don't need your strength any longer so you are automatically switched into "shutdown and degeneration" mode.

Not being active affects the body right down to cellular level where the ability to transfer oxygen and nutrients from the bloodstream to cells is diminished. And if you can't get enough oxygen out of your blood the quality of your entire life is affected and your body attracts disease rather than repels it.

Activity that works our muscular system forces our body to grow and allows natural and ongoing self-healing to take place. Sitting around and partaking in a no-exercise lifestyle encourages the body to decay. Instead, you should be reminding your body over and over that strength is needed to function at peak performance.

The signal the brain receives when you are physically active is the means by which you remind your body to continue to renew, repair, and replace those old worn out cells and tissues.

When you challenge your muscles with the right exercise then "growth and repair" hormones such as human growth hormone are stimulated and work their magic.

This process of growth spreads throughout every cell in your body, making you not just a little bit younger and healthier - but a WHOLE lot younger and healthier.

This is your self-healing mechanism that we want switched on at all times.



It is vital that your brain continue to receive the message that muscle strength is needed. Only by working the muscles vigorously are those “growth and repair” hormones stimulated for release. You can also think of them as “youth” hormones, because when they are not released into the body the opposite process takes place - and we produce chemicals that whisper to our cells to decay, degenerate, die...

This is what causes us to age at a premature and accelerated rate and set the stage for disease. This is the “use it or lose it” scenario that is hardwired into every living organism.

It is right down at the cellular level that real aging and self-healing either takes place at an accelerated pace or is held off, slowed or even stopped dead in its tracks.

The uptake of nutrients to cells and tissues from the blood stream is aided when you work your muscles. Blood gets pushed around the body much faster and the body’s cells get their dose of life-giving and enhancing nutrients and oxygen more often.

Although we look to medicine and surgical procedures to fix us when disease sets in, the truth is, there is not a doctor or drug on the planet that can give you an all-over strong, lean, healthy, disease resistant, youthful, feel-good body.

That is something that only you can do for yourself, and I can show you how to do it in the quickest, easiest and most efficient way possible.

From the top of your head to the bottom of your toes, being physically active is the stimulus that gets the human body to work at its best and prevents it from deteriorating with natural and ongoing self-healing of the tissues, organs and cells.

The stronger you are relative to your body mass, the more healing is occurring within your body the healthier and disease resistant you are. It really is that simple.



So forget the notion that muscles are just for looks. They are essential to promote wellness and a healthy metabolism. They stimulate fat burning, provide you with loads of energy, vitality and zest for living. Plus they help to prime a healthy immune system that will give you the ability to side step disease.



In Search Of The Fountain Of Youth

The upshot of all this is that if we want to live a long and healthy life we have the means and knowledge now to do so. Centuries ago we certainly did not. When Ponce de Leon groped through the wilderness in Florida looking for the mythical “fountain of youth” he was essentially looking for a “magic trick” that would change him from an older man to a young man.



Yet despite the fact that some of us DO know better, it is still true that most people today seem to think about regaining their youth in the same way that De Leon did. Simply find a “magic” potion and take it. No effort required, simply drink something and the years drop away.

Believe me, if it was that easy I would do it too!

But we all know there is no magic water that will take a decade off your body with no effort. Still, many people seem convinced that if they buy the latest fad pill, injection or medical procedure, they will be able to magically transform themselves with no work on their part.



Well, I'm here to tell you about the REAL "fountain of youth".

It is a system of training. It is a program for training your body, your mind and your brain to revive the processes that will keep you functioning at top efficiency regardless of your age. If you decide to take it on board, along the way you will drop a decade or even two off the age of your body.

Experts say the best anti-aging "treatments" are indeed our lifestyle. This means the exercise we get, the foods we eat, and daily habits we keep. Adopting a wellness lifestyle provides amazing youth-enhancing effects, and that is why I am so excited to tell you about them.

So many of us want to slow the aging process and preserve our youthfulness, but we fail to understand that it is something we should really begin to do as early as possible. It should not be considered something we look to do later in life.

The following points are so important that I am going to bold them in the hope that they insinuate themselves into your brain...

The number one strategy for slowing the aging process and reclaiming your younger body is to improve your Body Composition - your muscle/fat ratio.

Boosting the physical structure stimulates growth and repair hormones which in turn improves all other body systems and processes including your ability to self-heal and slows aging at the cellular level.

Notice that both of these ideas can benefit from the addition of strength training to your schedule.

In a very real sense the search for that elusive "fountain of youth" is no longer a fairy tale. Without question no other activity has more of a healing impact on overall health and well-being. It can give strength to the weakened, energy to the lethargic, restore health to the diseased and youthfulness to those that thought it was lost forever.



Enter The Age-Defying Science Of Telomeres

Thanks to science we now know the key to natural and ongoing healing is to protect your cell's DNA, specifically the telomeres. However, it is not just about long living cells. It is about producing abundantly strong and healthy, long living cells!

You may have already noticed that someone who is strong and fit often looks much younger than someone who has let go, right? This is because doing the correct type of exercise regularly can make you younger in many ways, and in part because it affects your DNA - those telomeres, the tiny genetic "clocks" that tell cells how old they are.

Although it is still early in the game, scientists say that increasingly it is looking as though the telomeres are key to true anti-aging, and a younger body and brain.

A new study from researchers at the University of California San Francisco and the Preventive Medicine Research Institute found that our genes are not our destiny and that lifestyle changes can change how our body ages.

This is an exciting discovery and suggests that exercise may be the key to longevity. For the first time, researchers have produced preliminary evidence that supports the case for practicing a wellness lifestyle.

In a small study involving 35 men in their 50s and 60s, researchers at the Preventive Medicine Research Institute and the University of California found that the 10 participants who adopted several healthful lifestyle changes for five years experienced a 10 percent lengthening of their cell's telomeres, indicating that the cells would have a longer lifespan.

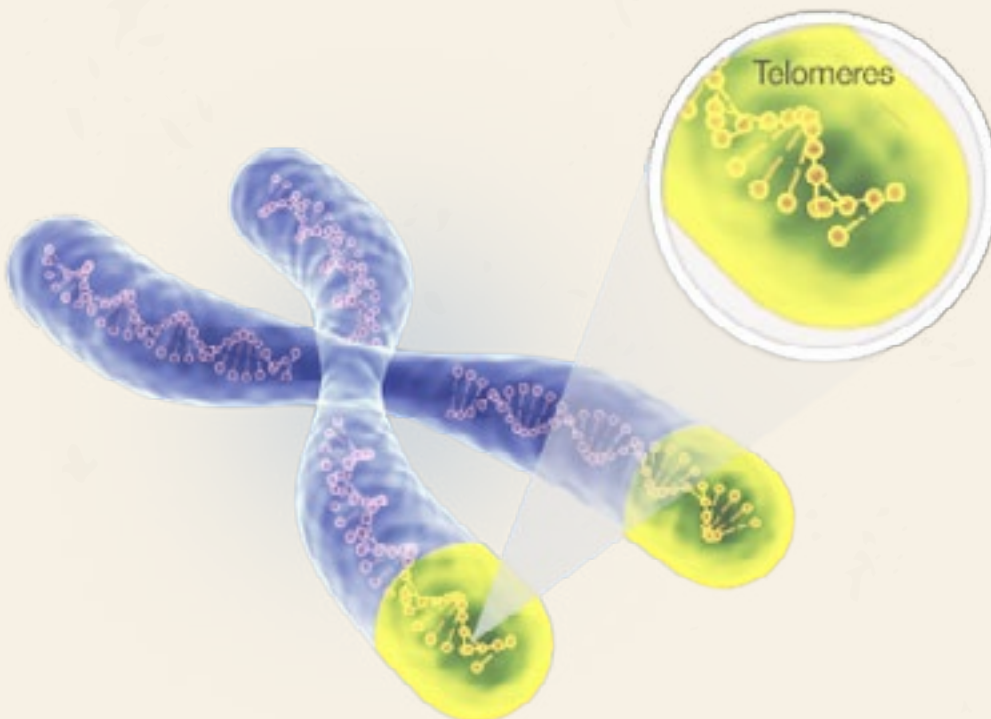


Inside the nucleus of each of our cells, genes are arranged along twisted, double-stranded molecules of DNA called chromosomes. At the ends of the chromosomes are stretches of DNA and these are the telomeres (often compared with the plastic tips on shoelaces).

These act as caps to keep the sticky ends of chromosomes from randomly clumping together which would inhibit the expression of genetic information.

Along with protecting our genetic data these “caps” make it possible for cells to divide, and evidently hold some of the secrets to how we age and get diseases. Each time a cell divides, the telomeres get shorter. This shortening process is associated with aging, cancer, and a higher risk of death.

Telomere shortening is now thought to be a major key that explains the process of aging itself, and holds the promise of not just slowing aging, but potentially reversing it.



Science is revealing that many types of health problems can be reversed by restoring and “rebuilding” your telomeres. Thus, their length is considered to be a marker of aging, healing and health.



It stands to reason that lifestyle can either speed up or slow down telomere shortening, and research bears this out. Poor nutrition, obesity, lack of exercise, stress and insufficient sleep all cause production of free radicals that can significantly speed up the telomere-shortening process leaving you wide open to disease.

Shortened telomeres force inefficient gene function that locks into place problems involving inflammation and immune cell aging which drive the rate of aging and risk for diseases.

With time, your DNA eventually becomes damaged beyond your body's ability to repair it; and once your biological processes fail, you die.

From observation it has been determined that active people tend to have longer telomeres.

Imagine the very real possibility of being able to slow - and even stop or reverse - the damage done by aging. It would be like having a magical Fountain of Youth in your own backyard. Except that in this case, the fountain is actually within your body, and you can access it.

This might sound like science fiction, but I can assure you it's not. We now have the power to influence the aging process, and reduce our risk of developing deadly diseases. These same diseases are also tied directly to a lifetime of poor nutrition and exercise habits.

Telomere shortening is not only a marker of cellular aging related to body health, but also to healthy brain function with a direct correlation observed between short telomeres and degenerative brain diseases like Alzheimer's and dementia.

Even though you can't see your telomeres, the job of keeping these tiny entities from being whittled down by stress, insufficient nutrients, and processed foods laden with trans fats and other harmful chemical additives is yours alone. You have the power to affect the rate of shortening.



And needless to say, other bad choices like smoking, lack of sleep, alcohol, drugs (prescription or recreational), overindulging in food or a sedentary lifestyle are not recommended.



Taking Care Of Your Telomeres

Clearly, the way to preserve your health and lay the foundation for a younger body is by protecting your telomeres. A recent study from King's College in London compared telomere length in a group of 2400 twins. The difference in telomere length between the most and least physically active people suggested that the most active subjects had the telomere length of people 10 years younger.

The least active people got only 16 minutes of exercise a week, while the most active about 200 minutes. Three hours of exercise a week translated into the reversal of 10 years of aging - at least as far as telomere length is concerned. The preservation of your telomeres is just one in a long list of benefits to be gained from exercise.

Until recently it was thought that there was not much you could do about the length of your telomeres. Historically it has been seen as mere luck of the genetic draw. However it has now being proved that our choices about the way we exercise and eat can have a direct and substantial impact on keeping telomeres long - and thus help to ensure that our health span matches our life span.

This means that how we move and what we eat gives us control over how fast we will age. None of us want to age faster than we have to, but many of us are doing just that by living sedentary lifestyles, eating junk foods, and letting stress control our lives. The bottom line is that your choices can either slow down or speed up your genetic clock and influence the self-healing processes within your body.



Factors That Influence Telomere Length

Inflammation is one of the most important causes of telomere damage. This is why the rate of telomere shortening is increased by lack of sleep, chronically high blood sugar, high blood pressure, smoking, and most likely any other activity or habit that increases inflammation in the body.

We already know inflammation causes premature aging and increases disease risk. Now we know it directly and negatively impacts your telomeres. Exercise and diet have a profound and well known impact on inflammation. This may be the primary mechanism by which they work.

Exercise and nutrient-rich foods increase the activity of enzymes that fight oxidative stress and inflammation. Any time free radicals (nasty little molecules that zip around our insides and do damage) are reduced in the body, telomere shortening length is likewise reduced.

In some ways, telomeres are the weak link in DNA. They are readily damaged and must be constantly repaired, yet they lack the repair efficiency of other DNA. This results in an accumulation of partially damaged and poorly functioning telomeres of lower quality, regardless of length.

This means that you absolutely need your self-healing processes working at full capacity to look after your telomeres.

Contrary to what many may think there is no magic drug, quick fix surgery, medical procedure or newfangled supplement available to stabilize or preserve telomere length or correct damaged telomeres.

However, scientists have shown that exercise and nutrition both directly and indirectly influence telomere health. There are the two known strategies to preserve telomere length.



You can decrease the rate of telomere shortening by interfering with the factors responsible for causing damage, or you can attempt to influence the factors that increase telomere lengthening.

A nifty enzyme called telomerase is used by the body to keep telomeres long and stable. Exercise and nutrient-dense foods have several overlapping mechanisms that slow damage to telomeres and enhance and boost telomerase activity.

One way to view our potential to influence the healing processes within our body is simply to think about how we might slow down the rate of aging. In the context of telomeres, this means utilizing strategies to slow down the rate at which they shorten, while helping to protect and repair them to maintain their quality. An emerging body of nutritional science says that this is now possible.

Another intriguing possibility is that we may be able to lengthen telomeres while maintaining their quality, actually turning back the biological clock. This can be done by improving the activity of the telomerase enzyme which can add length back to telomeres.

On the other hand proper exercise supported by great nutrition such as I teach in my [Minimalist Fitness](#) program which is included in my [Reclaim Your Longevity](#) program, has been shown to decrease telomere shortening, thereby promoting longevity. I will be telling you more about this program before we reach the final page of this report.

To the best of our knowledge exercise and diet are the only reliable tools we have in the fight against premature aging, declining function as we get older, and our quest for our younger body. And of course these are lifestyle options over which we have complete control.

The mere decision to avoid allowing yourself to fall into the category of “the sedentary and the overfed” may be the best self-healing and anti-aging strategy you have at your disposal.



Just imagine how incredible it would be to restore power, strength, energy levels, mental clarity and an overwhelming sense of optimism. I also know in my heart of hearts I will NOT be the one of every two people in the developed world that will get cancer in their lifestyle. I try and live my life so as to promote healing and disease protection every single day.

I have this optimism and feel safe which makes life more enjoyable for me than even I thought it could be. I want you to have this too.

With just a little effort we now have the know-how to slow that outgoing tide and claw back another 20 years and maybe more of peak performance living.

Now, let's move on to the next factor that has a huge bearing on our ability to heal and protect ourselves from ANY type of modern "lifestyle disease".



Inflammation Affects Every Aspect Of Your Health

Cast your mind back – way back. All the way to the 19th century.

People walked, rode bicycles and horses, or drove buggies to get around. Roads were made of dirt. Sewages systems did not exist in exist in many towns. Coal and wood fumes belched from the chimneys.

And without running water, flushing toilets, weekly garbage pickup, no modern appliances like vacuum cleaners, people's homes and communities were a lot more germ laden.

Plagues abounded. Cholera, tuberculosis, diphtheria and other infectious diseases ran rampant. Many people died in infancy. In fact, just making it to your second birthday was an achievement that testified to the strength of your immune system. Check the headstones in an old cemetery if you doubt this.

I recently went to a conference in Dallas and across the road from the hotel was an old cemetery. I went and had a look and was intrigued to see the young ages on the crumbling headstones. Forty something was the most common age with fewer reaching their fifties and even fewer reaching sixty.

Now let's fast forward to today.

Our homes and public spaces are (relatively) clean. Infectious diseases are almost unknown. We take it for granted that most children will live past their second birthdays. Hurray for progress!

But before we get too carried away, let's take a closer look. Because – let's face it – while we've been so busy scrubbing, cleaning and polishing, we have also been polluting and contaminating our environment and ourselves.



And all that pollution and contamination contributes to the chronic inflammation that tends to make us ill today.

Comparing the top ten causes of death in 1900 were caused by pathogens (bacteria or viruses) while in 2010 most non-accidental deaths are caused by heart disease, cancer, chronic lower respiratory diseases, and stroke.

Guess what? **All of these – plus diabetes, Alzheimer's, and even suicide are rooted in chronic inflammation.**



What Causes Chronic Inflammation?

For a long time, we faced some threats from inflammatory substances and situations – but overall we were doing okay.

Then, as industrialization took hold, we started to face new threats to immune health, such as:

- smoking
- outdoor and indoor air pollution
- endocrine disruptors and environmental chemicals
- less daily activity
- nutrient-poor foods
- sleep deprivation and artificial lighting
- chronic stress
- too many omega-6 fats, not enough omega-3s
- fast foods
- obesity

These days, **faced with so many threats from our environment, our immune systems are always on red alert.**

And that in turn becomes a new problem for us.



The Immune System: From Protector To Assailant

To understand what went wrong, we need to understand the difference between **acute** (short-term or classical) and low level **chronic** (long-term) inflammation.

Our great-grandparents' immune systems battled bacteria, viruses, and parasites on a regular basis. And one side effect of that constant skirmish was acute inflammation with the classic signs of: heat, redness, swelling, pain, and loss of function.

All these signs of inflammation are caused by your immune system's attempt to fight off the invader – whether that “invader” is a species of bacteria or a simple injury. And fighting takes energy, so classical inflammation increases metabolism.

The good news is that this whole process lasts for a few days or weeks at most.

Meanwhile, modern medicine offers many tools to help us control this type of inflammation if it happens to go on for too long. Antibiotics kill off bacteria, vaccines can protect us from viruses, and surgery can remove severely infected areas (for example, with appendicitis).



“Cold” Inflammation Or Chronic Inflammation

Acute inflammation was the only kind of inflammation anyone recognized for thousands of years. Then doctors and researchers started noticing a new kind of inflammation: low-level, chronic, and systemic.

Researchers started calling this new inflammation “chronic” or “cold” inflammation. That's because it doesn't have the typical hallmarks of acute inflammation. There's no heat, redness, swelling, pain, or loss of function.

What's more, it's linked to metabolic dysfunction. In fact, **instead of speeding your metabolism up, this type of inflammation actually decreases metabolism.**

What's going on?

As near as we can understand, chronic inflammation is an immune response **similar** to classical inflammation but not nearly as intense. **Acute** inflammation increases inflammatory markers over a hundred-fold, while **chronic** inflammation increases inflammatory markers two to four-fold.

Instead of a short, vicious, site-specific burst of fighting as in classical inflammation, chronic inflammation involves a long, relatively mild, systemic grind.

The difference between the two can be explained like this - one is an explosion and the other a smoldering fire.



How To Determine If You Have Chronic Inflammation?

In contrast to acute inflammation, chronic inflammation typically will not produce symptoms until actual loss of function occurs somewhere. This is because chronic inflammation is low-grade and systemic, often silently damaging your tissues over an extended period of time.

This process can go on **for years** without you noticing, until a disease suddenly sets in. Since chronic inflammation tends to be “silent,” how can you determine if inflammation is brewing in your body?

Clinical tests used in allopathic medicine include:

- C-Reactive Protein (CRP) test, which measures a protein found in your body that signals responses to any forms of inflammation
- ESR (sed rate) test, which checks for non-specific indicators of inflammation

But you can also use your **fasting blood insulin level** to gauge inflammation. Although this test is typically used to screen for diabetes, it's also a marker for inflammation. Typically the higher your fasting insulin levels are, the higher your levels of inflammation tend to be.

The enemy of chronic inflammation: is a process at the core of the body's most basic survival instincts but is now believed to be at the heart of hundreds of deadly diseases. What's even worse – your body may already be under fire from inflammation caused by a no proper exercise lifestyle, poor diet and stress.

Inflammation can operate in stealth mode for years. When symptoms do finally become apparent, it's usually in the form of diabetes, heart disease, cancer osteoarthritis or other inflammation-related diseases.



The very good news is chronic inflammation is a problem you can take action to both prevent and fix. The number one and number two top tools to fight this villain is getting started on a proper exercise program supported by a healthy eating plan (ie not processed foods) and the easiest way to ensure your diet is as anti-inflammatory as possible is to simply eat REAL FOOD.

Avoiding processed foods, which are high in inflammatory ingredients such as refined sugars and processed fats like trans fats and vegetable oils and getting regular movement and exercise are two of the most potent ways to help normalize your insulin levels and avoid insulin resistance.

Diet accounts for about 80 percent of the health benefits you reap from a healthy lifestyle, and keeping inflammation in check is a major part of these benefits. It's important to realize that dietary components can either trigger or prevent inflammation from taking root in your body.

For example, one of my gym clients Daniel believed he was living a fairly healthy life. At 46, he wasn't overweight and he liked to occasionally go mountain biking or hiking and refereed boys rugby games. Still, he knew something was wrong saying he lacked energy and sometimes felt depressed. He felt he was not at his best.

I suggested blood tests to see if the problem could be identified and among the tests he had was for C-reactive protein which measures the level of inflammation in one's body.

The results confirmed he had chronic inflammation, which occurs when the body's immune system gets fired up and stays fired up over time, attacking healthy tissue alongside unhealthy tissue.

That was a big wake up call for him and he then joined the gym and began a regular proper exercise program as well as cleaning up his diet cutting out processed foods and sugar.



A further test a few months on revealed the level of inflammation had dropped considerably and he will need to stay on his current eating and exercise program to continue making gains.

Over the years, chronic inflammation has become a hot-button topic, and a growing number of researchers now believe that the condition can cause most serious illness – heart disease, stroke, diabetes, cancer.

Though experts say it usually takes years of chronic cellular inflammation to trigger these types of disease, there are also subtle, short-term consequences, including weight gain, fatigue, aches and pains, indigestion, and the kind of low-grade depression that Daniel experienced.

It's been a dramatic improvement," he told me. "My mood and energy are better. I've also dropped about 20 pounds."

The scary part is that there are no tell-tale symptoms or indicators of chronic inflammation, which is why researchers call it the "hidden disease." One of the best ways to tell if you have the condition is to get an hsCRP test, which, while growing in popularity, is still not commonly administered or even understood by some doctors.

What causes your body's inflammatory cells to stay in attack mode is usually something small that irritates your immune system every day, but not enough to cause an immediate sickness or reaction: eating a food that you're sensitive to, too much stress, too little (or too much) exercise, or a mild infection like a decayed tooth. And while the condition is more likely to befall sedentary people, it can also strike healthy people who eat right and go to the gym.

One thing all the experts agree on: Being sedentary cause's inflammation. Multiple studies have shown that consistent, proper exercise decreases inflammatory chemicals.



Thanks to years of research the positive effects of physical activity and exercise are impossible to ignore. Not only is it a means to combat many health conditions and diseases, regular exercise has been shown to have a measurable impact on improving the body's response to chronic inflammation. People who are regularly active sleep better, are more social, and experience a greater zest for life also.

If you have not already addressed exercise and your diet, this would be a great time to begin, regardless of whether you're experiencing symptoms of chronic inflammation or not.

To help you get started, I suggest following my most popular eating plan here:

[Minimalist Fitness](#)

To recap: **Chronic inflammation is bad for your health. Decreasing chronic inflammation is the key to improving health.**



Why Stable Blood Sugar Is Another Key To Healing

Along with boosting the healing processes of our body it is important to reduce the overall drain on the body's resources by living your lifestyle so that one thing is not cancelling out the other.

For example. Our modern diet contains many refined and processed nutrient-poor foods which have an abundance of calories. If we eat too many of these food "look-a-likes" it can mean our blood glucose levels are constantly high.



While it's perfectly normal for blood sugar levels to rise slightly after every meal, it is not natural or healthy when blood sugar levels become excessively elevated and stay that way.

In a youthful healthy body, when your blood sugar levels rise, insulin quickly lowers it and glucose is stored and retrieved easily. When your insulin works correctly, it keeps your blood sugar at a constant moderate level which gives constant sustained energy throughout the day.



But irregular blood sugar levels that swing wildly can become typical when more than half the calories we eat these days come from refined carbohydrates and sugars. Examples of these unnatural foods are breads, breakfast cereals, sugar, sweets, soft drinks, cakes, biscuits, fruit juice, pasta, pastries, white rice and jams.

These foods shoot the blood glucose levels to an unhealthy level immediately after a meal and it is this type of high-sugar (high-carbohydrate) diet that is driving the obesity epidemic - not diets high in fat as we used to believe.

Like most people you have probably never given your blood glucose levels a second thought and it used to be that only diabetics had to worry about their blood sugar. But not anymore.

New research says that one in four of us has pre-diabetes and doesn't even know it, and if current trends continue, one in three of us will be diagnosed with diabetes in our lifetime.

People who are feeling tired or listless during the day, who are overweight, have stressful schedules and irregular eating patterns might be fighting high blood sugar cycles and eventually become susceptible to diabetes.

This is so serious a problem that over the last 20 years the number of diabetics has risen from 30 million to 246 million. Almost unbelievably, this number is further expected to climb to 380 million by 2025.

Diabetes is the fourth leading cause of global death and those affected have reduced life expectancy of around 15-20 years.

The sad part is as many as one third of diabetics do not even know that they suffer from the disease. Therefore they are doing nothing to halt its progress.

If you are carrying excess weight (especially around the belly), feeling tired a lot of the time, or have become a slave to food cravings and riding the hunger roller coaster each day, you may be suffering from unstable blood glucose levels.



This creeping blood sugar intolerance often displays no visible symptoms and it can be one of the most destructive changes to your body associated with accelerated aging and the increased risk of disease. No matter how well your healing processes are working they cannot counter the effects of constant elevated blood sugar levels.

Your lifestyle choices can help prevent diabetes or put you at greater risk for it. In itself this is very good news as we can absolutely control the main four factors that change the processing of blood sugar for the worse. **These are:**

1. Not doing enough proper muscle building and maintenance exercise
2. Consuming a diet high in refined and processed foods that contain man made fats, sugars and starches
3. Allowing body fat levels to increase
4. Dealing poorly with mounting stress levels

Years of eating large amounts of refined carbohydrates and unbalanced meals can cause your cells to become poor at processing sugar in the blood, resulting in insulin resistance.

This means as levels of blood glucose increase, the insulin your body makes to bring these levels down becomes less effective. Then higher and higher levels of insulin are needed to do the job of clearing the sugar from the bloodstream.

Now we have high levels of sugar AND high levels of insulin circulating around the body getting into mischief damaging arteries that lead to sensitive tissues and organs like the brain, heart and kidneys.

Then your body, trying to maintain balance, reduces and shuts down the numbers of insulin receptors in an attempt to protect itself. A vicious cycle is then set up with even more insulin being produced to try to force the cells to take up the excess sugar from the blood.



This only makes matters worse as insulin is a fat storing hormone. This leads to dangerous fat being stored inside the abdominal cavity where it wraps around major organs like the heart and lungs, hindering their functioning.

This type of stored body fat, which is very hard to shift, is a clear indicator of insulin resistance and hormonal imbalances which progress to serious health issues if they are not addressed.

The disease of diabetes has been likened to an acceleration of the aging process because much of the degeneration in the arteries and major organs due to the condition mimics what happens when we age.

But it takes place much faster and life expectancy is therefore considerably reduced once you have this nasty disease.

This problem can be prevented though - it simply requires the adoption of a proper exercise program performed 2-3 times a week which works the muscles directly and stimulates muscle cells to gobble up glucose from the blood.

This is the mechanism that can transform a previously insufficient amount of insulin into an adequate amount to transport the glucose to the muscle cells where it can be burned for fuel instead of remaining in the blood stream where it can cause damage.



The Greatest Healing Power Comes from a Body that's Biologically Young

As I have mentioned in reference to the shortening of telomeres, physical aging disease risk begins in your genes. Scientists have also identified multiple genes that regulate your physical strength and biological age. Most notable among them are those involved in the sustainability of your muscle tissue. It's the decrease in the expression of these genes that causes your muscle to deteriorate dragging down your healing power.

So when exactly does the aging process start?

Chronological aging starts from the minute you are born. You can't possibly stop the clock from ticking. It's certainly an inevitable process. But there's also biological aging and growing evidence indicates that this kind of aging can be slowed and even reversed, particularly in the muscle tissue.

The reason: muscle aging isn't necessarily chronological.

A 60-year-old can have a muscular gene profile similar to a person 30 years old. And a 30-year-old person can already be expressing genes of a 60-year-old.



Can Muscle Aging Start at a Young Age?

Muscle aging may start at a young age - as early as the third decade of life. Many young adults unknowingly suffer from symptoms of muscle aging due to physical inactivity, poor diet, stress, substance abuse, and these become more and more notable as time goes by.

Typically as a muscle ages, it loses its aerobic capacity and strength, and it also loses size. This is how the vast majority of people today experience physical aging.

But is it possible to stop this process?

In many respects, yes. But you need to know what to do. You need to learn what mechanisms enable your muscle to resist this premature aging and you need to know how to trigger them.

This is where your daily activities can become essential to this process. How you exercise, how you eat, and even how you rest translate into gene activities that turn on mechanisms that dictate whether you age or stay young.

Now you need to understand what muscle downgrade means.



How Your Muscles Actually Prematurely Degrade

Muscle downgrade is a major blow to your body. It's associated with more than just loss of muscle size and strength. It can actually lead to a total metabolic decline.

The biological role of skeletal muscles goes far beyond locomotion. Your muscular system is your largest energy facility responsible for keeping your metabolic system intact. It essentially protects you against metabolic and hormonal decline, obesity, diabetes, and cardiovascular disease. It also enhances your brain function and keeps your body young.

Given this, the downgrading of muscle tissue can lead to a major health crisis on a scale far beyond what's commonly believed. The loss of muscle means loss of energy, a tendency to gain excess weight, accelerated aging and a reduction in your healing ability adding to your vulnerability to disease.

This muscle downgrading is a major contributing factor behind the current epidemic of obesity, diabetes, and related diseases. It's becoming clear that the benefits you get from your muscular system are essential to your health.

Keeping your body in shape not only makes you feel younger and stronger but also might just save your life.



So What Causes Your Muscles To Degrade?

Although there are many causes of muscle downgrade the main one is not doing enough muscle building and maintenance activity. Others include hormonal disorders such as insulin resistance, inflammatory disease, dietary abuse, nutritional deficiencies, and chemical toxicity.

One of the most common causes of muscle cell damage is aerobic overtraining. This is when people do hours of low intensity, single mode endurance activity such as running, cycling and so on.

If this type of over-training comes along with inadequate nutrition (such as with dieters who obsessively run on a treadmill to burn the excess calories they get from a bad diet) the results can be even worse...

The combined effect of bad nutrition with bad training can be extremely destructive, and may lead over time to irreversible damage in the muscle cells along with a total metabolic decline.

The consequences include:

- Impaired ability to utilize carbohydrates and fat for energy
- Insulin resistance
- Lower threshold for physical exercise
- Excessive weight gain
- Accelerated aging
- Reduced healing function



The Number One Self-Healing Strategy - Make Exercise Your Religion

The best self-healing and anti-aging regimen begins within the body and starts with the right type of exercise supported by a nutrient-dense diet. The critical component that is often overlooked in the quest for a healthy and youthful appearance is strength training exercise.

Strength training is one of the most powerful and important things you can do to help slow aging from within and is the **ONLY** activity that will stop the aging process dead in its tracks and give you back that younger super healthy body.



It has the power to reverse muscle and bone loss and make human bodies work better and become leaner and younger. This is the only type of exercise that will stimulate the release of human growth hormone (HGH) to help your body build more youthful muscle tissue to use up excess flabby body fat and stimulate the hormones for self-healing.

Strength training is **NOT** running on a treadmill, riding a stationary bike, or using an elliptical machine. Although those types of aerobic machines use “resistance” to increase your workout intensity, it’s not the same as strength training.



Recreational activities such as walking, jogging or cycling do not work the muscles through their full ranges of motion and do not build or maintain strength in the major muscle groups of the body.

Strength or resistance training as it is known is exercise that uses resistance - to strengthen and condition the muscular system. This can be achieved with resistance machines or free weights. The amount of resistance a muscle has to work against determines how strong it gets.

Regular aerobic exercise - which means contracting your muscles many times with little or no resistance - DOES NOT prevent loss of muscle mass. Runners still lose muscle mass even if they're highly active.

But you say "I walk and I am active" but we are not talking here about doing the normal tasks and activities of daily living or even living an active lifestyle. We are talking about taking it up a few notches to proper strength training exercise that will stimulate the "growth and repair" hormones that will truly keep you youthful both inside and out.

Although walking is great exercise, it is not enough to maintain overall muscle mass and does not make people stronger, and that is the bottom line. You cannot expect anti-aging benefits from low intensity, endurance type activities. You need to give the muscles direct brief bouts of intensity (degree of workload) and strength training exercise is perfect for this.

Make no mistake, living a sedentary lifestyle or not doing enough muscle building and maintenance activity is NOT going to help you stay looking and feeling young. It is impossible to look youthful without muscle tone. The firm, lean, shapely, healthy body we all would love to have simply is not attainable without it.

Fortunately, you can easily regain muscle strength with simple strength training exercise and it is never too late to start. Some studies suggest that two to three months of strength building exercise can reverse decades of muscle loss.



Even very small changes can make a big difference. An increase in muscle that's not even visible to the eye can be all it takes to improve your ability to do things like get up from a chair or climb stairs.

Muscle strength not only means making every task and activity you do easier in your everyday life, the amount of toned muscle you have also relates to control of body weight, bone health, cellular rejuvenation and the reduced risk of certain diseases.

As muscle declines, body fat often increases proportionately even if it does not register on the bathroom scale as it displaces and hides the lost muscle tissue. Fat can also be residing deep inside your body and it is this increased body fat that increases the risk of some cancers, diabetes and heart disease.

The best thing you can do for yourself is to build healthy new muscle tissue. This will act as a blood sugar sink, using up excess blood glucose every minute of the day and night.

In other words, strength training exercise improves your body's ability to control blood sugar levels and respond to insulin at every possible step in the process. And these are the keys to helping to prevent pre-diabetes as well as slowing the aging process.

Strength training exercise is especially critical to reinvigorating your body's glucose tolerance and increasing your muscle's insulin sensitivity. This will lower your diabetes risk and help to lower body fat and improve your body composition, your muscle/fat ratio, to a healthier level.

We now know that insulin is perhaps the most important hormone in the body when it comes to how well you age and how long you live. With a regular strength training program you now have the key to a longer and healthier life in a younger body.

If muscle means youth, how do you rejuvenate your muscle, and can you really keep your body biologically young so it is continually in self-healing mode? As I have already mentioned, 3-5 pounds

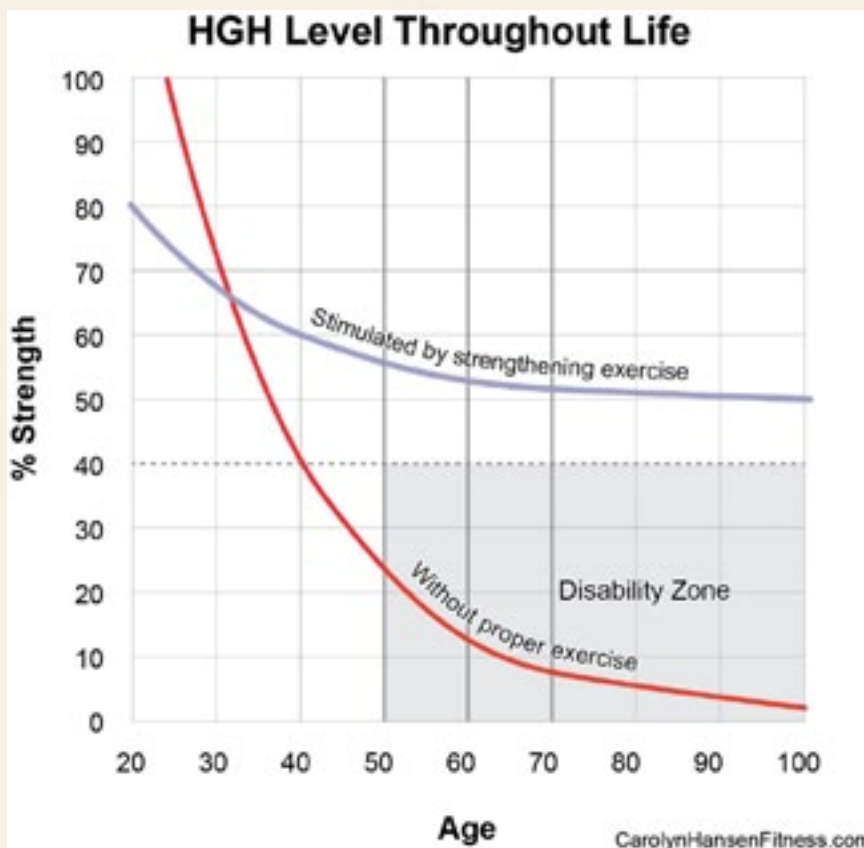


of your muscle disappears every decade and if this happens long enough, you wind up with sarcopenia. This occurs gradually and in fact you may not even notice it.

This is all controlled by your levels of the number one “youth” hormone - human growth hormone HGH which we have already touched on. It is HGH that regenerates and repairs your cells. It makes your muscles firm, skin tight, bones strong and joints healthy.

And it helps you maintain an attractive body shape by maximizing lean muscle and minimizing body fat. (That means a nice hourglass shape for women and a powerful superman-style V-shape for men.)

Unfortunately, as we age past 25, our HGH levels plummet. By age 40, HGH dips to 40 percent of what it was at 20. And by age 55 it shrinks to a measly 20 percent!



This dramatic plunge exposes us to the horrors of aging - thin skin, age spots, wrinkles, gray hair, low energy, slower thinking and lack of romantic interest.



Plus our drive and motivation to get things done evaporates.

Yet research shows that proper exercise alone can boost HGH by up to 352 percent sky rocketing self-healing and slashing your risk of death from heart disease, diabetes and cancer. Exercise is the one thing anybody can do, but most people completely mess it up.

It FRUSTRATES the heck out of me as a gym owner because I see so many people screw it up, robbing themselves of the opportunity to turn back the clock.

That's a shame because research shows this method to be THE most effective anti-aging self-healing protocol ever tested. So, when I talk about exercise... it is not just ANY kind of exercise, but the kind that triggers HGH.

Most people do the wrong type of exercise, for TOO long and TOO frequently, wasting hours at the gym or on long walks, runs etc. Totally ineffective. They think any movement is exercise and its made worse by people who have no clue as to what they are talking about when they recommend you "just find something you enjoy and do that!"

Not only does this barely move the HGH needle, it can backfire by increasing the stress hormone cortisol. That grinds down your body, kills cell growth, prevents optimum self-healing, stimulates belly fat accumulation AND speeds aging.

Worse still, many people shy away from exercise entirely, thinking they are too out of shape or too old, which is just NOT true.

The answer is actually to exercise less - MUCH less.

But that's ONLY possible by using incredibly efficient and effective movements that stimulate a huge surge in HGH in a VERY short period of time. In fact, studies have shown as little as 15 minutes of this super-efficient type of exercise results in an HGH spike of up to 352 percent.



That's why I'm so excited to share this remarkable type of training that makes the tremendous youth-enhancing, fat-burning, muscle-shaping properties of exercise accessible to ALL people, of ALL ages, regardless of what shape they are in.

This special type of exercise that I call ["Minimalist Exercise"](#) is the bare bones, no fluff kind of exercise that you must do if you want to turn back the clock.

Remember, the key to slowing aging, keeping your physique in check and your energy levels high is to keep youth-enhancing HGH levels high.

It's weird to me that many so people chase the illusion of a more youthful body with cosmetic surgery and other expensive and invasive means. Yet the very "real deal" for staying younger is right under their noses.

Proper exercise will give you benefits that none of those other methods can give you. Not anytime soon... not ever!

None of them can:

- Transform your body
- Give you unlimited energy and vitality
- Make you stronger and more vibrant
- Make you mentally strong and resilient
- Give you radical self-healing
- Prevent you from contracting disease and illness
- Prevent you from having aches and pains
- Give you long-lasting health for life

But proper exercise does...



Unfortunately, there are those who still believe that strength training exercise is reserved for buffed bodybuilder types. Rest assured, however, this is not so and it is for everyone. No matter what your age or present physical condition, strength training will help to improve the quality of your life in a hundred different ways.

Studies show that cells of individuals who regularly exercise appear at least 10 years younger than those who do not. So, no amount of any anti-aging product or procedure is ever going to replace you putting a bit of effort into an exercise program.

Proper exercise has the capacity to make us feel better, makes us stronger and enriches our life so we can do more. Getting our blood pumping with the right type of exercise is one of the most valuable self-healing, anti-aging tools known to mankind.

When you get going with your strength training exercise you won't need to be looking for other quick fix temporary anti-aging methods. You will have your own built-in, way more effective method of looking, feeling and being decades younger than you really are.

Consider the sobering alternative... health, mobility, youthfulness, independence, self-esteem - all dwindling away like an aging engine that has lost its power and strength.

If you allow yourself to live a no exercise lifestyle and continue to do so as well as spend most of your time sitting, you are passing up the chance to harness the rejuvenating power of your very own stem cells, your growth and repair mechanism, your personal self-healing mechanism and you are condemning your body to a slow, inevitable decline.

A sedentary lifestyle means that you will be capable of less and less activity as you age. Even earlier in adulthood - in your 30s, 40s and 50s - you can begin to see declines if you do not engage in strengthening activities.



As a consequence of all this, muscular weakness is indelibly tied to not just our quality of life and the way we look and feel, but our life expectancy as well. And the science proves this.

You can put stem cells to work right now to fight off the effects of aging, rebuild muscle, rev up your personal energy and boost self-healing.

Sagging, flabby and weak muscles which result from not doing enough muscle building and maintenance activity add years to the way you look and feel.

I have touched on how accelerated and premature aging is fueled by the lack of growth and repair hormones. Although production slows down as we get older it slows down a whole lot faster if you do not do give your muscles their needed work.

When you work your body muscles there is another benefit: detoxification. This is the process of forcing out the potentially destructive poisons we have accumulated from chemicals that find their way into our bodies and into our cells. As the cells are cleansed they become more active and “alive” and are better able to do their job. The end result is you look more vibrant and youthful.

The earlier you get started with your exercise program the better you are able to prepare for and fight off the aging process ahead. Although your skin will continue to age you can do much to keep it young - from the inside where it really counts.

We all know the health benefits of exercise - it makes you stronger, fitter and more flexible. It improves strength, endurance, stamina, balance and energy. So, no matter how old you are or look exercise will knock off years and make you younger - period.

Your body shape will become more youthful as firm muscles take up their support positions giving you a more youthful posture and bearing.



I mentioned that a self-healing well-functioning body starts with good muscle tone - and that a super healthy body is simply not possible without it. But it's also true that posture plays a huge part in this as well.

Posture ranks right up at the top of the list when you are talking about good health. It is as important as eating right, exercising, getting a good night's sleep and avoiding potentially harmful substances like alcohol, drugs and tobacco.

Good posture is a way of doing things with more energy, but less stress and fatigue. Without good posture, you can't really be physically fit.

Surprised? Well, you're not alone. The importance of good posture in an overall fitness program is often overlooked by fitness advisers and fitness seekers alike. Yet it is easy to avoid the problems that can be caused by bad posture - and improvements can be made at any age.



Good Posture Is Good Health

By the time we get to age 50 we have often developed such poor postural habits that our body and brain have simply forgotten where things should be.

The most common change in posture as we get older is the head and shoulders shift forwards, the chest curls inwards and the spine crunches from a healthy S-curve to a less healthy C-position as the pelvis tilts forward.



This places uneven pressure on the discs - the cushioning pads - between the bones of the lower back, and over time causes them to become compressed and painful. If you look around, you will see many people of all ages, who are starting to develop, or have developed, this stance.



Poor Posture - How Does It Happen?

The main cause is weak “core” muscles from years of sitting in a hunched position. But poor posture can also develop from environmental factors or bad habits. A lifetime of poor posture can start a progression of symptoms in the average adult. It can start with...

Fatigue - Your muscles have to work hard just to hold you up if you have poor posture. You waste energy just moving, leaving you without the extra energy you need to feel good.

Tight, achy muscles in the neck, back, arms and legs - By this stage, there may be a change in your muscles and ligaments and you may have a stiff, tight painful feeling.

Joint stiffness and pain - At risk for “wear and tear” arthritis, or what is termed degenerative osteoarthritis. Poor posture and limited mobility increase the likelihood of this condition as we get older.

You may have heard the saying - a chain is only as strong as its weakest link. This law also applies to our body strength and many of us tend to have the shortcoming of a weak link - our mid-section which includes our lower back and abdominal muscles.

This has to be the worst possible area on the human body to have a weak link because it supports most of the weight of the body. In fact chronic back pain can often be traced back to years of incorrect postural habits.

When your “core” muscles are allowed to grow weak, you lose the supporting and stabilizing tone of the back and spine muscles and your posture takes on an aged look. No matter how well you dress and take care of your “outer” looks it is very hard to look youthful and attractive with sagging posture.



To improve posture, a good level of strength in all the body's muscles is needed so they can dominate the skeleton and demand that leg, hip and back bones stand at attention and stay put where they belong. This protects the spinal column and keeps body weight from weighing down on the vertebrae, compressing and squashing the fragile spinal discs.

A strong skeleton with strong muscles holding it all together firmly and upright means the muscles, joints, ligaments and tendons which allow us to move freely are in their correct positions. This means efficiency and the correct loading is placed on the structures that are designed for it rather than on bits that are not designed for it.

Sitting for long periods each day and avoiding a proper exercise lifestyle is a good recipe for back, neck, and hip pain that will just increase as the years go by. It is also conducive to a much "older body" both in looks and the way it feels. Yet just getting started on your strengthening program can reverse the damage and get your body upright and pain-free again in just a few months.



There are lots more positive benefits associated with regaining your strength with proper exercise. If you are overweight you can bring your body fat percentage back into a healthy range as your body composition (muscle/fat ratio) improves. This also boosts your metabolic rate - the rate at which you burn fat.



If you are serious about boosting your self-healing processes get yourself started on a proper strength training exercise program supported with nutrient-dense eating. This will rejuvenate all of your body cells, tissues and organs and stop the aging process dead in its tracks.

Just a couple of sessions are needed each week with the right program. When done properly to challenge the body only a little is needed as it is so effective.

The stimulation of exercise is what puts your body in constant regeneration, self-healing and renewal mode. Exercise breaks down cellular tissue during every workout. Your body's innate ability to re-grow these cells using the building blocks provided by clean nutrition is the key to a younger, healthier body (regardless of age).

It's quite clear that eating a diet consisting largely of processed foods will shorten your life. Yet 90 percent of the money Americans spend on food is spent on processed food. As a result, the number one source of calories comes from high fructose corn syrup - a staple "death" ingredient in nearly all processed foods, from frozen dinners, to condiments, snacks, and soda.

Researchers have even discovered that genetic mutations and malfunctions that cause disease are created in future generations when highly processed and artificial foods are consumed.

The theme all the way through this eBook is how you get to be biologically older - or younger - than your actual age and the things you can do to turn forward the clock or turn it back so our self-healing processes are at their best.

My focus has been primarily on exercise as it is the number one self-healing and anti-aging strategy. But it does need to be supported by a great diet. A younger healthier body is essentially a body that has regenerated its cells more recently, and adopting a clean diet will support you in this quest.



As you already know, a healthy diet is good for you, but even better, it can slow the aging process. So, for that reason, clean eating is number two on my list of anti-aging strategies after exercise.



Everything you consume becomes the building blocks of your body. The quality of the food we eat is consequently reflected directly in both our internal health and external appearance. A youthful, fit, lean, body at any age requires fresh and natural produce to supply quality protein, good carbohydrates and healthy fats.

Fresh vegetables, fruits, raw nuts and seeds and organic meats, fresh fish and free range poultry and eggs provide our bodies with the nutrients we need to function healthily and give our body energy rather than depleting us of vitality.



So, What Does Clean Eating Mean?

Essentially a clean diet is one made up of natural foods, untouched by man. It has not been chemically altered, preserved, fried, or had added to it sugars, flavors, additives, thickeners, stabilizers... you get the drift. This is also true of beverages.

Examples of clean foods would include a carrot, a piece of grass fed beef, an orange, a bunch of spinach, a piece of fish from the ocean, a sweet potato and so on. In other words foods that DO NOT have a food label on them and which DO NOT come in a box, packet, can or bag with fancy graphics or are frozen.



Why Clean Eating?

If you wish to see changes in your health and fitness, you need to eat clean MOST of the time. A good level to aim for is around 80 percent of your meals. But you may start off much lower than this and simply build up your level over time as you swap out the nutrient-poor foods for nutrient-dense foods.

A truly healthy diet will always be reflected in your body shape and skin condition, give you a radiant, healthy glow and support the ongoing self-healing processes on the inside of your body . You can burn all the calories in the world, but without good quality food your health cannot improve if you are consuming low quality nutrient-poor foods.



Why Should We Eat Clean?

Every day we are bombarded with toxins. Toxins are found in the air we breathe, the foods we eat and even the water we drink. Chemicals - a large number of them toxic - are found in pollinates, pesticides, household cleansers, and beauty products (including makeup, soap, lotions, shampoo, hair dyes and perfumes).

Toxins enter the bloodstream, and the liver works hard to cleanse the body of these harmful substances. When the liver becomes overworked and sluggish, all the detoxification pathways suffer, and your health suffers.

Think about it, whatever you stock in your fridge is what your body will be made of next week... How's that for motivation to improve your diet! Our bodies do not recognize foods foreign to nature; we are simply not designed to digest them. And our systems get bulked up and become more and more sluggish.

The easiest way to detoxify your body is through exercise and clean eating.

To significantly improve your health and extend your life, you can begin tidying up your eating by simply eliminating as much sugar and as many starchy carbohydrates as possible and adding more lean quality proteins, healthy fats, fresh veggies, nuts, seeds and fruit.

You will be improving your health from the inside where it may not be visible. But this will give you not only a higher quality of life and maximum self-healing but a younger body to boot.

The way I do it has nothing to do with eating less, but eating BETTER! It is simply back to the way you were meant to eat... without having to eat "diet" food or count calories. I call it Minimalist Nutrition and it's a very simple and easy way to eat for the long haul.



What we can expect when we use Minimalist Fitness which covers both my simple exercise and nutrition style are these 10 Success Results:

1. A strong healthy body
2. Maximum self-healing
3. A detoxified body
4. Natural weight loss
5. Dramatically improved health
6. Disease reversal
7. Slower aging
8. A younger look
9. Maximized longevity
10. Boosted energy

When you make the switch to nutrient-rich healthy eating you are on track to achieve ALL 10 of the Success Results which are the natural outcome for anyone who embraces the Minimalist style of exercising and eating.

And, they happen in order, one by one, symbiotically, each one adding to the success of the previous one. When you detoxify your body, boost self-healing, lose weight naturally, dramatically improve your health, reverse lifestyle-induced diseases (obesity, heart disease and diabetes, etc.), age slower, look younger, and maximize your longevity!

Imagine detoxifying your body from the accumulation of the chemicals and toxins that cause the overweight condition and health complications. You will feel cleaner and lighter than ever before. Your body will start to self-heal, and your digestion will improve. You will have more energy, a lifted mood, and your skin will begin to glow and emit a more youthful radiance.



Now, while your body is becoming cleaner, it will also become lighter, as you lose weight naturally. You will finally be eating the way you were meant to eat, in-tune with your body's natural eating and fasting cycles. Your body has always been trending toward being healthy, desiring healthy foods, and you are finally appeasing it, by feeding it what it wants - nutrients!

As the toxins leave your body, your overall health will begin to improve dramatically because you are no longer overwhelming it with toxic foodstuffs and excess calories.

The continued new-found energy and bliss will naturally inspire you to be more active, exercise and perform better in every way. Relationships, work, and even sex will begin to improve, too. It is only natural!

For probably the first time in your life, you and your body will be on the same team.

Slowing down the aging process and improving ones health is no longer something you do when you have a health scare or wait till later in life to put right.

It makes sense to take steps to ensure that you build your natural and ongoing self-healing capability from as early an age as possible so you stay healthy as it is something that builds and strengthens as time passes. So, by the time you reach your mid years you have built a healthy investment in yourself, your health and wellness.

You can turn the clock back - or at the very least slow it down - in many areas of your health and wellbeing. Are you ready to fight the effects of aging?

There is not a single more beneficial activity you could do that can return you so much for so little output in time, effort and money.



Think about it - getting back into shape again, losing some weight and regaining your vitality and youthfulness. Imagine recovering years (maybe decades) of lost strength and stamina and increasing the quality and maybe the quantity of your life - priceless.



Now, it is very easy to read through an eBook like this one and find yourself agreeing with almost everything that has been said. Then the final page comes, you go on with your day, and nothing in your life changes.

Instead of doing this I would like you to promise yourself that you WILL commit to making the changes needed to begin reversing the aging process and turning back the clock by at least 10 years.

Don't wait for tomorrow. Allow my words today to be the instigating factor for change in your life and join me on my special program. The link to register and get started immediately can be found below.

It is not expensive. In fact, compared to the value you will derive from the health benefits associated with taking action today, the investment will be truly miniscule:

I'm ready. ARE YOU? Allow me to be your guide on this restorative, transformation as we reboot, renew and recharge your body and your life.



Where To From Here?

I would love to help you implement an anti-aging program so you can be your best right throughout your adult years and maximize the chances of your health span matching your life span.

For a simple exercise and nutrition plan go here [Minimalist Fitness](#)

For a full lifestyle program go here: [Reclaim Your Longevity](#)

To fast track your efforts I do offer coaching:

[Carolyn Hansen Coaching:](#)

"I help clients take charge of their health before circumstance removes the option. If your quest for peak performance living is a journey I'll put you in the driver's seat".

For more tools and resources from Carolyn Hansen to assist you in attaining your goals and achieving the success you desire in life, please visit:

[Carolyn Hansen Fitness](#)