

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Aging What Can We Do About It?

By Judi Singleton

Aging What Can We Do About It? by Judi Singleton

We all want to live a healthy, active life well into our later years. Science has come up with a lot of helpful information to help us live longer and have a more quality life.

Choosing the right nutrients can help slow down the aging process. Using the latest information that science has available will help us look and feel younger.

At a young age we are preconditioned to believe certain things about aging. Maybe your parents said "Everyone in our family lives to be over 100 and they never lose their faculties.", that is what my family said. Maybe yours said "The people in our family die when they are just over 65 they never get to enjoy their retirement." We walk around with a particular notion in our subconscious that we have a pre-defined lifespan of between 60- 90 years. Our body's biological age is a reflection of our physical, mental and spiritual journey through life. In perfect conditions, our bodies can survive to an age of 125 years!

Life style definitely reflects in our bodies, minds and spirits. Say one person lives a healthy active life style. He walks and exercises regularly, is interested in his community, has lots of friends, enjoys his marriage of many years, is regularly involved with his children, grandchildren, and great-grandchildren. He goes to church. He eats well and takes supplements. This man looks forward to each day. He often works well into his later years. Life is fun and living is enjoyable. He probably will live a very long productive life.

Another man or woman lives an isolated life style, very inactive, does not exercise. He has few friends and few interests in life. He is resentful of his children and does not want to spend time with the next generation. He has no belief in a Higher power. Life is not fun for this person. He eats a high calorie, fat filled diet. He will probably have a heart attack or stroke in his late sixties. Life style does count when we are looking at aging.

Aging What Can We Do About It?

We can do something about aging right now. Laughter has long been held as the "Best Medicine" and, in fact, science has now found that every cell in the body has a receptor for the substances produced when we are happy. Every cell is therefore influenced by how we feel. Our first line of defence against any disease is therefore Happiness! Seek out serenity. Think about what makes you happy. Seek it out include it in your life often.

This might be easier said than done but one tip is to look around and find something that you can be happy or cheerful about. Force yourself to smile. It works, try it and see.

"The most important thing you can do is to actually stay very healthy," he said. "The immune system is directly related to your general state of health."

One well-established drag on the immune system is stress. Chemicals released by the body during periods of strain suppress the immune system, Woodland said. This fight-or-flight response to dangerous or urgent situations was probably fleeting for our human ancestors, he said. "The problem in our modern world," he said, "is that we're under stress for long periods of time."

Therefore, any kind of stress-relieving activity — from various forms of meditation to exercise — is an investment in a healthier immune system. I took this information when it came to me quite seriously. I spend at least a half an hour a day in meditation. It gives me a time to check in with myself and listen to what I am thinking. It also relieve stress. I also belong to a gym and work out daily. I look and feel so much better. I noticed lately there are more and more older adults lifting weights and doing cardio workouts. I like my gym because there are people of all ages there. It is a place to socialize as well as get healthy.

Did you know that vitamin C helps keep your teeth and gums healthy, aids in absorbing iron, is needed for healing, and plays a role in immune system health? Registered dietitians recommend consuming at least one vitamin C rich food each day. Good choices include green peppers, strawberries, citrus fruits, tomatoes, and broccoli. Drinking a serving or two of 100 percent orange, grapefruit or tomato juice can also be a quick, easy way to boost your vitamin C intake.

Put some color on your plate. Eat nine to 10 servings of fruits and vegetables each day. Sample the supplements. Take a multivitamin plus vitamin E, Discover the dynamic D Take 400 IU of vitamin D a day.

Enjoy the powers of sleep. Get your eight hours. Wet your whistle.

Drink eight to 10 8-ounce glasses of water and once cup of tea a day.

vitamin C, and calcium.

Take good care of yourself. Learn to love yourself and let that love spread to all those around you. We do have choices and are responsible for how we age.

About the author: Judi Singleton is the publisher of Jassmine's Journal the free edition subscribe here <http://www.motherearthpublishing.com> subscribe to the paid edition at editor@jassmine.com and pay here <http://www.motherearthpublishing.com/journal/advertising.shtml>

Anti Aging Skin Care Popular Methods

By Oliver Turner

While exploring the scope of anti-aging skin care treatment, the most commonly asked question is 'What skin renovation medicines have so far proved to be effective'? Collecting right information regarding the anti aging treatments flooding the marketplace is the best strategy to adopt anti aging skin care techniques that suit your aging skin.

To regain your eternal beauty and to get back your youth, go with the anti aging skin care supplements. Anti aging cosmetic products can dramatically improve your look by nourishing you from inside. And that is a natural procedure. No need to go for a painful surgery. Anti aging skin care products can drastically change the way you look and can make you feel young. You can challenge the aging process with anti aging skin care medicines that provide life to your dry or oily skin. You can really stall the ageing process for a few more years with anti aging skin care treatments and enjoy the excitements of youthful life. Try to select anti aging products that will alleviate your rough and dry skin and provide sufficient hydration. Make sure that your anti aging skin products get promptly absorbed into your skin and produce immediate results. Check out whether your anti aging product is hypoallergenic and non-photo toxic. Be careful about damaging your skin instead of repairing it.

Anti aging supplements will rectify the health of your internal system as well as take proper care of your sensitive and wrinkle prone skin. Anti-aging skin care cosmetics usually contain active anti aging components that support the skin's natural ability to remove free radicals, age spots, and chemical toxins that obstruct healthy skin, and improve your skin agility and elasticity. A good quality anti aging product can reduce skin drooping and wrinkling. Anti aging skin care supplements works in complete harmony with the body, supplying and balancing the necessary anti aging dietary requirements thus making your skin glow and look young for a long period of time.

We have made the most comprehensive research on the subject of anti aging skin care products. Find the results only on

. Find more anti aging info on



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!