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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**What Causes Us To Age?**

**By Kim Beardsmore**

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Science has made stunning discoveries in this area of human interest, it's something we all want to know – can we slow down the process of ageing, can we live longer, if so, how? It's a highly technical subject, too detailed to look at in-depth within this article. But, we can give you some powerful pointers to help slow down the ageing process and increase your chances of a healthier old age.

What determines your biological 'age'?

Our parents precondition us from a young age to believe that we'll live to a certain age. We walk around with a particular notion in our subconscious that we have a pre-defined lifespan of between 60–90 years. But there is no definitive speed at which a person should gracefully age because we are all so different. Some people seem to look and act eternally young – ageless, wrinkleless! Others, less fortunate, look old beyond their 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! Look at the two very different lists below, the potential for ageing becomes quite obvious when you compare such a stark difference in lifestyle.

The first person has all the attributes to significantly slow down the ageing process and live to a ripe old age with good health.

Lifestyle characteristics that promote longevity: Regularly partakes in enjoyable exercise Enjoyable career and tolerates 'healthy' stress Generally happy relationships with spouse and children Active member of the community, enjoying many friendships Seeks to learn new things and enjoys personal development Eats a balanced, healthy diet Supplements diet with vitamins, minerals and antioxidants

Has a sense of worth and purpose in life

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If your life reflects these characteristics then you have adopted the attributes which significantly slow down the ageing process and increase your chances of living to a ripe old age with good health.

Lifestyle characteristics that do not promote longevity: A sedentary lifestyle Overweight or obese Inability to cope with pressure Isolation – working and living alone, few friendships Poor or limited career opportunities Constant diet of nutritionally deficient food (junk food) Eating too much food (comfort eating) Drinks excess alcohol Smokes cigarettes Regularly visits the doctor for various illnesses Harbors resentment, anger, fear Lack of purpose and self worth Lack of stability and routine

If this list is more like you then you may be ageing fast! Time to take action and make some changes if you want to improve the quality of your latter years. It may be a daunting task to make lifestyle changes, however, by taking things one step at a time and being consistent in developing new lifestyle habits – you will notice the difference in time, and your body, friends and family will thank you.

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Are you interested in earning money from home? We can

help you grow a profitable business in the wellness industry:

### **Early Retirement: What You Should Know**

**By Stanley Emerson**

For many reasons, more and more people are opting to retire at an early age. The growing trend for the retirement is based on the fact that people are enticed to retire early than continue working and wait until they reach their retirement age of 65.

In fact, most of the surveys conducted in the United States asserted that 60% of the respondents would love to retire at an early age.

In reality, there are many benefits that people can derive when they retire early. However, there are also many consequences that result from early retirement. What they do not know is that early retirement has the potential of bringing more problems than reaping in benefits and advantages.

Here is a list of some of the reasons why retiring early can be a pretty risky activity.

1. Not in accordance with the regulations of Social Security

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When people will retire at an early age, there is a great possibility that they cannot immediately obtain their Social Security benefits. This is because according to the rules and regulations of Social Security, anyone who is born after 1938 will have to wait longer than their retirement age of 65 before they can get their benefits.

Hence, early retirement may only contribute to a negative upshot if the older people's finances were not managed properly and the only thing they expect to help them are the Social Security benefits they can get.

2. If people who took early retirement get sick, they cannot acquire some Medicare benefits.

This is because the age when people can get their Medicare benefits is when they already turn 65. Hence, if they are hospitalized and they have already filed for their early retirement, they have to obtain the necessary amount of money in order to cover the expenses in the hospital without Medicare.

3. Penalty charges apply to those who retired early and had withdrawn their IRAs early.

For people who would like to retire at an early age and wish to obtain their IRAs, they have to face a hefty 10% penalty charge.

Moreover, experts contend that the nest egg of people who wish to retire early is only 80% of what they should be getting when they retire at the age of 65.

The bottom line is that early retirement is, indeed, a personal choice and preference of an individual but one must consider the factors that may affect their life in the end.

Henry Clark can show you how to make the most of your retirement years. Visit his website and learn

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