

## Fountain of Youth

*How to use natural measures to stay young and vibrant...*

*“If I had known I was going to live so long, I’d have taken better care of myself.” Eubie Blake, the celebrated ragtime pianist who lived to be 100 years old.*

People, especially women, are always looking for something that will make them look and feel younger. They fall for any product marketing attempts that claim anything from reducing wrinkles to removing love handles or erasing the signs of time.

The only problem is that we look for quick and easy solutions that will allow us to steal back a few years. We are looking for a magic pill that will turn back the clock. But maybe we are looking too far. Maybe the solution is a lot closer than we think.

I’ve always said that we shouldn’t underestimate our body’s natural healing mechanisms. In our quest for modernism, we learnt to ignore everything natural and manufacture things that will make us feel better. We reach out for pills and medication as soon as something goes wrong, we spend a lot of money on products with false claims, and we jump to the possibility of finding the fountain of youth.

The painful truth is that there is NO magic pill, nor is there a fountain. But before you despair, remember that we are built with amazing abilities to regenerate. If given the chance, our bodies can show immense abilities of ‘graceful ageing.’

### How Much Does it Cost?

While we are frantically looking for ways to hold on to our youth, we tend to ignore the factors that may be speeding up our ageing. Take a look at how some of these factors are adding years to your life, according to research.

**Smoking** can reduce your life expectancy by about 6 years since it ages the heart, skin, lungs, and can even trigger early menopause and cancer.

**Junk food** can reduce your life expectancy by up to 4 years due to the high content of salt, fat and artificial flavourings, and lack of vitamins and minerals

Being **overweight** can reduce your life expectancy by 3 years because of the increased chance of diabetes and high blood pressure.

**Stress** can reduce your life expectancy by 4 years because it imbalances blood sugar and lowers immunity, among other things.

**Lack of fitness** can also cost you 1 to 2 years because of the increased strain on an unfit heart.

**Sunbathing** can reduce your life expectancy by about 2 years, and cost you up to 10 years in appearance! Too much sun can age the skin and increase the risk of skin cancer.

**Alcohol** and other **toxic exposure** can reduce life expectancy by 1-10 years because they age the liver, kidneys, heart, and brain.

**Too much exercise**, believe it or not, can also age you faster (and cost you about 3 years) because it increases free radical damage and speeds up ageing. Regular, moderate exercise, however, has the opposite effect.

## **Create your own fountain**

There are various ways for you to maximise your potential and allow your body to create its own fountain of youth. In order to do that, you have to remember a few key points that are crucial to maintaining youth.

### **#1 Sugar**

Sugar is the number one enemy of youth. It ages the skin, imbalances blood sugar, contributes to diabetes, adds to weight, and messes up hormones. If you control sugar in your life (and insulin) you will have endless access to eternal youth. You must remember, however, that the negative sugar effects are not only from chocolates and cakes, but also from white refined products such as white bread and rice, and also from hidden sugars in foods such as cereals, sauces, spreads, and more.

### **#2 Immunity**

Building immunity to prevent illness is better than a million pills to counter disease. Studies show that the common denominator in healthy 100-year-olds is a healthy immune system. Do you remember how tired you felt during or just after your most recent illness? Every time you get sick, your body gets more worn out and more years are stolen from your youth. Prevention is the key. So take out that vitamin C!

### **#3 Weight**

If you thought you'll try to lose weight after the summer, think again. Being overweight increases the load on your heart and all your other organs and joints. It reduces the quality of life and makes you age faster. There is a theory that if you eat 50-60% less, you'll live longer! So instead of spending all your money on anti-wrinkle cream, invest in a good nutrition book and a pair of exercise shoes and get moving!

### **#4 Stress**

Stress seems to come up over and over again under almost any condition. The simple rule to remember is that the more you're stressed, the more you're eating up of your own life. Stress, be it physical or mental, is the ultimate enemy of health. It shuts down digestion, clouds thoughts, creates illness, and sucks up all the beneficial nutrients needed to maintain youth. If you're stressed and can't do anything about it, then think of ways to manage it and buy back your youth with things such as yoga, meditation, or even music!

### **What about diet?**

As you probably know, the food you eat is crucial for maintaining a youthful body and mind. Research has shown that some of the world's longest living people have diet secrets. These secrets lie in what they choose to eat on a daily basis.

These people's diets revolve around fruits and vegetables, wholegrains, quality protein, olive oil, nuts and seeds, and plenty of water. So, what we eat *does* affect our health, and nothing spells youth as well as 'healthy and vibrant'.

#### **What should you add to your fountain?**

Super foods and other ingredients that will make you feel and look younger, such as:

- Aloe Vera juice and gel
- Bee Pollen

- Raw honey
- Royal Jelly
- Spirulina
- Chlorella
- Antioxidants (vitamins A, C, & E, selenium, and zinc)
- Cruciferous vegetables (broccoli, cauliflower, brussel sprouts,
- Garlic and onion
- Plenty of sleep
- Fresh air
- Water
- Laughter
- Positive mental attitude

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