

Top 10 Anti-Aging Tips

Eat less

One of the things they don't tell you about aging is that you need to reduce your food intake by 10% to 15% and increase your exercise if you don't want to put on weight; your metabolic rate can drop quite significantly when you reach your fifties.

Keep your homocysteine levels low

Homocysteine is an amino acid produced as a by-product of eating meat. High levels correlate strongly with most degenerative diseases of aging, especially heart attacks and strokes. If your levels are too high, cut back on the amount of meat you eat.

Exercise

Physical activity can prevent or delay the onset of hypertension, obesity, heart disease, the risk of falls (by strengthening your muscles), and osteoporosis.

Get plenty of antioxidants in your diet

A diet rich in antioxidants will prevent free-radical damage. So enjoy a glass of red wine, a small amount of chocolate and eat lots of berries (especially Blueberries).

Supplement with vitamin C

(Buy it at a Health Food store)

Supplement with Co-enzyme Q10

(Buy it at a Health Food store)

This nutrient is your armour against heart disease and it's good for your brain too! If you take anti-statin drugs, supplementing with CoQ10 is essential.

Get tests done and talk through the results with your doctor or other health (holistic) practitioner.

Get your doctor to check your testosterone, oestrogen, CoQ10, and Human Growth hormone as well as your homocysteine levels.

Investigate supplementing with HGH.

There is some evidence indicating that Human Growth hormone injections, *carefully* monitored by a specialist medical practitioner, can directly reverse some aging effects. Do *not* contemplate using them without proper medical supervision.

Detoxify periodically.

Especially your liver. Fast occasionally; it will make you feel terrific after the initial shock!

Don't worry, be happy!

A study of 1,500 centenarians found that although their diets, activity levels, and even smoking habits varied widely, nearly all of them possessed a good sense of humour and they didn't waste time worrying! Proof again that laughter is the best medicine and worry is a waste of what time we have!

"Be happy. It's one way of being wise." – Colette