

THE IMMORTALITY CODE

Grow Younger, Live Longer



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Dear Fellow Immortality Seeker,

We're told that it's the quality of life that matters, not the *quantity* (hours or days) that we have. And, while that does make a lot of sense, what if you could have both... a better quality of life *and* more days and hours at your disposal? What if you could live *longer*?

Well, believe it or not, when it comes to life and living, quality and quantity go hand in hand. They work together and draw strength from each other.

In other words, when we focus on enjoying a better quality of life - one with less stress and more happy/joyful moments, we also simultaneously extend our life!

That's lesson one: live a happier life and you'll be much healthier! I'll show you easy ways to do this, which you'll be able to benefit from almost instantly. More on that soon...

This report is not about depriving yourself. It's not about making outrageous changes to your diet or lifestyle. We all know that those things rarely work long-term, if at all.

Instead, this report is about going after only the best-of-the-best strategies - those which are the easiest to implement and quickest to produce results.

More importantly, this report is about starting right. And the key to starting right is *pacing*. It's about gradual improvement. Knowledge, much like nutrition, has to be taken in adequate amounts so one doesn't choke on it. And much like food, knowledge has to be digested before more can be taken in - overdosing is not recommended.

So, we will start out with the familiar stuff, and gradually move towards the newer stuff. We will start with what you already know, and we'll build on that. We will focus on things you are already doing **right** and find ways to improve on that further.

And that's lesson two: In life, we should spend most of our time on the solutions than on the problems. We should focus on what's good in our lives and find ways to make them even better, instead of focusing on what's not going so well...and getting depressed and angry over them, or resisting them with all our might.

It's important to spend enough time on the problem in order to understand what it is. But, after that, the focus should be on solutions and improvements.

With that in mind, let's briefly go over the problem, before we start discussing all the solutions that are available to us.





Contrary to what most of us believe, getting older and 'aging' are two completely separate processes.

Let's discuss 'getting old' first...

We get a year older each year and that's perfectly normal. Nothing can change that so we need to stop fighting that - it's pointless.

Because, if you really think about it, age is just a number after all. I'm sure you've seen people who look 22 but are really 35. And visa versa!

It's helpful to realize that we are all here to experience and enjoy every age, starting from birth and going to age 5, 10, 20, 40, 80 or more. No one is discriminated from that process.

When we are in our 20's, we are supposed to experience and learn very different lessons than when we are in our 30's. Our 40's provide yet another set of new experiences and lessons. And so do our 50's, 60's and so on.

Each age group is unique and brings with it unique experiences, enjoyments, and learnings. It would be foolish to waste any of those years on regrets about the earlier years or on worries of the coming years. Neither of those help or change anything.

Enjoy every age during that particular year. Because you will only get one shot...there are no do-overs.



The rate at which your body ages has very little to do with how old you are. As discussed earlier, there are people who look twice their age, physically. And others that look half their age. (Yes, in some cases, it's a medical condition that causes this. But, not all the time.)

Most of us see the aging process as something that's unavoidable, inevitable. We accept it as a "natural" part of getting older. We believe it's "normal" to start developing certain conditions as we get older: memory and recall problems, poor eyesight, hearing problems, wrinkled and sagging skin, brittle and weaker bones, and so on.

The reality is that almost all of these problems have nothing to do with our getting old, and can be delayed, prevented, and often times even *reversed*. For most people, these problems start developing *inside their bodies* very early on, due to neglect and lack of knowledge about how the human body works.

Think about it... almost everything you buy comes with a user's manual. Yet, no one gives us a manual for our bodies when we grow up. It's no surprise that even our parents, friends, peers, and yes, even many of our physicians don't know much about slowing down the aging process.

(FACT: Many medical doctors are trained only to diagnose and treat. They are there to offer you cures. And they are good at it. That is not to say that you shouldn't get regular health checkups. You absolutely should. Just don't expect your doctor to give you amazing anti-aging advice, aside from general information on the subject.)

Okay... so what the heck is causing our bodies to age, and how do we slow this down? Glad you asked... ;-)



There are several major reasons why our bodies age over time.

The first major cause of aging is stress.

(Surprised I didn't list "nutrition" as #1?) More problems and diseases are caused by stress than anything else. Continuous stress on any machine will eventually cause wear and tear, and breakdown or slowdown of certain vital processes...that's if it doesn't break the machine down completely.

If all you did right now was get rid of, or manage, the stress in your life, you would dramatically improve your health - even if you didn't change your eating habits at all. Your body would start to heal and repair itself dramatically.

The second major cause of aging is, of course, malnutrition.

Most of us follow a diet that lacks certain vital nutrients which are *required* by the body to maintain normal functions (including the recovery and recuperation processes.) No big revelation there.

As mentioned earlier, this aging process starts very early on for many of us. However, since the human body is so resilient and forgiving, the problems finally start to "physically" reveal themselves years later. As resilient as our bodies are, after several decades of continuous abuse, certain things tend to finally give up and give out. The problems that had started inside our bodies years ago eventually start manifesting in more visible ways in the present.

Think of an automobile, if you will. Two individuals can have identical vehicles. Yet, the person whose vehicle gets quality fuel, regular maintenance (oil changes, tune-ups, etc) can outrun and outlast other vehicles -- often by several decades! Moreover, the individual who abuses the engine may not see the results of the ongoing damage till months or years later, when the vehicle finally breaks down in the middle of the road. (We're always surprised when this happens, which is amusing.)

Our bodies work the same way. Yet, most people often try to run their bodies on inferior fuel, or *no fuel* at all, i.e. empty calories. Doing regular maintenance is not even part of their reality. And, you can just forget about stress management.

I'm not pointing fingers, by the way. I've put my body through my share of neglect and abuse. I've let stress build up to a point where it started manifesting physically as lower back pain. Fortunately, and thanks mostly to our body's resiliency, I didn't do any major damage and learned to treat it better.

The bad news is, you can't change the past. Your body may already be physically manifesting the years of abuse it had to put up with. The good news is, you **can** change your body. You can repair most of the damage, and you can avoid further damage from here on. The sooner you start taking better care of your body and mind, the sooner you stop (or at least delay) further aging.

The third major cause of aging is, *lack of use*.

The phrase "use it or lose it" really rings true when your body is concerned. As we get older, we tend to cut back on physical activity. We exercise less, and we stress over things more. That's a lethal combination.

Your body was designed for movement. Just like a car engine that ceases from lack of use, the processes of our body start to slow down or stop from lack of movement. Many believe that exercise and physical activity should only be done to lose weight. Not true. Regular exercise, just like nutrition, is a requirement.

You don't have to turn into a tri-athlete to activate the anti-aging process. It's actually much easier than that. And, we will discuss that soon.

The forth major cause of aging is disease.

Diseases either attack the cells of our body directly or they interfere with specific processes of the body. Both of these cause the body to deteriorate in some way. But, here's what's interesting...

Aside from certain *infectious* diseases, which we can catch from other people or things, most of our diseases are caused by one or a combination of three things: lack of nutrition, lack of activity, and excessive stress! So, if we can work on the first 3 causes, this last one takes care of itself.





Of course, whenever most of us think of wanting to eat and live healthier, our focus goes first on the things we are doing "wrong." That's not the best way to go about this, or anything else in life.

For example, people who are able to create enormous wealth in their lives don't focus on the things that they don't have enough of. Instead, they start by focusing on what they do have a lot (or enough) of. Your mind, and your energy, just tends to produce better results when you start with the positive. I won't go into the details of that process here. Just know that life tends to work that way.

While we want to be aware of and understand the problem, we don't want to dwell on it. Spend most of your time on the solution, not the problem, remember?

So... let's start by focusing on the things that you are already doing right...

Do you love chocolate a little too much? Are you addicted to caffeinated drinks like tea or coffee, and you just can't start your day without them? Do you find yourself reaching for alcohol towards the end of the day? And, most importantly, does doing any of the above cause you guilt and stress?

The good news is, all of the above can be beneficial to you... with a few very minor changes to the process. We'll discuss each of these individually, as we move through this report.

Oh yeah, are you a smoker?

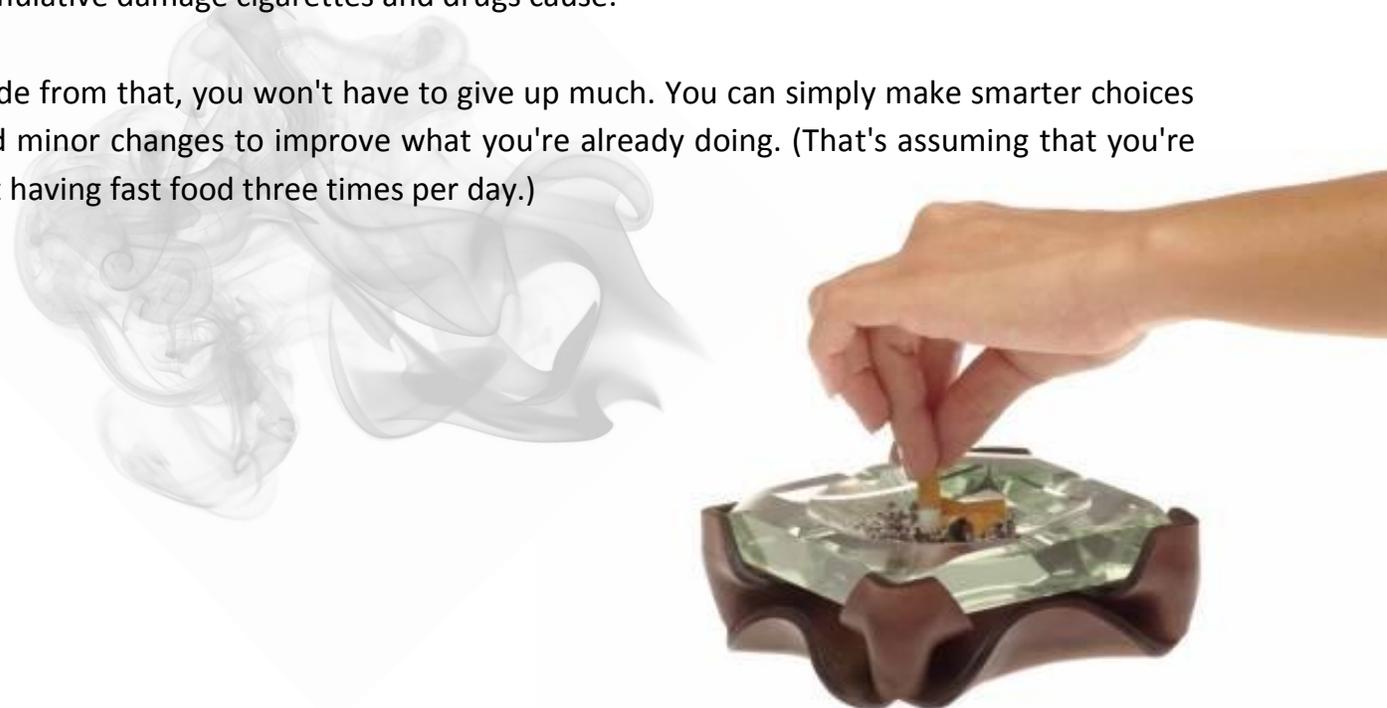
Okay...that one's actually all bad... sorry. We just weren't designed to suck smoke and poisonous gases into our lungs and still remain healthy. The human body is amazingly versatile, resilient, and even adaptive. It puts up with a lot of our abuse. But, there are limits.

The best advice I can give you would be to stop, or at least cut down on the amount you smoke. Forget all the propaganda attached to it (bad or good) and just remember one thing... you're ingesting smoke. Whether you're using regular cigarettes or herbal ones, in the end, you're inhaling smoke. There's just no way to turn that into something healthy, filters or no filters.

The good news is, there are very few things that you'll have to give up completely, in order to become healthier and happier. Most of the things can be improved on by making a few minor changes here and there. (I won't tell you to force lettuce or wheatgrass down your throat. There are better, tastier alternatives.)

Cigarettes and recreational drugs are not part of the plan. If you're using any of these, you'll have to give them up. Get help if you need to, but get rid of them. If you don't, there's no amount of nutrition, exercise or stress management that will counteract the cumulative damage cigarettes and drugs cause.

Aside from that, you won't have to give up much. You can simply make smarter choices and minor changes to improve what you're already doing. (That's assuming that you're not having fast food three times per day.)





When most people think about eating healthier, they tend to immediately focus on what they can't eat, i.e. what they will have to give up. (That's just a bad place to start from because, again, we are focusing on the problem.)

What's interesting is, people only look at their current choices (let's say 10 food items) which they consume most frequently, and after removing the unhealthy items from this group, they're probably left with only 1 or 2 things that they can continue to eat. Well, of course that will feel like you're giving everything up. Because that's exactly what you're doing.

Instead, if we were to focus on expanding our current group of choices and adding new and delicious choices that we don't usually eat, or don't even know about, we suddenly have a lot more items to choose from, and we don't end up feeling like we're depriving ourselves. Life really is about perspective. And, very small changes in perspective can make astronomical improvements to our life.

The reality is, we are living in amazing times. Today, there are healthier alternatives to almost anything and everything that we enjoy consuming. And, many of them taste great too! We are very fortunate to have so many choices available to us.

In the early 90's, I decided to become a vegan, which was a result of my doing research for my weight loss book. After learning about all the damage we were causing our bodies on a regular basis, I was certain I wanted to be a vegan.

(For those who don't know, a vegan is someone who does not consume *any animal products at all*. That means no meat eggs or fish, but also no milk, cheese, butter, yogurt, or ice cream either.) I don't know how I did it, but I was a complete vegan for 2 years. After that, I slowly started adding cheese (pizza!) and other dairy products to my diet. Four years later, I was back to eating meat, eggs, fish as well.

My point is this...

If **you** don't want to become a vegetarian, or even a vegan, don't. Don't make that choice for anyone else but yourself. If you can't give up meat or fish or dairy, don't force it on yourself. Instead, cut back on certain choices and/or replace them with healthier alternatives.

The reason I was able to stay a vegan for 2 years, and a vegetarian for 4, was because I wanted to. I wasn't doing it for anyone else. After that time, I didn't want to anymore. And my transition back to eating meat again was very natural.



Similarly, you don't have to follow any advice in this report either, if you don't want to. You have a choice. But, understand that every choice you make has consequences. Some are good consequences and some are not so good.

However, *you always have a choice. Always.*

So, if you decide to use the advice and tips in this report to slow down the aging process of your body, don't see it as "giving up" *anything*. See it as a **choice** that you are *willingly* making to improve your health and the quality of your life. And, be happy about that choice, because you are now part of a rare group of "super humans."

(Psst... everyone else can continue believing that the aging process is "normal" if they chose to, and by implication, that you are "super human" for not aging like they do. ;-)



Before we start discussing and listing those things that most people may never have heard of, let's go over some of the stuff that you may already know about, especially if you've read one or two health/diet books, or watched a show or two about healthy eating.

I can almost guarantee that some of the stuff I discuss below will seem like general knowledge and common sense to you; you may already know about them.

But, you and I both know that "knowing" about something does absolutely squat to help us. It's the "doing" that makes all the difference, right? So, if you see something that you already know, but you're not doing it, then hopefully reading about it again will help you get to the "doing" part. :-)

On to the basics of healthy living... we'll start with the basic nutrition requirements first...

Water

Water is just an amazing substance. One of the easiest and quickest ways to look and feel healthier - and younger - while extending your life, is to start drinking more water and/or consume more water-rich foods (fruits and vegetables that have a high water content.)

The human body is over 70 percent water anyway. Most of the vital processes of our body require water. It is important to keep it that way. If you reach for water or juice only when you're thirsty, it's usually too late.

Keep yourself hydrated on a regular basis. And, increase your fluid intake on hot days, or when you're more active than normal.

Make it a habit to start your day by filling up a tall glass (or bottle) of water. Keep it with you and sip on it every 30 minutes or so. Fill up when you're done. (You don't want to feel bloated, just as long as you're drinking enough. Most of us aren't.)

If water is not the easiest thing for you to drink by itself, there are lots of alternatives. Throw a wedge of lemon in it, or make lemonade. There are also products like Gatorade, Vitamin Water, or certain juices and juice blends. (If you go for the regular juices, be mindful of the sugar content and calorie count... some of them are ridiculously high.)

You can also snack on water rich fruits and vegetables throughout the day. Most citrus fruits (oranges, tangerines, etc.), melons (cantaloupe, honeydew, etc.) are great for this. Plus, they have the added benefit of providing you with some powerful nutrients.

Vitamins

If you follow nothing else from this report about nutrition, drink more water and take your vitamins.

Taking vitamins is not just an added benefit; It's mandatory. It's not something that's 'nice to do.' It's a requirement. Your body does not manufacture most vitamins, which is why we consume food to begin with... we need it to survive.

The challenge, for most of us, is that our diets do not provide enough vitamins which are needed by our bodies to function *normally*. The reason why so many people feel better after taking vitamins regularly is because most people's idea of "normal health" is warped.



Most of us have no idea what "normal" is because we have never provided enough nutrition to our bodies to experience normal functions. Except in this case, what we don't know *can and will* hurt us.

Fiber

You've heard it before. Have more fiber!

Fiber is very important and has several major benefits. Most of us are nowhere near the daily requirement, about 30 to 40 grams per day. That may sound like a lot, but it's pretty easy to do if you increase your intake of complex carbohydrates: grains, cereals, nuts, fruits and vegetables.

If your diet isn't able to provide you with enough fiber, there are also ways to supplement it. I've been taking psyllium husk (which is pure fiber,) mixed with water, since the early 1990's (yes, after I started researching weight loss and nutrition,) and it's been a life saver for me.

There have been times in the past when I lived on junk food, fast-food, and just generally unhealthy high-fat choices. Had it not been for the unusually high fiber in my diet (compared to the average person,) I would have some serious health problems right now.

If your diet consists of a lot of fatty foods, and you're not able to cut down on them right away, or quickly enough, you should at least increase your fiber intake while you work on lowering your fat intake. It will be one of the best decisions you'll ever make for your health. Fiber also has the added benefit of absorbing *some* of the fat and cholesterol molecules from your meal so that they're not all absorbed by your body.

Carbohydrates

Carbohydrates have been given a bad rep' lately, especially with the recent "high protein, low carb" fads and promotional campaigns.

It's important to note that there are two kinds of carbohydrates: simple and complex. Simple carbs come from processed foods and foods high in sugar (donuts, pastries, or any other products made from white flour and processed sugar.) Complex carbs come from natural sources (whole grains, vegetables, most fruits) or foods that have gone through minimal processing (wheat bread and other whole wheat products, brown rice, etc.)

The fact is, your body needs carbohydrates for energy. Unfortunately, most of us fill it up with the bad carbs, which is inferior fuel. And, the results are pretty obvious. The less processed the carbs are, the better they are for you. Brown is much better than white. Brown/unprocessed alternatives also usually have high fiber content - an added benefit.

If most of your carbs are coming from fresh fruits and vegetables, whole grains and cereals, and nuts, you're actually doing your body a huge favor. All of those foods have the added benefit of providing your body with nutrients that it needs to function optimally.

If most of your carbs are coming from processed foods (white flour products, pastries and other high-sugars foods, sodas, certain juices, etc.) they will often be turned into fat very easily, especially if they're eaten in excess. They will also fill you up (as far as "hunger" is concerned) without providing any of the nutrients that your body needs.



This is very similar to filling your vehicle up with cheap, inferior gasoline... obviously the performance will suffer, and the engine will be damaged over time.

If you really feel like having a donut or pastry today, have a little, and then make up for it by eating more nutrient-rich foods for the rest of the day.

Often times, we eat certain foods out of habit, not because our body needs it. We just have to retrain ourselves to make better choices, without sacrificing much flavor or taste. (Yes, it's possible to do, with a little bit of training.)

Protein

Protein is also vital to your body. Make it a point to have some protein with every meal, especially breakfast. It's easy to do, and you'll find out how in another section. The best sources are egg whites, soymilk or low fat milk, fish, chicken or any other meat really. Go for the leaner cuts as much as possible.

Fat

Believe it or not, your body does require fat as well. But, very little is needed. And... unlike protein and healthy carbs, we don't have to go looking for fat. In fact, fat seems to find us most of the time. If you're eating healthy, even if you're a vegetarian, you're probably getting enough fat already.

The reality is that most of us need to cut saturated fats (from animal sources) from our diets dramatically. (Obesity is the second leading cause of cancer! Tobacco is the first.) What we should focus on are certain fatty acids that many of us don't get any (or enough) of. Two great sources are fish and flaxseeds. You can also take fish oil capsules as an alternative.

As you read through this report, you will notice that some of the foods (like fish, nuts, seeds, etc.) are mentioned more than once - it's because they offer numerous health benefits and are therefore discussed in multiple sections.

This is actually great because it allows us to eat a handful of foods and get almost every nutrient that our body needs. If I were to list 100 different foods for you to consume regularly, it would be very difficult to maintain a diet that provides all of those foods.

The above section on nutrition is just the basics that you should be doing. We will build on what we discussed above, in later chapters.

Let's move on to one of the main ways of slowing down the aging process...



Yes, as I've mentioned earlier, nothing ages your body more than stress. Any machine that's over-worked without rest, and bears more stress than it's supposed to handle, will eventually slowdown or fail to perform optimally, give out in certain areas, or breakdown completely.

Simply put, stress is the physical, mental, and emotional strain or tension put on an individual. In the Western world, the pressure is always on. We are conditioned from a very early age to do more, do better, and do it all faster than everybody else. We often put outrageous demands on ourselves just to keep others happy. In the process, we forget to give ourselves the breaks that we really need. If we keep that up, our body - and mind - will run out of gas eventually.

Imagine holding a weight in your hand and raising it up and out so that your arm is fully extended and the weight is at eye level. Now continue to hold the weight there for as long as you can. What happens? Your muscles eventually give out. Lactic acid starts to build up, and you also experience pain. That's your body telling you to take a break. Any smart person would bring the weight down and let the muscles recover before repeating that exercise.

It's common sense, right? And yet, when it comes to mental and emotional stress, we don't think that way. We often over-work ourselves way beyond healthy limits. What's more, the mental and emotional stresses of our lives eventually manifest through our physical bodies.

Our body tenses up, muscles form knots, and everything gets constricted. This in turn hinders the body from carrying out the normal - and vital - functions. One of the processes that gets hindered is the disposal of harmful bi-products. And the longer unwanted substances are forced to stay in our bodies, the more damage it will do - which will speed up the aging process.

Pushing yourself too hard also depresses the immune system. This makes you more vulnerable to infections and diseases which normally wouldn't have been a problem at all (if your body was healthy.)

Oh, by the way, the stress (or weight) doesn't have to be large either. You can hold your hand out without any weight at all, and eventually strain your muscles out. It's the cumulative effect that eventually breaks the camel's back.

Eliminate Stress

The best advice is to eliminate as much stress from your life as possible. If there are things, situations, and especially people that are causing you a lot of stress, get rid of them if at all possible. If not, have as little to do with them as possible or learn to not let what they do or say affect you so much. Your health - and your life - depends on it.

Sometimes, stress is caused by the tiniest things that we're not even aware of. Let's take "weight loss" for example. Many people struggle with that, and they stress themselves out over which diet program to use, what to eat, what not to eat, etc. etc.

Here's a simple solution: Stop worrying about losing weight, and just focus on eating healthier, without giving up taste and flavor. Do that and the pounds will take care of themselves. Weight loss doesn't happen overnight, so stop trying. Instead, just become healthier, make smarter choices about what you're eating. And stop stressing yourself out over it because that's probably the main reason your weight loss program is not working.

Take Breaks Often

If your job (or day) is stressful or fast-paced, you must take breaks. If all you can do is step away and let your mind and body stop whatever it's doing for even a few minutes, do it. It's better than nothing at all.

Some of the most successful people in the world make it a point to take breaks often. Why? Because they are smart enough to realize that your mind and body work much better when you give them time to take a breather. This is why a person who takes frequent breaks often outperforms another who slaves away for 10 hours straight.

We often tell ourselves that we "don't have any time to waste on breaks" especially when we're under a deadline. What we don't realize is, by working away for hours at a time without any breaks, our mind becomes more and more tired, which in turn decreases our overall performance and quality drastically.

Instead, when take 5 minute breaks every hour, our mind (and body) continues to perform at 100% throughout the day. Now, which one makes more sense?

Oh, and let's not forget the main advantage... Your body (including your brain) will age much slower when it's under less stress and gets adequate breaks to recover from the strain and tension put on it.

If you don't find your job (or day) stressful, but instead find it challenging, you still need to take frequent breaks. Yes, we can stress the body out even when we're enjoying ourselves. For example, you could be playing your favorite sport and still push your body beyond its limits and injure yourself, if you don't take breaks. It works the same way for emotional and mental stress.

Since we're discussing stress, let me also quickly point out that drugs or substances that artificially raise your metabolism (to keep you up or working harder) can also stress your body and mind out, by pushing it beyond it's limits.

"Zone Out"

Take at least 5 to 15 minutes out (at least twice per day) to "zone out." How you do this is not important, as long as you give your body - and your mind - a chance to relax and let go of the strain. Lock yourself inside an empty room and meditate for 15 minutes; let your mind go blank or drift off to your favorite vacation spot or pleasant past memory.

Take a walk and breathe in fresh air while letting go of whatever it is your mind was occupied with earlier. Take a power nap. Exercise, play a sport, beat the heck out of a punching bag, watch the comedy channel, whatever.

Get Adequate Rest

Sometimes, your body and mind gets stressed simply because you're not getting enough hours of sleep at night. Some people function best only after a full 8 hours sleep while others only require 6 or 7 hours (and anything more slows them down.) Find out what your magic number is and try to meet that requirement every night.

If you need to cut back on an hour's worth of tv, do it. You can always watch more TV later, but you can't make up for lost sleep. All you can do is ensure that you'll have a better night tonight.

Eat More By Eating Less...

You may have heard this one before...

You can eat the same amount during an average day and still be healthier... and even lose weight. How do you do this? By eating smaller portions more often.

Example: If you're consuming 2100 calories per day through 3 meals, you can consume the same amount and still get the health benefits by eating 5 or 6 smaller meals which still total 2100 calories overall. In fact, you can consume more than what you're already eating (in this example, 2100 calories) and still enjoy better health (and maybe even weight loss) if you take in smaller portions per meal.

Once again, it comes down to "stress management." When you give your body smaller meals, it's able to process it more efficiently. When you weigh it down with a large meal, when you load up the machine beyond its capacity, it will obviously fail to perform at its best. It's about allowing your body and system to perform at its optimum level, so that it can digest what's there before you add to the 'workload.'

So... instead of having 3 large meals per day, have 3 smaller meals with 2 or 3 snacks in between. (This will also allow you to enjoy more variety, by adding a few extra foods into the mix.) I'll discuss the specifics of this one later.

Fasting

Some people have also found occasional fasting to be very beneficial, either for a whole week or just a few days. During fasts, one would only consume water and juices. This is yet another way to give your body, mainly your digestive system, a break. During this time, your body is also able to cleanse the system and release certain toxins that build up over time.

It's always advisable to ease into a fast, by first eliminating meats and dairy, and then moving on to liquids only. It is also recommended that you ease back out of a fast in a similar fashion. And, of course, consult your physician before starting a fast.





Strength and Flexibility

As touched on earlier, body weakness and loss of flexibility also appears to be part of the "natural" aging process. And, yet again, it really isn't. Our muscles lose strength and mass simply because of lack of use. When we are younger, we tend to be more active and get regular exercise. We often do this to stay attractive to our potential mates. As we get older, find long-term partners, get married, etc., we stop worrying about our attractiveness as much. Unfortunately, this also results in less physical activity and exercise. If only someone could have impressed upon us the importance of regular exercise, and the fact that it would dramatically slow down the aging process.

But, as mentioned above, right now is as good as any time to start. We can't change or mend the past. But, we can fix things from here on. We can at least slow down the aging process from here onwards.

Exercise is important. And we need both cardiovascular (aerobic) as well as strength training for exercise to provide any real benefit. One without the other is incomplete and out of balance.

Regular strength training, such as lifting weights, also helps maintain bone mass and strength. (Yes, bone weakness is once again not part of the "normal" aging process as many of us believe it to be, and can actually be prevented.)

It's also important to realize that our body will be able to handle stress a lot better when it's stronger... which is an added benefit of regular exercise.

Mental Fitness

As is true with our physical body, the slowing down of our brain (and mind) is not a result of aging either. They do so from lack of exercise and use. When we're younger, we tend to involve our mind more, we keep it active and busy. As we get older, we tend to use our mind and brain less.

The mind does control the body; a slower mind (and brain) almost always results in a slower body. (For example, people who want to increase their sexual desire and interest are often told to take certain foods and/or supplements that help the brain perform better. That isn't just a coincidence.)

Aside from taking certain foods and supplements that can help the mind be more active and alert, the easiest way to get to improve is to start using it more. Mental exercises, games and puzzles are a great way to do this. Playing memory games, and even using it for day-to-day problem solving is very helpful. (There are a lot of games and exercises available online, most of them at no charge.)

As we get older, we also become more vulnerable to excessive stress (physical, mental, and emotional.) And, we have even more reason to manage and eliminate stress from our lives as much as possible. Taking more frequent breaks and not letting stress build up is absolutely vital.

Many older people tend to take up gardening, meditation, tai chi, even yoga or other de-stressing activities, especially after their physician tells them how much damage stress is causing them. It's important to again keep in mind that we should be de-stressing every day anyway. We shouldn't have to wait for our doctor to tell us that. High blood pressure, anxiety, and many other problems can be eliminated if we de-stress on a regular basis.



Meditate

I've touched on meditation above, but it's important enough to get it's own little section. Meditation is not some spiritual, metaphysical process that promises enlightenment. Okay, it is... but that's not all it is. :-)

You see, the more clutter we have in our lives, the more stress we can create. This is true for a cluttered house, garage, office, and yes, even a cluttered mind. Imagine trying to move around freely in an overly-crowded room. It's impossible to do.

Learning to relax is a vital skill that most of us just never learn, because no one ever tells us how important it really is. The more relaxed you are, the more freely and efficiently your mind and body will function. (Again, it's just like trying to move around in an empty room where you can do so easily and effortlessly versus an overcrowded one where even the simplest moves require more strength and effort.) The more clutter there is, the slower the related processes and actions become.

For most people, it is almost impossible to quiet the mind even for a few seconds. So many thoughts are constantly cluttering our mind that it never gets to take a break (and we already know how important breaks are.) In fact, most of our minds are so cluttered that it never really gets to tap into our true powers and creative geniuses hidden inside us because it's always too busy taking care of everything else.

The Eastern world knows what they're doing when it comes to natural health and longevity. And, one of the reasons for this is because they have been using the powers of meditation for centuries. These days, more and more of the Western world is embracing the ancient wisdom of meditation, yoga, tai chi, and so on...practices that have been around for quite a while in the Eastern culture.

Mediating for just 5 to 15 minutes per day can result in decreased stress, lower blood pressure, a sharper / more alert mind, and more. All of these help in slowing down the overall aging process of our body, and mind.

Is all that worth 15 minutes of your time? You'd have to be absolutely crazy to not think so, wouldn't you?

There are many forms of meditation including those that incorporate bells/sounds, musical instruments, chants, and even some involving movement or hallucinogens.

Perhaps the simplest form of meditation is the most powerful, and requires nothing but emptiness. Here's what I've used for many years, and it works amazingly well for me, whether I need to de-stress, turn up my creativity, get centered and balanced, or even if I need to catch up on my sleep:

1. Find a quiet, private place where you can lay down or sit comfortably. (A bed or comfortable chair is ideal.)
2. Close your eyes and start taking deep, slow breaths.
3. Let all other thoughts go and just focus on your breathing. In and out. If other thoughts come in, don't resist them, Simply observe them, let them pass, and gently bring yourself back to your breathing. Feel yourself becoming more and more relaxed with each breath.
4. Now, allow your breathing to happen on it's own. This may be a bit tricky at first. Don't be too concerned, do it anyway. Watch your body as it breathes in and then out. Don't help or hinder the breathing. Simply observe. Notice how your chest expands with each in breath and collapses with each out breath.
5. As you do this, you will notice your body becoming more and more relaxed. In fact, the very first breath that you're able to observe without any active participation will send a wave of relaxation through your body.

Stay in this state for about 5 to 15 minutes (or more if you're able to) and enjoy the stillness.

Some people will find it very easy to do this. Others may require a few practice sessions before seeing any measurable results. It's okay. Don't rush it. It is also possible that you may fall asleep during this meditation. If that happens, it means that you're not getting enough rest.

Do the above relaxation exercise for 5 to 15 minutes every morning, preferably as soon as you wake up. And, do it again before you go to bed at night.

You'll be amazed at the results within just the first few weeks of regular meditation.

Floating

Once again, water comes to the rescue. But this time, it isn't from drinking it. It's from immersing in it, and especially floating on it.

Water really has an almost magical quality. It's no wonder that our bodies, which can handle millions of complex processes, consist mainly of water.

Whether you want to relax, de-stress, or even solve a difficult problem, just surround yourself with water. Use a jacuzzi, hot tub, pool, or even your bathtub if that's all that is available to you at the time.

Floating in water works even better. (Certain health centers provide floatation tanks, and they're also available for home installations.) There's something about floating (especially in water) that causes deep relaxation, loss of muscle tension, and it has also proven to create an alert, yet relaxed mental state.

There is years of research to back all of this up, by the way. So, it's not some new age, metaphysical belief. Try it and you'll see.



Deep Breathing

We all know how important breathing is. Our body, and especially our brain, cannot live without oxygen. In fact, brain cells start to die just seconds after oxygen deprivation. Oxygen sustains our life-force.

For most of us, breathing is automatic. We don't pay attention to our breath until someone points it out (like I'm doing now.) That's the only time we stop and become aware of our breathing.

Most people are also surprised to find out that they've been breathing the wrong way all their lives, except maybe when they were little babies.

Notice how a baby breathes, while sleeping, the next time you're around one. You'll find that babies breathe through their diaphragm. Their abdomen will expand and contract with each in and out breath.

This is the kind of deep breathing we should all be doing. In the least, we should take a few minutes out, at least twice per day, to breathe correctly. The way we normally breathe, with short shallow breaths, doesn't always let all the stale air out of our lungs. Every mental, and many physical, disciplines focus on the importance of proper breathing, whether it's meditation, yoga, tai chi, martial arts, dancing, singing, or others such disciplines.

The Eastern parts of the world have a name for this life force. It's called Chi (in Chinese,) Ki (in Japanese,) or Prana (in Hindi, India.) However you call it, the fact remains that without it, we will die. And, the more we're able to tap into it, using proper breathing, the better it is for our body and mind.

Here's an easy way to benefit from deep breathing...

Inhale

1. Stand or sit comfortably, with your spine straight yet relaxed.
2. Breathe in through your nose and let your abdomen/stomach fill in with air first, instead of your lungs.
3. Keep taking air in till your stomach is filled - then let your ribcage expand out and to the sides (this may cause your stomach to go in slightly.)
4. Next, expand your chest area and let the air fill it as you continue to breathe in.

Even though the above process is described as three parts, each one should be done in a smooth, continuous flow, so that the first part joins smoothly with the second part, and the second with the third, as if it is one continuous in-breath. Try to avoid any jerky movements.

Continue the breath mentally for a few more seconds till your body is naturally ready to let the air out.

Exhale

1. First, allow the chest and ribs to relax so that the air is pushed out automatically. Let the air flow out smoothly.
2. Next, start to push the stomach in slightly, to expel any remaining air from the lungs.

Continue the out breath mentally for a few seconds before getting ready for another in breath. At this point, repeat the in breath as described in the "Inhale" section above.

Repeat the entire process at least 5 times.

If you find this exercise hard to do, do not force or over-exert yourself. Build on it gradually so that you each complete breath takes longer and longer to perform.

Make sure that the area is well ventilated with fresh air. If you're in a room, open up all the windows to allow for proper circulation.

Light

There's a reason we feel refreshed and energized after going outside for a few minutes to get some fresh air and sunlight.

If you're out in the sun, it's advisable to use sun block. However, you don't have to be in direct sunlight to benefit from it. Simply opening up the curtains or blinds and letting more light in is a good start.

Also... it's not just sunlight. If your workplace or home is often dimly lit, it may be having adverse effects on your brain and overall health. If your eyes have to strain at all to read, you're not using enough light. Turn the dimmer switch up so there's more light, or use more lighting sources so your environment is brighter.

Antioxidants

Antioxidants help to deactivate free radicals, which are dangerous, highly-reactive molecules that attack our cells and cause aging. Many multi-vitamins today also include sufficient amounts of antioxidants. (Check the labels to be sure.) It is highly recommended that you take those multi-vitamins.

Certain fruits and vegetables - especially the bright, colorful ones - are also rich in antioxidants (tomatoes, bell peppers, carrots, broccoli, citrus, etc.)

And that leads us nicely into the next section, which is...



Power foods provide your body with vital nutrients that it needs to function at its best, they heal the body and fight disease, they boost the immune system, and help in slowing down the aging process of our body, overall. You may already know about the common power foods: broccoli, spinach, Brussels sprouts, tomatoes, carrots and so on.

I'd like to share more power foods that should be part of everyone's diet. As touched on earlier, an easy way to spot power foods is to look for bright, vibrant colors: reds, greens, yellows, oranges, purples, and even blues. Here are the top performers...

Blueberries

Just a handful of blueberries can add cancer-fighting power to your diet. (Berries in general are very nutritious, but blueberry is the king of berries.) Have 'em as a snack, blend them into a smoothie, throw them over cereal, mix them into yogurt (a perfect combination) and so on. You can even get a packet of frozen blueberries and add them to your daily diet however you want. (You can even get blueberry juice, but be careful when buying juices. Go for those that are 100% juice with little or no added sugars and calories.) You can even replace a dessert course with some blueberries.

Pomegranates

Pomegranates also provide powerful nutrients similar to blueberries. However, they're a pain to extract. An easy way to add this to your diet is in juice form. I recommend POM brand juices. (You can also find them now with blended flavors. "Pomegranate and Blueberry" is my favorite.)

Beets

According to most people, beets on their own, can be pretty tricky to eat. They have a very unique and potent flavor.

A great way to eat them is to add thin slivers into your favorite salad. You'll be surprised at the flavor and taste it adds on.

Another great way is to cut them into fours, add a few red potatoes (also cut into fours,) drizzle some olive oil and balsamic vinegar over it, sprinkle a little salt and pepper, and bake in the oven. It goes well with most meats and even fish, or mixed in with a salad...or just by itself as a snack.

Pumpkin

Like carrots, pumpkin is packed with beta carotene, containing carotenoids, which are helpful in neutralizing free radicals. Pumpkin seeds are nutrient rich as well.

Sweet potatoes are also packed with nutrients like vitamin A and carotenoids, which are necessary for healthy eyes, skin as well as lungs.

Greens

Of course, most dark green and leafy foods are also great sources of cancer-fighting nutrients as well as lots of other vitamins and minerals. These include spinach, kale, swiss chard, collards, and green beans as well (even though they aren't exactly "leafy.")

While fresh fruits and vegetables are always the preferred choice, canned or frozen will work too, as long as they aren't overly processed.



Garlic

Studies have shown garlic, when consumed regularly, can be very helpful in increasing blood circulation and lowering cholesterol. Other studies have shown several more powerful benefits of having a clove of garlic everyday. Add crushed garlic to dressings, olive oil, add to soups, or even pizza.

A good way to make this a part of your diet is to roast them in the oven (which gets rid of the bite and also adds a little sweetness to it.)

Grab a whole garlic, slice a cross-section off the top so the meat is exposed, drizzle a little olive oil, and roast it in the oven. When done, let it cool a bit, then hold the uncut end and squeeze out the meat (almost all of the skin will remain in your hand.)

Extra Virgin Olive Oil

Can't eat a salad without salad dressing? Use extra virgin olive oil as the base for your dressing. Throw in some herbs, crushed garlic (microwave for several seconds to let the flavors infuse with the oil) and maybe just a pinch of salt.

You'll be adding some potent nutrients to your meal, while also adding great flavor. You can even add a teaspoon or two of balsamic vinegar. Yet more flavor.

Avocados

You can easily add lots of nutritional value (protein, B vitamins, plus lots of minerals and amino acids) to your diet by including avocados: mash and mix in with some lemon juice and fresh salsa for instant guacamole, add chopped cubes into salads or even soups, or simply slice them thin and add to sandwiches.

Almonds

Almonds (and other nuts: walnuts, peanuts, pistachios, brazil nuts) are good for your heart. They also provide fiber and other nutrients. Have a handful of them as a snack or throughout the day. Other alternatives, such as almond butter work as well. Nuts can be high in calories so don't over-indulge.

Peanut butter is also great. Whenever possible, substitute that for regular butter (on toasts, etc.) If you need a quick burst of energy before a run or active sport, have a teaspoon or two of peanut butter.

Salmon

Fish, especially salmon, is a much healthier alternative to chicken or beef, and also offers some nutrients (Omega-3) that meat just doesn't have. Fish is also great brain food.

To prepare an entire week's worth, buy a big piece, cut them into single serving sizes and marinate in lemon (or other citrus) juice, olive oil, and crushed garlic. Add salt and pepper if preferred and bake in the oven on high, for about 15 minutes. Have a piece for dinner with some of your favorite veggies. You can even crumble some up into a salad, make a sandwich, or even add some to your omelette in the morning.

Oatmeal

Having oatmeal regularly can reduce cholesterol and lower blood pressure. It also provides your body with energy-providing sugar *the right way*. Plus, it increases your fiber intake, which is always a good thing.

Certain breakfast cereals, like raisin bran, cheerios, are also great substitutes. And some of these can also be eaten dry, as snacks. Of course, if you want to have cereal (or oatmeal) as an afternoon snack, for an added boost to your day, there are no laws against that. In fact, it's recommended.

Yogurt

Yogurt (as well as other dairy products) provides your body with bone-building calcium as well as protein for muscle and carbohydrates for energy. The cultured variety can also provide beneficial bacteria. Low fat or nonfat are best. Just add some fruit to it for a great snack.

A cup of non-fat yogurt, with a handful of blueberries is probably one of the best power food combinations in existence. It's a great way to start your day. Add some nuts or seeds to that and you're really on your way to living longer, healthier, and stronger!

Soy

Soy has many benefits and is often used in Asian cooking for this reason. Make soy products - soy milk, tofu, and/or edamame (edible soybean) - a regular part of your diet. Soymilk can be taken as a refreshing, cold beverage, added to coffee (instead of milk) to enhance flavor, or even used in cooking (to thicken sauces, etc.) Firm tofu can be cut into cubes or slices and used in stir fries, soups, and pretty much anything else.

Edamame can be boiled in water (add salt if desired) and eaten as snacks or appetizers. You can also buy boiled, ready-to-eat edamame in packets. All of these can be found either in your neighborhood grocery stores or the nearby Asian market. You can also add tofu to burger meat or meatloaf to boost the nutritional value of the meals.

Note: I highly recommend buying organic foods whenever possible. After all, you're putting all this food into your body. And you only get one body. It's definitely worth investing a few extra cents towards your health and longevity.



Here are a few more potent, power-packed foods that aren't as commonly used (or known) as the ones listed above.

Sunflower Seeds

Sunflower seeds are concentrated energy pods. Have them as a snack, sprinkle them over salads or other meals, blend them into dressings, sauces or even soups. Other seeds, including pumpkin seeds, have many powerful nutrients as well.

Flaxseed

Flaxseeds are also great. They can add fiber to your diet as well as Omega-3. (If you don't eat fish, flaxseed is a great alternative.)

Parsley

Yes, it's that sprig of green that restaurants add to your dinner as garnish. And, no one eats it. Yet, just a tiny bit of parsley (with food, blended into fresh juices, or even thrown into soups, salads, or other meals) can provide you with some powerful nutrients, including lots of vitamin C, plus calcium and fiber. It also improves digestion and soothes adrenal glands. (Pregnant or nursing women should limit their parsley intake to one sprig per day.)

Green Tea

Regular black tea (and even an occasional cup of coffee) has some health benefits when taken occasionally. Green tea is the preferred choice, of course. It is packed with anti-oxidants and flavonoids and can reduce the risk of cancer. It also seems to be helpful for the brain. You can have this everyday without any side effects that coffee or other caffeinated drinks may have.

Chocolate

Yes, chocolate is actually good for you, if you pick the right one. Instead of milk chocolate, opt for dark chocolate with a high cocoa content. Anything over 70% is great. It can provide powerful anti-oxidants and flavonoids, and well, it tastes of chocolate! :-)
But be careful, eating too much can also add calories fast. Having a small piece of dark chocolate each day is ideal.

Red Wine

Drinking alcohol, in moderation, can actually improve HDL levels (the good cholesterol.) The best choice, of course, is red wine which also packs anti-oxidants. Please don't use this as an excuse to drink more alcohol or start drinking if you don't already. A great alternative, which I personally go for since I rarely consume alcohol, is pomegranate juice (especially the one blended with blueberry juice, mentioned earlier.)





Why am I including this section in an "anti-aging" report? There are a few reasons.

First, and most important of all, regular sex is actually good for you, to begin with! It is good for the heart, immune system, and it lowers stress. Plus, sex seems to trigger powerful chemicals that may even extend men's lives. Some studies have shown sex to even relieve back pain, menstrual cramps, even arthritis and migraines. (So much for the "Honey, I have a headache" excuse!) Other studies have also shown sex to help with insomnia and depression. Of course, it also provides cardiovascular exercise.

Secondly, many of the foods I've listed under this section should be eaten anyway because they are packed with nutrients that provide many other powerful health benefits aside from the obvious (sexual) one.

Here then are the top foods that boost sex drive:

Celery (yes, it's true,) avocados, almonds, sunflower seeds, tomatoes, whole grains, bananas, and of course, oysters.

In addition to the above commonly known foods, here are a few more super potent sex foods that you may not know about: lecithin, bee pollen, royal jelly, wheat germ, and brewer's yeast. All of these are available at most health food stores.

Of course, if you need stronger doses of the nutrients found in the above foods, you can always take supplements that contain zinc, vitamin E, niacin, B vitamins, and phosphorus. (Consult your physician before taking individual supplements.)



As touched on earlier, obesity is the second leading cause of cancer. Additionally, obesity can create all sorts of other complications and diseases which otherwise could be easily prevented, including but not limited to high blood pressure, asthma, diabetes, etc.

When patients with most of the above conditions are put on ultra low fat, vegetarian diets, most of these so-called common diseases magically disappear.

We already know that most of us are getting more than enough fat in our diets. And, while cutting back on fats is a great start towards becoming healthier, you can get additional help by using this great supplement called Chitosan.

Chitosan, when taken 30 minutes before lunch and/or dinner, bonds with fat molecules in the stomach to make them indigestible! Hence, these fat molecules are not absorbed by the body but instead passed out with feces.

This is as close as you will get to a "magic weight loss pill!" However, do not use them as an excuse to consume fatty foods.

Chitosan pills can be found in most drugstores.

Note: If you are allergic to shellfish (or are pregnant / breast-feeding,) you should avoid chitosan. (It is made from lobster shells.)



I hope I've managed to get at least one point across through the above sections... that living healthy doesn't have to be about sacrificing taste and flavor, or spending hours in the gym. The choices that we have available to us today are incredible.

Start adding the above foods, activities and exercises to your daily lifestyle. While I can't promise that you'll live forever, you'll at least be able to increase the 'quality and quantity' aspects of your life.

I realize that change in any form can be tricky for many people. So, my advice is to just focus on today. Make a conscious choice to slow down the aging process today. (Not because you have to, but because you want to.) Just for today. Don't worry about tomorrow or next week or next year.

Here's the trick... tomorrow, you can do the same thing because, guess what... tomorrow never comes. ;-)

Of course, you want to keep your overall goal and long-term plan (of anti-aging) in mind, but don't let the thought of doing certain things every day wear you down.

How do you eat an elephant? One bite at a time.

So, just work on eating and living healthy today. And, let tomorrow take care of itself.

If you feel that there are just too many foods choices above, here's another great tip: combine several of them together, into one meal.

For example, you can have power shakes, salads, soups, omelettes, stir frys, etc. that can contain several of the power foods discussed in this report.

You can have omelettes containing spinach, mushrooms, salmon, tomatoes, etc. Or have a power shake for breakfast containing orange juice, yogurt, peanut butter, bananas, berries, wheat germ, and pretty much anything else that you'd like to add to it.

Your salads can have all the vegetables you'd like, plus a sliced egg, nuts and seeds, avocados, chunks of salmon or tuna, you get the idea. You can do the same with soups. And, fruit salads for dessert.

There really aren't any rules. You're in control. Have fun with this stuff, and enjoy the process.

And, most important of all, eliminate (or manage) as much stress in your life as possible.

Here's to a healthier, happier, and longer life!

Kevin Richardson