REVERSE *Aging*

CHECKLIST

Secrets to Reclaiming Your Youth and Vitality

Reverse Aging Checklist

Who doesn't want to look young? The concern becomes more paramount as we start to advance in age and mature in years. But despite every effort towards advancement, the one thing that we as a human being have not been able to control is time. The clock keeps ticking and with it our biological age. Before you can actually do the right thing to reverse aging, you need to get an idea of what is causing the change. This checklist will run you through the simple steps and strategies to turn back your biological clock.

Chapter 1: What Is Reverse Aging?

There are simple biological reasons that cannot be ignored or controlled (more like inevitable). And then there are factors like outside influences which can be controlled. If you have lifestyle habits like smoking, enjoy frequent night caps, or like to pop a pill every time you sneeze, you may unconsciously be promoting premature aging. Also, if you are not someone who likes to

exercise regularly, you have just added years to your real age and unfortunately, these will show.

Biological vs Chronological Age

Just to clarify things a bit, as humans we have two different ages. First there is the chronological age which is the number of years a person has been alive and starts with your birth date. And then there is the biological age which is how old a person seems. When we talk about reverse aging, it is the biological age that we want to retain and improve on, since the chronological one keeps ticking, no matter what.

It is also the biological age that takes into consideration lifestyle factors and habits. So while how we age chronologically is beyond our control, there are things we can do to improve on our biological age.

The Natural Approach to Reverse Aging

Reclaiming your youth does not have to be an impossible task. It can be as simple as changing the things we do to ourselves because the damage that we bring on ourselves is the easiest to correct. There are a number of ways that you can optimize your health and prolong your life.

Step One

This part of the reverse aging program deals with making dietary changes, boosting the immune system, reducing systemic inflammation and removing toxic waste from the body- all pretty basic stuff.

Step Two

The second part of damage control involves preventing and reversing damage at the cellular level. For one, you can incorporate more exercise into your daily routine to keep circulation moving, the heart pumping well, and the lymphatic system flowing freely. Second, you can invest in some quality anti-aging products that will work internally to regenerate cells and minimize aging effects.

Step Three

The final step in this process addresses hormonal changes that affect aging at a macro level. Some basics to boost the body's ability to create and balance hormones include changing lifestyle and dietary habits while staying away from common stressors and detoxifying.

Chapter 2: The Science Behind Reverse Aging

While a lot of research has been done on the subject, a recent one was actually successful in reversing the process of aging in mice. The study indicated that not only did the mice appear younger but that their lifespan was extended by approximately 30 percent. And while the study has only been done on mice, the researchers are hopeful that the same would be ready for human trials within ten years.

Epigenetics

The basis of this research was something called epigenetics. By definition, this means the study of inherent changes in gene function. As we move through life, our genetic makeup changes in many different ways.

Genetic Component

Looking for a way to halt aging has undoubtedly stepped into science labs to unlock the mysteries of aging. In fact, research believes that not only may we be close to stopping aging but actually reversing it as well.

Circadian Rhythm

One of the elements that needs to be maintained well is a person's circadian rhythm. This is roughly your 24 hour cycle, or body clock which determines your physical, mental and behavioral patterns.

Hormonal Decline

Hormones start to get out of whack as we age. Typically, the levels of hormone production in the body start to slow down as you near 30. In particular, regulatory hormone production like estrogen and testosterone declines and many bodily function/ features start to get affected.

Chapter 3: Benefits of Reverse Aging

This chapter will take a look at all those aspects of aging that can actually be prevented if you become successful in reversing aging. That means considering many conditions that are directly related to the aging process. Typically starting from middle age and going all the way into your senior years, these age related issues can stop you from taking part in life to the full. Some of the health benefits of reverse aging can include the following.

- Preventing Cognitive Decline
- Preventing Immobility
- Preventing Frailty/Sarcopenia
- Preventing Immune System Deterioration
- Improving Cardiovascular Health
- Promoting Independence

Chapter 4: Lifestyle Changes

Phasing Out Destructive Habits

So now that you have the basics in place, such as why aging happens and how you may benefit from reversing the process, let us now take a look at implementing changes that will actually help you reverse the aging process. If you have any of these bad habits, you are only fast-forwarding your aging:

- Smoking
- Alcohol Consumption
- Sugar Intake
- Sitting Too Much
- Binge Watching and Binge Eating
- Poor Posture
- Using Too Much or The 'Wrong' Makeup

A Boost for Self-Esteem and Confidence

Reverse aging can take away all such worries and give your confidence and self-esteem a boost. You look what you feel. If you feel younger from the inside, you will look younger too. It is

not just the skin that needs to look vibrant and young to make you feel better about yourself. Reverse aging, by any means takes away many such insecurities and worries.

Chapter 5: Food and Diet

"You are What You Eat"

The visible signs of aging can get to the best of us. Even the strong hearted may not be spared the agony when it comes to noticing their first ever grey hair, first fine line or the loss of skin volume and elasticity. While eating the rainbow in all its glory will do wonders for improving your overall health, our particular concern is with foods that halt the effects aging. So here are some top contenders that can produce noticeable effects on how well you age.

- Tomatoes
- Green Tea
- Yogurt
- Aloe Vera
- Avocados
- Apples
- Brussel Sprouts
- Fish and Fish Oils
- Nuts

Chapter 6: Daily Routines

Okay, so time to admit that every day, with every passing hour, all of us age. However, it is not hard to notice that some people age slower than others, almost like those who tend to 'reverse age'. Developing a set of good habits and routines that do not tax your body, mind and skin unnecessarily can work really well to stop rapidly approaching age in its tracks. Here are some ideas how:

- Proper Sleep
- Exercise
- Sunscreen Application
- Adequate Hydration
- De-stressing
- Socialising
- Home-cooked Food

Chapter 7: Best Ingredients for Young Looking Skin

Choosing Skin Care Products Wisely

Firstly, it is important to consult a dermatologist and get some counselling and professional help in your aim to reverse aging. Secondly, it is always a good idea to do your own research and be aware of the age defying ingredients used in products that claim to reverse aging. Some of the most potent ones you should look for include the following:

- Retinoids
- Salicylic Acid
- Caffeine
- Green Tea Extract
- Epidermal Growth Factor (EGF)
- Coenzyme Q10 (Ubiquionine)
- Argireline
- Grape Seed Extract
- Niacinamide

Chapter 8: Anti-Aging Supplements

Today, it is possible to find almost any form of supplements, be it enzymes, hormones, vitamins or minerals. Supplements for various health and beauty purposes are readily available, and so are those that aid in reducing the signs of aging. Supplements, when taken with care and precaution can be very beneficial in attaining numerous health benefits. Some of the more well-known supplements available for aging issues include the following options:

- Melatonin
- Testosterone
- Estrogen and Progesterone
- Fish Oil Capsules
- Alpha Lipoic Acid
- Resveratrol
- Hyaluronic Acid
- Collagen
- Glucosamine
- Carnosine