

# ANTI-AGING SECRETS



***RESOURCE CHEAT SHEET***

This resource sheet is packed with useful information and tips, as well as additional resources and further reading to help you succeed in your anti-aging goals!

## Further Reading

Learn More About Antioxidants

<https://en.wikipedia.org/wiki/Antioxidant>

These are the substances in your diet that will combat free radicals, thereby preventing cell damage and potential mutations.

The Best Nutrients for Anti Aging

[http://www.eatingwell.com/nutrition\\_health/healthy\\_aging/7\\_anti\\_aging\\_superfoods](http://www.eatingwell.com/nutrition_health/healthy_aging/7_anti_aging_superfoods)

<http://www.webmd.com/beauty/skin-glow-13/anti-aging-skin-foods>

Two great resources for you to check out that contain a lot of additional information on how to eat to stop the clock and stay young!

This isn't complicated, just make sure your diet is packed with nutrients. You can also consider the following three diets, each of which will help:

- Paleo

- Slow Carb
- Mediterranean Diet

### Increase Testosterone

<http://www.artofmanliness.com/2013/01/18/how-to-increase-testosterone-naturally/>

This resource explains how to improve your testosterone levels at any age. For men, increasing testosterone is a fantastic way to be healthier, more virile, more energetic and stronger even as you get much older.

### Boost HGH

<http://www.mensfitness.com/nutrition/supplements/unlock-your-potential-how-to-boost-your-hgh-levels>

Just as important is to increase your HGH levels if you can. This will help you to not only build muscle and repair wounds but also to reduce the visible signs of aging. This is one of the secrets of many Hollywood celebrities that seem to manage to stay looking young no matter how old they get!

### Anti-aging Skin Care

<http://www.womansday.com/style/beauty/a5201/the-foolproof-anti-aging-skin-routine-111675/>

This guide is for women specifically but men can learn a lot from it too. It explains how anti-aging skin products work and provides a lot of useful tips and advice on making the most of one.

### Managing Arthritis

<http://www.healthline.com/health/chronic-pain/managing-arthritis-pain>

One of the biggest challenges for those getting older is arthritis. This book explains some ways that you can manage arthritis pain and thereby stay mobile and active despite it.

### Tips to Look Younger

<http://www.allure.com/gallery/look-younger-tips>

<http://www.byrdie.co.uk/how-to-look-younger-with-makeup-hair-color-2014>

Sure, it's feeling healthier that really matters not just looking younger!

But with that said, most of us want to look younger too and that's actually easier! There are a lot of things you can do to look younger quickly.

These articles provide some great suggestions...

### Working Out

[http://www.bodybuilding.com/fun/best\\_over\\_60\\_workout.htm](http://www.bodybuilding.com/fun/best_over_60_workout.htm)

This post is about the best way for those over 60 to work out!

# Books

## **The Four Hour Body by Tim Ferriss**

This book details the slow carb diet among other things. It's a great read with lots of entertaining information but the slow carb diet is what's interesting – it's a great choice for preventing aging by packing your body with lots of nutrients, fighting diabetes and even protecting your teeth.

## **Becoming a Supple Leopard by Dr. Kelly Starrett**

This is a book all about functional strength and mobility and it turns a lot of popular wisdom on its head. What it basically shows us is that we shouldn't expect to see our fitness and mobility deteriorate as we get older – we can keep going longer into old age as long as we understand how our bodies are supposed to move and then support that with lots of the right kind of training.

## **Fitness Over 50: The Secret to Being Fit Over 50! By Christopher Quinn**

This is a guide to working out, losing weight and staying active as you get older.

# Glossary of Terms

This glossary of terms will help you better understand the book and these resources and to remember some of the key points as you begin your anti-aging journey.

**Free radicals** – These are compounds that move freely through the body and are highly reactive. They can cause serious damage when they come into contact with your cell walls. Eventually, they can penetrate all the way through to your DNA, causing permanent mutations.

**Antioxidants** – These are the substances in your food that can combat free radicals and thereby protect the cells from damage. This slows down the aging process and also prevents damaging mutations.

**Telomeres** – These are strands at the end of your DNA that act as a ‘buff-er’. Each time your cell splits via mitosis, it loses some of the telomere. Eventually, when it’s gone, your DNA starts fraying.

Stress increases the rate at which we lose our telomeres and when we’re not stressed, they can actually grow back!

**Nootropics** – Nootropics are nutrients that can boost brain power. These are particularly useful for preventing age-related cognitive decline!

Mitochondria – Mitochondria are the energy factories in our cells that keep us going. Children have a lot more mitochondria than older people and this is one reason kids are never tired and senior citizens always are! You can increase mitochondria with some things in your diet and also by being more active, especially with HIIT training.

# Tips to Look Younger Instantly

To get you started, here are some things you can do to look younger right now!

Exfoliate – This will give you more of a healthy glow and reduce wrinkles

Use self-tanning moisturizer – This is another way to get a healthy glow!

Whiten your teeth – Teeth and our age are very closely linked. Whiten yours to look younger instantly.

Shorten your hair – A hair cut can quickly make you look younger too, especially if you go short.

Wear navy eyeliner – This one is just for women. If you normally go for black, try navy instead. It will whiten your eyes and that will make you look healthier and younger!

Wear a ring – This can draw attention away from older looking hands!

Go to bed an hour earlier – This one is super simple and it works better than anything else. Get to bed one hour earlier and you'll feel and look much better the next day!



Luminize – This is probably one for women again but it's a great way to brighten up your skin and look younger and more vibrant!

Wear more mature clothes – This might be surprising but wearing young clothes actually makes you look older by drawing attention to the contrast. Wear clothes designed for people your age and you'll look better + young-er.

Have sex – Yep, just like sleep, sex makes you look instantly younger thanks to a healthy glow! And having sex three times a week can make you appear up to 10 years younger, according to one study!