

WHY SHOULD I HAVE ANY INTEREST IN AN ANTI-AGING THERAPY?

Consider this fact:

WE AGE EVERY DAY OF OUR LIFE.

AS WE AGE, WE BECOME INDEPENDENT.

THE CHOICES WE MAKE EVERY DAY DURING THIS TIME
CAN/WILL DETERMINE HOW LONG WE MAY BE ABLE TO REMAIN

INDEPENDENT!

I offer the following suggestion from knowledge and experience I have gained over the last twenty-five years in recovering my own health and in working with other people.

Please turn the page and read the summary of what I have experienced during this time.

Thank you,

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Nutritional Psychotherapist

The information contained herein is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of health care professionals. Consult your physician before beginning or making changes in your diet, supplements or exercise program.

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Anti-Aging Therapy

How Is this Possible?

- 1) Proper Food combining with a strong emphasis on Whole Foods...**
- 2) Exercise - regaining Physical Balance - both aerobic and anaerobic...**
- 3) Hydration - drinking an adequate amount of clean water daily.**
- 4) Emotional Balance - regaining Emotional Balance by working towards resolving addictions ((both chemical and psychological), broken dreams, trauma, and/or heartbreaks of the past.**

What we eat, drink, think, and do every day and how we do it, affects every cell in our bodies. By raising the quality of the nutrients we eat, drinking clean (distilled) water, and working towards resolving emotional issues of the past, we can rejuvenate our skin, our muscles, and bones, our heart, liver, lungs, spleen, and kidneys. We can bring organ and tissue function back towards youthful levels

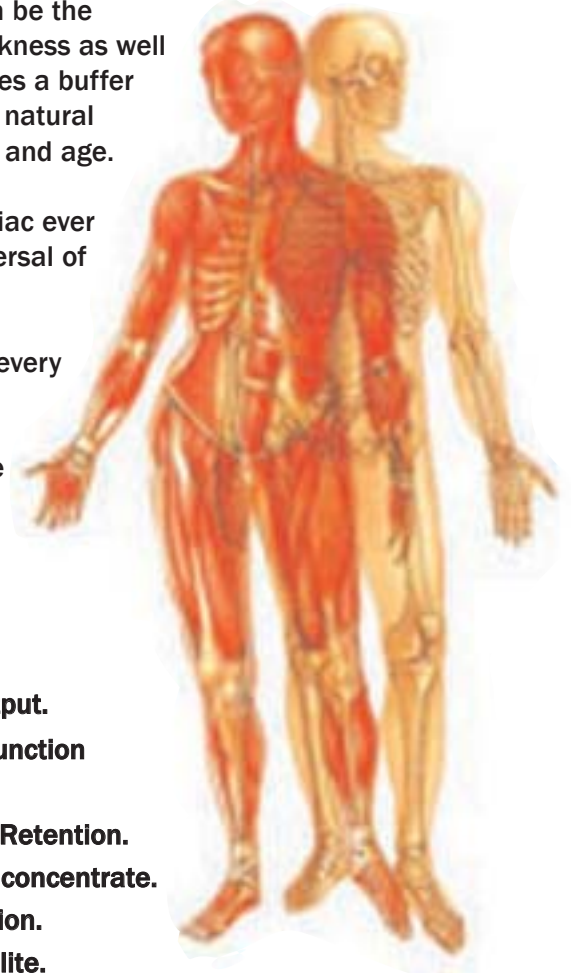
For example; staying hydrated with clean water can do wonders for most peoples' skin. Eliminating toxic foods (food that is actually toxic to your body) can also help. The results can be the smoothing out of facial wrinkles; restoring the skin elasticity and thickness as well as natural contours of your body. Remember, the skin not only provides a buffer zone of protection from the external environment, it also serves as a natural elimination organ. This is an extremely important function in this day and age.

Following these suggestions may also be the most powerful aphrodisiac ever discovered. People who chose to follow them have experienced a reversal of flagging sexuality.. They say; **"Life is fun again"**.

These changes in life style can enhance your performance in almost every aspect of your life. Exercise becomes easier and more relaxing; sleep patterns improve dramatically; mood swings seem to almost disappear; lifting the spirit along with the body; bringing back a zest for life that you may have thought was lost forever.

When you choose to follow these suggestions, you may experience:

- **14.6 percent loss of fat on average after 6 months.**
- **Higher Energy Level.**
- **Lower Blood Pressure**
- **Superior Immune system function.**
- **Improved Sleep Pattern**
- **Faster Wound Healing.**
- **Deep wrinkles seem to disappear.**
- **Younger, tighter, thicker, skin.**
- **Improved cholesterol profile, higher HDL and lower LDL.**
- **Re-growth of heart, liver, spleen kidneys, and other organs that otherwise shrink with age.**
- **Greater cardiac output.**
- **Improved Kidney Function**
- **Stronger Bones**
- **Increased Memory Retention.**
- **Improved ability to concentrate.**
- **Sharper Vision.**
- **Elimination of cellulite.**



With this program, you set the pace. The changes we are suggesting require a lot of hard work on your part. Finding a pace that you are comfortable with is your first challenge. Our suggestion is to take small steps at first, learn how you are going to respond to change. There are several tools available to help you in this process. Learning how to use these tools can make the changes seem much easier. Developing and maintaining a positive attitude towards yourself and all the other people in your life is one of the first steps in reaching your goals with this program.

Aging And Your Diet

Can a diet be helpful in promoting good health?.

by Bill Cooper

How is a dietary program related to aging? Is the rate of aging related to diet? Is it possible to slow down the aging process? The answer to all of these questions can be found in research that has been going on for the past thirty years or more. This research tells us this is possible. Diet and exercise are the key factors in this research. What we've learned is this fact; the body was never meant to be sedentary or overweight. The most popular choices available today in food and activity do not support a person being lean and active.

How often can you find a restaurant that offers a balanced meal? I'm referring to a meal that's high in fiber and low in protein and fat with a few carbohydrates. Why, because that's not what is popular. Walking is a very good exercise; yet walking can be dangerous in many areas because there aren't any sidewalks. In fact, we discourage walking in many areas. Your first challenge is being willing to stand apart from the norm. When you're willing to take that step, the rest is fairly simple.

First, reduce your food intake to a very simple diet. The reason for this request is to help your body regain some balance. Processed foods are known to affect people in negative ways. Taking them out of the picture for a short time can give you a chance to understand what your body finds toxic. Once you've been on the diet for about three weeks, other foods can be brought back into the diet to see how your body reacts to them.

At the top of the list is clean water (filtered water). Drinking enough clean water every day is extremely important. How much is enough water? At your normal weight for your height and frame, you'll need to drink 1/2 ounce of water for every pound of body weight. (Example: weight=120 pounds, 60 ounces of water every day.) Overweight? You'll have to increase this 10% for every 20 pounds of extra weight.

Here is an outline to help you design a diet according to your food preferences. This diet excludes all processed foods and drinks, (Food Guide available). A food diary can also be important. By tracking what you're eating and drinking every day, you'll be able to see where you need to focus your attention. Major considerations include: 1) not skipping breakfast. 2) no snacking between meals. 3) no eating after supper (have at least 3 to 4 hours between your last meal and bedtime). 4) deep breathing exercises. 5) relax.

Use the Food Guide to design your diet. I suggest fresh or organic dried fruit and fresh nuts (walnuts or almonds) for breakfast (see "Breakfast in a Glass" on the web site).

If this is the first time you've tried a diet like this, your body may reject it totally. Don't be surprised, because your body is accustomed to much more sugar as this diet provides. The purpose of this diet is to teach your body it can live on less sugar. This transition will

take time and persistence. You will reach a point where you can't stand to think of staying on the diet any longer. When this happens, drop the diet and have a binge day.

What makes this program work is your willingness to return to the diet the following day. The more days you spend on the diet, the quicker you'll start to see results. This diet encourages you to eat a lot of fiber (Chia Seeds), protein, carbohydrates, and good fats (I use organic coconut oil for cooking). How much of each macronutrient you need depends on your metabolism.

There are indications your body will give you in helping you determine how to regulate the amount of protein and carbohydrates you need; Example, if you find yourself getting hungry shortly after eating a meal (30 minutes to an hour), you may not be getting enough protein. On the other hand, if you feel tired and listless after eating, you may be getting too much protein. When you wake up in the middle of the night and cannot go back to sleep is another indication of a high protein diet. When you wake up in the morning feeling tired and you ache all over, it can be a sign of a high carbohydrate diet. The fats I encourage people to take, other than their supplements, are essential fatty acids and coconut oil. Fats are the body's best source of energy on this diet.

Next is your emotional well-being. There is no diet that can be successful with addressing the issue of emotional health. For this I use emotional freedom therapy (EFT). Removing these negative blocks is important in regaining control over your diet and slowing down the aging process. Once you've read the introduction to EFT and you are ready to learn more about this powerful therapy, give me a call to set up an appointment. It is possible to do this over the phone under certain conditions (I'll be happy to explain the details when you call); however, a face-to-face meeting is the most ideal situation to use in getting started with EFT.

The following is a list of supplements that can help support you with this program:

Food Enzymes; Take at least two or three capsules with each meal to start. As you progress in the program, you may be able to back off on the enzymes. It all depends on the health of your pancreas and digestive system. (When you choose to binge, please be sure to include the enzymes as it may lessen the impact on your body.)

Acidophilus; Suggested dosage is three to four capsules about one half hour before breakfast each morning. You may be able to reduce this amount as you progress with the program depending on the strength and health of your immune system. Acidophilus is a live bacterium and must be stored in the refrigerator to maintain freshness.

AFA, Aphanizomenon flos-aquae; Algae is the one food that can supplement your diet with nutrients that are 97% assimilable by the body. Plus, you get chlorophyll, an important blood purifier (Using the liquid Algae can give you fresh chlorophyll). More information on AFA is available.

Mineral ascorbate (Vit C); start with about 1/4 teaspoon before each meal mixed with a small amount of water. Continue to increase the amount until you experience a loose stool. Then back off about 1/4 teaspoon. You may be able to increase this amount again as you progress with the diet. When you are having only one bowel movement a day, you may be close to being constipated. (I suggest Sodium Ascorbate. It's inexpensive and works well to help improve circulation and strengthen the immune system. The tart taste of the mineral ascorbate is important as it helps to stimulate the liver and spleen.)

MSM, Methylsulfonylmethane; MSM is important in helping cellular regeneration. I suggest starting out with three or four capsules with each meal and working up from there. You will notice a big difference in your hair and nails first. Then you may see some difference in the texture and smoothness of your skin.

Essential Fatty Acids; This can be in the form of Flax Seed Oil or when you are having meat such as salmon, cod, shark, halibut, etc. (cold water fish) with your meal. When you choose not to eat meat, I encourage you to have Essential Balance Oil or Chia Seeds. They contain both the omega 3 and omega 6 essential fatty acids in the proper balance for the body. All are great with salads. The oils cannot be used for cooking as heat will destroy any beneficial effects of the oil. Suggested dosage is about one tablespoon per day with meal.

Coconut Oil; Coconut oil is the only oil I feel safe in recommending for all kinds of cooking. Butter and Ghee are also good (up to 350°F), but will not tolerate the heat coconut oil will (400°F). Using olive oil for cooking is not something I encourage because it will not tolerate much heat (250°F). Olive oil is great in the diet provided it is packaged in an opaque container and kept in the refrigerator. It can become rancid. (It is important to note that all oils are photosensitive [exposed to light] and as such can become rancid when packaged in clear or tinted bottles and stored at room temperature.)

Co-Enzyme Q10; Co-Enzyme Q10 is important in helping with circulatory concerns. It has proven to be helpful in several studies with heart patients. The most successful studies showed the importance of starting out at a high dosage (150 mg. twice a day) and then backing off as the body was able to improve on the conditions it was experiencing. Co-Enzyme Q10 is also a powerful anti-oxidant.

Alpha Lipoic Acid; As usual, we're behind the curve on this one. According to Dr. Berkson who has a private practice in New Mexico says; "ALA helps to convert food into energy by improving the breakdown of sugar. A two-year old, climbing the walls after dinner, produces very large amounts of ALA in his liver, while a 60 year old man after eating the same meal can be found asleep on the couch." ALA is very popular in Europe because it's an effective antioxidant and is both fat and water-soluble. Dr. Berkson has published a book "Alpha Lipoic Acid Breakthrough" that tells a lot about the importance of this nutrient.

Vitamin E; Vitamin E is another important antioxidant. I think enough has been written about it to prove its importance in this therapy. If you have any questions or concerns,

talk to your health care provider or give me a call and I'll be happy to forward the information I have on vitamin E.

Aloe Vera; Aloe Vera can be very helpful when changing your diet. It can help to rid the body of toxins and improve circulation. When you are experiencing concerns with regularity, it is very helpful.

Caprylic Acid; This essential fatty acid can be helpful in controlling sugar cravings. Since I've struggled with candida for the last forty years, it has been very helpful for me in controlling these cravings. I suggest a person start out with one capsule with breakfast and lunch; if the de-tox effects become to intense, then just leave them out of the diet for a couple of days - then try them again. As you progress, you'll be able to stay with two capsules a day. After two bottles of Caprylic Acid, many people lose the cravings and no longer need the supplement. I must add that EFT can help a lot with any type of food cravings.

This is not a complete list of all the supplements I take every day. I've left some of them out because they are specific for what I like to do every day. Example; running or working out. Also, they may be supplements I no longer need to take everyday. I've tried to put together a list that is general in nature.

Exercise is important; I must say a word about exercise. however, it doesn't have to be hard work. I suggest you find simple ways to start including exercise in your daily routine like parking your car as far away as possible when you go to the store or work. Getting up and walking around as much as possible when you're at work can be another option. Be creative, and don't go running off to the gym to start with, wait until you're feeling better. Then go for it. I have simple exercise routines available as suggestions for you.

I encourage you to study the program and the diet outline, make notes and ask questions. Asking questions is the most powerful exercise you can engage in because this is when your body begins to realize you are serious about making changes in your life. Keep a list of questions that come to your mind as you go over this material. Then can either go on line (the web) or call me and we can talk about options that are available.

This material is a work in progress. Feel free to offer your suggestions, comments, and criticism as you see fit.

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