

Turning Back the Clock

10 Practical Ways to Reverse the Aging Process

by Jodi Jones

It's 2003...time to be the best you can be. It's true, another year has passed, however, this does not mean you have to be another year older! How would you like to turn back the clock to feel (and be) the age you were in 1993. Or, better yet 1983!



For most people, improving health and family relationships are amongst the top two New Year's Resolutions. This year, why not stretch your health resolution to be specific such as: This year, I plan to take ten years off my **(physiological)** age. This article will help you jump-start this resolution. The objective here is to engage your spouse or significant other and create a buddy system. Having common goals and working toward them together strengthens the bond of your relationship regardless of the goal, and can help keep you motivated and on track.

It's not always easy staying disciplined to eat healthy, exercise, practice stress reduction techniques, and so on when we feel well. Without a consistent healthy lifestyle, we are unnecessarily accelerating the aging process and slowly degenerating. It happens so gradually that we aren't even aware that our bodies are prematurely aging.

Most of us do not think much about our age or our health until the onset of a life-threatening medical condition or a chronic problem such as arthritis, cancer, diabetes, heart disease, or obesity forces us to pay closer attention. By taking an active role in creating optimum health and vitality before serious health problems occur, you can prevent premature aging and premature death, while maintaining a higher quality of life throughout your years.

Many people suffer during the last decade or more of their life—the result of poor nutrition and lifestyle choices. It has been scientifically documented that your genetic programming is but a small part of your experience of health or illness. This research concludes that after the age of forty, 75% of your health is due to what you have done to and with your genes based on lifestyle and nutrition, not the genes themselves.

By incorporating the ten key factors discussed in the book, *The Vitality Connection*, you can attain optimum levels of health, happiness, and vitality. The book offers time-tested and proven concepts you need to know to reverse the aging process. This article focuses on one of the ten key factors detailed in the book: Anti-Aging.

The following are ten practical ways to minimize aging-related diseases and slow down, or even reverse, the aging process. Follow these recommendations and you could be setting a course for feeling, looking, and being ten or even twenty years younger (physiologically). To determine your need for an anti-aging program, click here to take the **Premature Aging Assessment**.

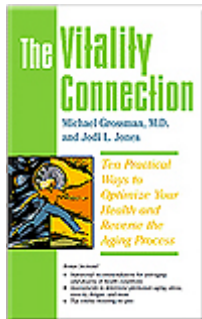
Ten Practical Ways to Reverse the Aging Process

1. Identify an experienced anti-aging health practitioner to help you develop and track your anti-aging program based on your specific health conditions and health goals.
2. Score your biological age versus chronological age to assess and track the variance in your “actual age” based on your heart age, body fat age, strength age, body shape age, and muscle age.
3. Evaluate your risk for cardiovascular disease by identifying arterial stiffness and blockage through various medical tests.
4. Optimize your nutrition by eating at least five small balanced nutritious meals every day; eliminate anti-nutrients such as refined sugar, fried foods, caffeine, hydrogenated fats, excessive alcohol, tobacco, among others, and eat a variety of fresh fruits, fresh vegetables, whole grains, legumes, and drink at least two quarts of filtered water each day.
5. Exercise for strength and endurance; balance your workout routine with cardiovascular and strength training at least three times a week for forty-five minutes.
6. Enhance your diet with quality nutritional supplements; at a minimum, take a balanced pharmaceutical-grade multivitamin high in antioxidants and chelated minerals.
7. Reduce your stress through various effective stress management techniques: creative reinterpretation, meditation, yoga, massage therapy, exercise, and various creative outlets such as writing, dance, painting, singing.

8. Detoxify your body naturally and safely to rid your body of toxic waste build-up created by environmental toxins, alcohol, medications, smoke, pollution, chemicals, and mercury.
9. Receive natural hormone therapy; with age, both men and women have lower levels of testosterone, growth hormone, and DHEA—all necessary hormones for longevity and remaining youthful.
10. Apply nutritional skin therapy treatments; the same factors that accelerate the aging process throughout your internal systems and organs produce similar effects in your body's largest organ, the skin. Stress, inadequate sleep, free-radical damage, environmental toxins, and poor nutritional habits all take a toll on your skin.

By adopting the ten practical ways to reverse the aging process outlined above, you could realize significant health benefits while setting a course for the prevention a host of degenerative diseases. Medical science now offers convincing evidence that by following these concepts, you can feel more vital, more energetic, and slow down or even reverse the aging process. Wouldn't you like to feel, look and be ten years younger?

Declare your New Year's Resolution today. See for yourself that it is possible to turn back the clock and take years off your age!



For a detailed explanation of each of these recommendations, you can purchase *The Vitality Connection: Ten Practical Ways To Optimize Your Health and Reverse the Aging Process* for only \$18.95, or purchase just the Anti-Aging Chapter in an electronic format (E-Chapter) for only \$4.95.

Premature Aging Assessment

Below is just one of the many health assessments found in the latest new book from Jodi L. Jones and Michael J. Grossman, M. D., *The Vitality Connection: Ten Practical Ways to Optimize Your Health and Reverse the Aging Process*. To determine if you are aging prematurely, complete the following assessment and start tracking your progress toward reversing your physiological age.

Have you scored your physiological versus chronological age within the past five years?

Yes No Unsure

Has your body fat, muscle strength, or blood pressure improved in the last five to ten years?

Yes No Unsure

Are your risk factors low for cardiovascular disease: Homocysteine, C-Reactive Protein, HDL to LDL cholesterol ratio, fibrinogen, liporprotein(a)?

Yes No Unsure

Are you at your optimal weight?

Yes No Unsure

Are you free of pain and chronic health conditions?

Yes No Unsure

Do you regularly consume four to six small balanced nutritious meals daily?

Yes No Unsure

Do you avoid foods and beverages that contain sugar, caffeine, and carcinogenic ingredients?

Yes No Unsure

Do you avoid fast food restaurants (avoid eating French fries, hamburgers, hot dogs, and pizza)?

Yes No Unsure

Do you exercise for strength and endurance at least three times per week?

Yes No Unsure

Do you take pharmaceutical-grade nutritional supplements daily?

Yes No Unsure

Do you regularly participate in stress reduction practices?

Yes No Unsure

Do you often wake up feeling vibrant and energetic in the morning?

Yes No Unsure

Are your hormonal levels in a youthful range?

Yes No Unsure

Are you taking natural hormonal supplements as needed?

Yes No Unsure

Do you avoid smoking?

Yes No Unsure

Do you avoid alcohol consumption or only consume one glass of wine/beer daily?

Yes No Unsure

Do you avoid sun exposure and use sunscreen regularly?

Yes No Unsure

Do you use topical antioxidants to reduce skin aging?

Yes No Unsure

Scoring:

"No" check 3 or Fewer Times

Congratulations!
You have a low to medium risk for premature aging.

"No" checked 4+ times

Time to make changes.
You have a high risk for premature aging.

The good news with a few lifestyle changes you can reverse the aging clock. [Jodi](#) will be covering a number of these in the coming months on Couples Company. However, if you want more information now, check out her book [The Vitality Connection](#). *Chapter One* shows you how to do this and deals specifically with the anti-aging questions asked above.

If you answered "unsure" to any the questions above, **Print this page** and take it with you on your next physical or doctors visit. You should consult a nutrition-oriented medical doctor or other health practitioner who can administer the appropriate medical tests or assessments to determine your results.

For the name of an anti-aging practitioner in your area, please contact Wellness Alliance Network, Inc. at inquiry@wanvitality.com.

