



Empowering You Organically - Season 18 – Episode 179

Title: Top 6 Ways to Reverse Aging Naturally (Without Surgery)

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Description: There is no way to avoid aging. We are all destined to grow old, get sick, and die... Or are we? Although we can't completely avoid the aging process, we sure can slow it down quite a bit. And disease? Even though it may be the “norm” for an increasing number of older Americans to succumb to chronic diseases as they age, this doesn't have to be the case for you. There is a new normal when it comes to how we age – and following these six simple steps to reverse aging naturally can help you get there.

FEATURED PRODUCT



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- **HIGHLY BIOAVAILABLE:** Clean Sourced Collagen is formulated with Vitamin C, Horsetail Extract and Zinc for maximum absorption.

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- **NATURAL INGREDIENTS:** We only use the purest ingredients found on Earth and our supplements are free from artificial flavors, preservatives, colors, yeast, soy protein, sodium, starch and are non-GMO.

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6 Ways You Can Help Reverse the Aging Process

#1: Take key supplements.

Nobel Prize-winning chemist, author, and health advocate Linus Pauling said, "By the proper intakes of vitamins and other nutrients and by following a few other healthful practices from youth or middle age on, you can, I believe, extend your life and years of well-being by twenty-five or even thirty-five years." He might have added: "And you can live those extra years with excellent and vibrant health!"

Supplements (and foods, which we will talk about next) that are best for keeping your body and mind sharp *must* contain antioxidants. Some essential vitamins to add to your anti-aging arsenal include vitamin C and E as well as Glucosamine and Coenzyme Q10. Polyphenol-rich matcha tea, resveratrol, and collagen are three other supplements that can be age-busters as well.

#2: Use the immune-boosting and anti-inflammatory support power of medicinal mushrooms.

In addition, if you are serious about your anti-aging regime, you must also consider adding a medicinal mushroom supplement to your daily routine.

Have you ever heard of the Japanese island of Okinawa? For generations, the population there was teeming with centenarians (people in their 100s) who were bright eyed and in great physical health.

What was their secret? Eating fresh foods, spending lots of time out in nature and in their gardens, and surrounding themselves with family and friends. And, according to research conducted by the Okinawa Centenarian Study, the population also ate a large amount of various kinds of mushrooms, including shiitake and reishi mushrooms.

These mushrooms have been proven to have a profound effect on the immune system and help to curb inflammatory responses. The study researchers, as well as many other studies, have linked consuming medicinal mushrooms with relief from inflammatory disease, osteo- and rheumatoid arthritis, autoimmune disorders and digestive problems, just to name a few.

#3: Eat Antioxidant Rich, Anti-Aging Foods.

Besides mushrooms (which can be consumed in tea, in food form, or as a supplement), fill your plate with foods that are rich in omega-3 fats such as wild caught salmon, green leafy organic vegetables that contain high numbers of phytonutrients, berries such as raspberries and blueberries that have antioxidants

called anthocyanins (which have been shown to slow tumor growth as well), and healing herbs like turmeric, basil, and ginger.

Want to improve your odds of living longer and living pain-free? Make it a point to also avoid all processed and GMO foods (including GMO produce), refined sugar, wheat products (especially commercially-produced breads, pastas, and baked goods), trans fats and artificial ingredients, and keep alcohol consumption to a minimum.

The best diet for staying vibrant into your 70s, 80s, and beyond is the *simplest* kind of diet. Eat real, recognizable food and plenty of (preferably raw or lightly steamed) vegetables in a relaxed setting and drink plenty of clean, filtered water. Even when we are older, our bodies are still primarily made of water so the key is to hydrate, hydrate, hydrate!

#4: Get Plenty of Sleep.

Older people often have trouble sleeping, especially women in their post-menopausal years. The reasons for this are plentiful: stress and anxiety as well as hormonal imbalances can play a part.

Making rest a priority can do wonders for your daily energy levels and clarity of mind. Studies have shown that individuals with sleep disorders such as “sleep apnea” and insomnia have an increased risk of cancer.

Insufficient sleep has been associated with cell damage, neurological impairment, a compromised immune system, inflammation, and accelerated aging. When you get consistent, quality sleep, however, these conditions can sometimes reverse as the body is allowed to repair and restore during sleep.

#5: Exercise Your Mind.

You may think of activities such as doing crosswords or sudoku, learning a language or musical instrument or reading a book as ways that you can keep your mind active in later years. But these activities are just the tip of the iceberg when it comes to how you can boost your brain power.

Stress-relieving and focusing activities such as meditation (and movement meditations like qi gong and forest bathing) have been proven to improve the strength and length of telomeres, stretches of DNA at the end of chromosomes which protect our genes. Telomeres keep chromosomes from fraying and clumping. Shortened telomeres are associated with aging as well as cancer and higher risk of death. A 2015 Canadian study linked evidence of longer telomere strands to meditation (when compared to those who did not meditate).

In addition, activities like creative visualization, repeating affirmations, and doing something like Emotional Freedom Technique (which also clears energy channels for physical healing, according to the principles of

Chinese medicine) can keep you in a positive state of mind which can aid in the slowing down of the aging process.

Famed actress Sophia Lauren had it right when she said,

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

#6: Keep Moving!

Hundreds of studies have correlated even moderate amounts of exercise with lower blood pressure, lower incidents of diabetes, lower cancer rates (sometimes up to 80 percent reduction), lower rates of heart disease, increased longevity and happiness overall.

Take a walk (especially in nature), swim, do some yoga or tai chi, or dance to your favorite tune. The most important thing is that you move your body at least 3 to 4 times a week for at least 30 minutes, according to experts.

In addition, if your lifestyle or profession dictates that you sit for long periods of time, make sure that you get up to stretch and move every hour at least.

Your Reverse Aging “Recipe”

Taking key supplements (including mushrooms for supporting your immune system), eating healthy, organic foods and drinking fresh, filtered water, getting plenty of sleep, exercising the mind, and moving the body regularly.

These six actions really are the “recipe” for not only a long life, but a *vibrant* one as well. Slowing down the aging process and staying sharp into your hundreds like the centenarians of Okinawa *is* possible. It simply takes discipline and a vision of a strong and healthy you, no matter what your physical age!

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