

20 Anti-Aging Practices

To Keep You
Young & Healthy

TONYA ZAVASTA



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20 Anti-Aging Practices...To Keep You Young and Healthy

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Introduction

There's no one on the planet who doesn't wish he or she were younger. But that's impossible...right?

I think not. In this e-book, I'm giving you an overview of 20 specific anti-aging practices—sensible steps you can take to slow and even reverse aging. You *can* feel and look younger than you ever thought possible.

It's a short book. My aim is to give you just enough of a look at each practice to pique your interest...to help you decide which are most likely right for you...which one you want to get going on first...and which ones you'd like to learn more about before you actually try them.

You don't have to do all 20 at the outset. Or ever. Each is a stand-alone practical step you can decide to start now, after a little more investigation. Yet every one is a practice you could spend a lifetime mastering.

Many of these steps are out of the ordinary. These are certainly not the standard recommendations you'll find in the popular supermarket women's magazines. Most, be advised, are not sanctioned by the medical profession, which primarily focuses on pathology and pharmacology—diseases and drugs, that is, and not prevention. Venerable health-promoting practices are largely not taught in today's medical schools. Not that these practices are medically *unwise*. Quite the contrary. It's just that these ideas don't originate from the *take-this-pill* response to disease which modern medicine promotes today.

The methods I'm describing here are holistic—they take your whole spirit and body into account, your entire health. They're practical. They *work*. These practices may look new to you, but they are often quite ancient—tested, in some cases, through centuries of trial and error by

dedicated health-seekers. In many cases, though, they're entirely consistent with science and recent anti-aging research.

Here's another attractive aspect for you regarding all 20 of these anti-aging practices: They're eminently affordable, many of them even free. No fancy equipment. No expensive products to buy. They're simple...easy to understand...learnable. Doable on your own and on your own terms.

There's not one on the list I haven't done or wouldn't use on myself. You will, I hope, find this a valuable little health-enhancing book, well worth your time.

Practice #1: Vegetarian Lifestyle

My message starts not with some talk about what to put *on* you...but what to put *in* you.

Being vegetarian means leaving out all animal flesh from your diet. And that, by the way, includes fish. I say that because there are all sorts of variations on vegetarianism out there.

Lacto-ovo vegetarians, for example, who'll consume milk and eggs, but no other animal products. And there are—quite common they are, too—variant vegetarians who'll eat fish, but no other meat. Let's not trifle with those variants, however, for now. Let's take *vegetarian* in its most direct, obvious sense: someone who consumes essentially only plant material, and might consume animal material, if at all, in negligible quantity and only incidentally.

Vegetarians report being more energetic, feeling lighter than they did before “going vegetarian.” For vegetarians, elimination becomes easier and sleep offers a deeper rest than before. Many spiritual traditions and world religions have traditionally advocated vegetarian lifestyles. Modern science supports the claims that vegetarianism is superior to meat eating, as it boosts immune function, balances hormones, protects cells from oxidation, and reduces disease risk. All these factors, in turn, contribute to long life.

An Adventist health study comparing vegetarian Seventh-Day Adventists to non-Adventists, all from California, found that the vegetarians lived much longer than non-vegetarians: on average 7.3 years longer for men, 4.4 years for women. Their quality of life was better, too. For current research in the field of vegetarian nutrition, check out the blog and videos here: www.nutritionfacts.org

Giving up meat was the easiest and the best decision I ever made on the road to health. Going vegetarian in 1995 led quickly and easily to wonderful results: I lost weight, my flexibility

increased, and I gained more energy. What really sold me was the rapid improvement in my looks. With no more of the steroids I'd been unwittingly ingesting through store-bought meat, my face slimed down and its puffiness went away. My old double chin...vanished. Another interesting early sign of my newfound kindness to my body: The hard texture of my heels and elbows subsided, their texture becoming softer, smoother.

Through the years I've seen many people go vegetarian. Their looks improve *dramatically*. Keeping weight off becomes much less a problem, thanks to the absence of meat-borne fat. Their skin clears up. Moles caused by overeating and excess of animal protein will lighten or disappear completely. Eating animal protein is especially hard on the kidneys. Each area of the face reflects the condition of an internal organ. Puffy bags under the eyes reflect the compromised condition of kidneys given no choice but to filter the waste of animal protein.

Every vegetarian gets asked by family and friends: *How ever do you get enough protein?* The assumption is: You can only get protein from meat. No matter what you have heard, you can do *very* nicely without animal protein. For information and inspiration, read my first book, [Your Right to Be Beautiful](#).

Practice #2: Vegan Lifestyle

*Vegetarian...vegan...*the terms get confusing. What's the difference?

To be vegan is to be vegetarian, but not the other way around. Vegans are a subset of vegetarians. Their lifestyle takes them further. Whereas some vegetarians do consume eggs, dairy, or fish, vegans eat *only* foods from the plant kingdom: fruits, vegetables, nuts, seeds, grains, beans, and legumes. Vegans, in particular, take special care to ensure they consume nothing animal in origin. For many, maybe most, the choice has moral roots, though certainly one can be vegan, dietetically speaking, purely for health reasons. Most who find their way to a vegan lifestyle do so by first going vegetarian and then gradually transitioning away from *all* animal products.

People go to vegan lifestyles for lots of reasons. Among justifications the public commonly recognizes: avoiding cruelty to animals (though I'd rather see it expressed as embracing kindness to animals)...and just to be able to announce that one's adopted a "progressive" lifestyle. Vegan living is alien in some places, common in others. You'll find a vegan on every street corner in California, for example, and (I've no doubt) far fewer in Kansas beef country.

So what are the dietary benefits of vegan foods? For starters, here are some that will appeal to health-conscious Western consumers of any preference...They're low in fat and sodium, and they're cholesterol-free. Vegan foods are high in dietary fiber, helping with efficient elimination. Vegans spend less energy on digestion, freeing up body energy for other needs, and activities.

But be careful! You can "be vegan," yet be quite unhealthy: Just because that big wedge

of chocolate cake is “vegan” doesn’t mean it’s helping your health. In the simplest sense, “being vegan” is defined in terms of what you don’t eat: animal products. Just because it isn’t animal doesn’t mean it’s good for you. The “middle aisles” of your supermarket—the shelves between produce on one end and dairy on the other—are full of heavily processed, deeply unhealthy stuff. (Have you read the nutrition label on a loaf of bread lately?)

As you go vegan, it’s also vital to avoid ingesting acrylamide, the carcinogen formed in food when it’s been cooked at high temperatures, especially through commercial frying and baking. For example, whenever you see a crunchy golden brown crust, you can bet there’s acrylamide in there as well. Cookies, potato chips, French fries, and pizza, though they can be vegan, are among the highest sources of acrylamide. To learn more, see:

<http://www.vegansociety.com>

Give up meat and dairy, and it will be a frosty Friday before you have a cold. What’s more, you may well stave off arthritis, or reduce whatever arthritic symptoms you already have. You’ll also have stronger bones as you grow older. Read [Raw Foods and Osteoporosis](#).

Eating dairy causes mucus to build in the gut and lungs, congesting them. This in turn lowers the body’s ability to absorb nutrients and eliminate waste. This mucus buildup also becomes a playground for pathological bacteria. When your respiratory and reproductive systems get overloaded with mucus, white spots appear on various parts of the body. The discharge of excess animal fat from dairy products results in pimples and a puffy face.

Going vegan will not only improve your health, but can definitely help your looks. Give up dairy products, and, over time, you’ll see your best complexion emerge. Done right, a vegan lifestyle will keep you youthful for years to come.

Practice #3: Raw Food Lifestyle

See that cart ahead of you at your local health food store? Inside you'll find no meat. Nothing frozen, no cheese, no dairy. Nothing canned, bottled, or boxed. But you will see a load of big, leafy greens—spinach, kale, bok choy—all far more nutrient dense than those thin, limp common green lettuces. Vegetables and fruits in a rainbow of vivid dark colors—tomatoes, peppers red, yellow and orange, carrots, eggplants, plums, peaches, berries, and more. And mostly, you'll note, organically grown. When that cart hits the checkout, you'll know you're likely in the presence of a raw vegan.

The raw vegan eats the same foods as the vegan, generally speaking. But the raw vegan's ingredients are *never* baked, blanched, boiled, broiled, braised, poached, fried, fricasseed, roasted, toasted, grilled, steamed, stewed, simmered, or lovingly sautéed. Indeed, they're never heated above the temperature that destroys essential enzymes, which is around 110 degrees Fahrenheit. The way Mother Nature grows it—that's the way raw vegans eat it. They enjoy fruits, vegetables, sprouts, leafy greens, sprouted grains, seaweed, nuts, and seeds in many creative combinations.

The idea behind not cooking the food is to make digestion and assimilation even more efficient, while safeguarding and benefiting from all the vitamins, minerals, phytonutrients, and enzymes of the plants, as well as many other yet undiscovered elements—and all of it the way nature intended them. This is a very nutrient-dense way of eating.

Why are raw foods the *very best* for your body? Endless reasons...

Raw foods contain living enzymes. We need enzymes to digest food. We need them, in fact, for every other operation, every chemical reaction the body performs. It's literally life and

death. Only living organisms can produce enzymes, but their capacity to make enzymes is limited. Enzymes can't tolerate heat, microwave irradiation, or pasteurization—or any method of cooking. So how to get the needed enzymes into your body? Raw is the way to go. Raw foods are 100 per cent free of acrylamide. What's more, they don't require climate-changing fuel consumption, nor its cost.

A factory can burn good coal...or bad coal. The same goes for your body's fuels. No food is a 100 per cent efficient fuel. Nor is any supplement. But we do know this: Plant food is vastly more efficient, metabolically, than meat or processed foods. Raw fruits, vegetables, nuts and seeds bring far less waste into the body than do cooked foods. The *right* food can bring you vibrant health through metabolic efficiency.

There's a fundamental difference between living matter and dead matter. Living foods "communicate" with your body's cells. Networks of instructions and feedback animate you and every other living organism. Your cells are constantly talking to each other through messenger molecules, including neurotransmitters and hormones. Cooked food impairs this natural communication. Raw plant food doesn't. To learn how special raw foods are, watch my YouTube [Raw Food Rocks!](#)

When it comes to food, there's *nothing* cleaner than raw foods. Raw foods cleanse the body clear down to cellular levels, freeing raw materials and clean, lean fuel to create glowing skin, clear eyes and healthy hair. No more aging prematurely. No need to look old and haggard. Go raw and you'll look far younger than your age, and you'll positively ooze vitality. As your body sheds years of toxins, sags, bulges, skin eruptions, and dullness—and after an initial period of detoxification, which happens automatically as soon as you begin the raw vegan lifestyle—you'll see a new, younger, healthier, and radiant you.

Raw food balances hormones better than any supplement could ever do. The result, when you eat truly well: No menopause symptoms, no middle-age spread, and no prevailing opposite-sex resemblance. Watch my YouTube video [Menopause and Raw Foods Diet](#) on balancing hormones to learn more.

I have been following a 100 per cent raw food lifestyle since 1997—that's 17 years, as I'm writing this. *Nothing*, I can say, comes close to this lifestyle as far as anti-aging benefits go. For more information about going raw, visit my website www.BeautifulOnRaw.com, which is devoted to achieving beauty, health and anti-aging benefits through a raw food lifestyle.

Beyond that, there are these days numerous other sites, books and videos, where hundreds of people share the benefits with which this lifestyle has rewarded them.

Important: You vegetarians, vegans and raw vegans... You must be knowledgeable about the Vitamin B12 issue. Be sure to read my blog article: [The B12 Controversy](#).

Practice #4: Monotrophic Diets (Monomeals)

Ancient Chinese legend has it that an 80 year-old farmer was tilling the field when he fell through the ground into an old cave, finding himself trapped. Soon he got hungry, but could find no food. Then the farmer noticed a big tortoise feeding on tree mushrooms growing in the cave. Apparently that tortoise had been there quite a while, surviving on those mushrooms. The farmer followed the reptile's example. Weeks later, the man was rescued from the cave, emerging (to everyone's surprise, with a full head of hair, looking much younger than his age. Since then, the mushrooms he ate have been credited with potent anti-aging properties.

I believe it wasn't the mushrooms that produced the "youthening" effect. Rather, it was the fact that he ate rather little, and—no less importantly—ate the same food every day.

Consider: Many animals don't seek much variety when looking for food. They eat the same food all day long, or even every day, and in no way experience deficiencies in micronutrients. One reason is that the same food consumed exclusively creates a specific type of microflora in the gut, which gets progressively more efficient in digesting the particular type of food that animal eats.

Proponents of mono-meals contend that each fruit or vegetable should be eaten separately because each one contains different enzymes most suitable *just* for digestion of that particular plant. In a sense, each individual fruit and vegetable digests itself. So whenever we mix varied fruits and veggies together, the desired enzymes have a harder time finding the right "path" to the goal of their digestion. As a result, digestion is less efficient. When the ease of digestion is compromised by complicated combinations, carbohydrates start to ferment in the stomach, leading to gas and bloating, and we're not able to absorb as much nutrition from our food as we

otherwise might.

Digestion takes energy. The more energy you spend on the complex process of food consumption and assimilation, the less energy remains for other bodily functions, such as detox, healing, and the renewal of cells and tissues. The lighter your meal, the better you'll feel, and the better your body will function overall. Eating simple meals is the key to healthy digestion and a youthful appearance.

While you may not be willing to go all-out mono, you can still benefit from the underlying principles. Start reducing the number of ingredients in your meals. Your body will expend less energy on digestive processes, and allot more energy for repair, renewal, and restoration. The less complex the mix of foods at your meals, the more efficiently you will digest, and the better your health will be. What's more, you'll save time on food preparation. From every angle, simpler meals—much simpler—make lots of sense. In the [recipe section of my website](#), I provide fully-illustrated and completely free raw vegan recipes, many of which require very few ingredients—a great transitional step to your own monotrophic diet.

Practice #5: Get Cultured!

By the term cultured foods is meant *fermented* foods. In leaner decades, in many societies, they kept our great-grandparents healthy, robust, and young. But over time, cultured foods have gotten lost in the crowd of modern food fads. In just the last few years, though, the hidden treasures of cultured foods have been rediscovered.

Food items like yogurt, pickles, sauerkraut, kimchi, tempeh, and miso are all examples of cultured foods. Fermentation is the chemical process of breaking down complex foods to simpler forms. Beneficial microorganisms—certain bacteria, yeasts, and fungi—characterize the process.

Fermentation can turn an already healthful food into a superfood. As bacteria, yeasts, or fungi eat the food item, they break down its constituents and in turn release amino acids, B vitamins, and other useful substances. Among the top benefits of fermented food are:

- better digestion
- immune function support
- improved nutrition
- protection against harmful microorganisms
- detoxification
- restoring the body's natural acid-alkaline balance.

Now think about it: What do you get with all these benefits? You get an energetic, vigorous body with healthy, glowing, youthful skin. Cultured foods help make your skin soft, supple, and firm. Consuming fermented foods regularly can help you keep those fine lines and age spots at bay.

Raw cultured vegetables can actually extend life, thanks to their cleansing effect on your body, their abundance of natural enzymes, and their ability to strengthen the immune system. These fermented foods supply huge amounts of microorganisms which act as miniature chemists in our intestines. They produce much of the needed vitamins and other substances we need for staying healthy.

Pretty much any vegetable can be prepared and preserved in cultured form. Look here for step-by-step fermentation instructions in one of my blog articles: [Cultured Foods Give Assistance to Your Digestive System](#). Include cultured veggies in your diet, and reap some remarkable health benefits.

Practice #6: Juice Fasting

Clean up your act!

We're often told that, in so many contexts. Food-wise, you might be better to clean *out* your act. Here's an easy, fun way...the juice fast. Or, if you prefer, the juice *feast*...

A raw vegan lifestyle will eliminate toxic waste right down to the cellular level. You can hasten that process through occasional juice fasts. Your body will purge what it has no use for and start healing whatever's wrong—dissolving tumors, ulcers, abnormal growths, cancers, abscesses and fibrous masses, deep-seated troubles you mightn't even have known about. As you fast, you may experience the odd fever, skin eruptions, or nausea. Don't have a cow! These are cleansing reactions—something to rejoice in.

The term *juice fast* is a bit of a misnomer. Fruit and vegetable juices are, of course, food. You're still eating, so you'll feel few or no hunger pangs, and find your "fast" a most manageable way of cleansing. During your juice fast, you'll consume three to five glasses of vegetable juice every day. That's *good* nutrition, in concentrated form. So your body definitely won't be going hungry. This means your juice fast can run a day or two or three, easily. As you get better at the art, you'll learn to make your juice fast go even weeks—with no ill effects, and lots of good ones!

Each day you devote to juice fasting is a day you're freeing up energy for healing, repair, and rejuvenation. Start juice fasting, and you'll practically be turning back the clock. The regular juice-fasters I know say they feel better, sharper, more alert and positive. What's more, they tend over time to look younger and younger than those old photos on their drivers' licenses. If you'd like to become—and *look*—younger, go on a juice fast. Is there a better time to start than today?

Don't know how to get started? At the [recipe section of my website](#), I offer fully-illustrated, free juice recipes. Now, get juicing!

Practice #7: Water Fasting

Why not take your juice fasting up a notch, and replace that juice with pure, clean water?

Water fasting used to be practiced more extensively in years past, and gained wide recognition as a way of healing many chronic conditions for which medicine had no cure.

A fast effectively resets your body's clock. For that reason, many—and not just raw food advocates, either—have recommended a fast before embarking on any new type of diet. Water fasts are deeply cleansing. Water will take the impurities out of your cells, your connective tissue, and your vital organs. I advise starting slowly when water fasting. While people have fasted for many days, one day of water fasting a week is a safe practice for just about anybody. And that one day a week is enough to give you the anti-aging benefits you want.

Resting your mouth is part of the game. (My husband tells me that all the time. I don't think he means what I'm about to tell you here.) Here's the story... Assimilating nutrients and eliminating metabolic waste are two processes that take place in the body all the time. Our bodies' energies are always divided between the two processes. The business of expelling waste and toxins never fully stops. But it does slow down when we eat.

As soon as we start eating, masses of blood get summoned to the digestive organs. Digestion then hogs that blood, becoming our most energy-draining function. If you can halt that eat-and-digest cycle for a little while, something different happens. Your body, not having to spend its energy on anything along the eat-and-digest trail, can mobilize *all* its available resources for rejuvenation. Not only do your digestive organs get to rest, but your circulatory, respiratory, glandular, and nervous systems as well.

During fasting, the body will devote every ounce of energy to healing. And nothing

compares to fasting in aiding the elimination of waste from the blood and tissues. But get real. Delaying lunch just isn't going to count as fasting. Your digestive system needs a *sleep*, if you will, not a nap, for all of these benefits to kick in. That's why we're talking a day or days of fasting. Hours won't really do it.

Fasting gives your body a chance to eliminate stored poisons and heal internal wounds. During a fast, tumors, lumps, and diseased tissues lose in their competition with your organs. Diseased tissues will be broken down to sustain your vital organs. You'll begin losing fat. Not just "losing" fat, mind you—using it up. Waste and toxins get stored mostly in fatty and connective tissues. As your body uses up fat for energy, the toxins stored there get flushed into your bloodstream. Whatever your body can't use as food gets expelled through the organs of excretion and elimination.

Uninitiated people tend to think fasting is extreme. It isn't. Fasting should be part of your lifestyle. Make it a necessary part of healthy living, just as housecleaning is essential cat home. Just as you clean your house once a week, say, you should do the same for your body. That housecleaning analogy goes farther, too. You've surely seen how, if you leave part of your house messy—the garage or a storeroom, for example—it becomes "impossible" to clean when you do get around to this giant chore. Ditto with your body. A little clean-and-tidy every week—body or garage—and you won't have to dread that god-awful cleaning-out.

A weekly fast will give startling results on your face. Since salt gets eliminated first, fluid accumulation under the skin resolves itself spontaneously. Your body will release excess fluids retained in the effort to dilute and neutralize its old regular barrage of salt. While you're at it, cut table salt now. Totally. Cutting added salt now, combined with a weekly water fast, will give you a fast, dramatic improvement in your facial appearance.

Been struggling with excess weight? You'll be happy to learn that, during a fast, you can safely lose as much as 10 pounds or more in just a few days. Ideally, though, you should plan on eventually tying your new 24-hour weekly fasting regimen with a raw vegan diet. That *will* keep the weight off, and do so very much more, too, for your long-term health and well-being—and do wonders for your looks. For more on raw vegan lifestyles and the benefits of fasting, read my first book [Your Right to Beautiful](#).

Practice #8: Dry Fasting

Just as the name implies, dry fasting is total abstinence from consuming food and water.

There are some farther extremes, too, just so you know. Some enthusiasts advocate avoiding water completely during a fast—no showers, no swimming, no water in brushing your teeth, even. No contact with water at all. Investigate those ideas if you like, but we're not going there. In my way of doing things, you're safe to walk in the rain, water the lawn, or drive past the lake.

But back to your body...No water or juice. No food. That's the basic plan. But why? During a dry fast, you're only minimally eliminating through your liver, skin, kidneys, and bowels. Instead, you're effectively "incinerating" toxins right inside your cells. Professor Arnold Ehret, the father of naturopathy and one of the foremost authorities on dry fasting, puts it this way: "The less you drink, the more aggressively the fast works."

Most people in North America haven't so much as heard of dry fasting. If they have, they're apprehensive, suspicious. That old advice, *Eight glasses of water a day*, has been pounded into us since junior high school health class. It's part of our culture, now. We're scared to death of dehydration. *Fasting with no water? You've gotta be crazy!* The fact is, though, dry fasting is a powerful way to reduce all sorts of infection and inflammation.

Inflammation can't continue without water. Tissues get swollen with water in places where infection is having a party. Pathological bacteria and microbes *love* wet terrain. A water shortage is, for them, as devastating as fire. During any fast, dead or dying tissues will be expelled from the body. A water fast simply takes much longer than a dry fast to accomplish this goal. Dry fasting eliminates inflammation the same way a swamp is cleansed of mosquitoes and

other insects when it dries up. Microbes are annihilated. The shortage of water is a cleansing drought that's disastrous to the body's enemies, such as nasty bacteria.

How much more effective is a dry fast? Each day of dry fasting offers benefits roughly equal to three days of water fasting. Bottom line: Dry fasting is a potent practice with many health and beauty benefits. Says Russian doctor Sergey Filonov, who supervises dry fasts for many patients who come to his retreat, the dry fast is *the* most effective method of healing that nature can offer us.

Dry fasting, please know, is the deep end of the pool. Don't dive in, your first week. Get to be an experienced water-faster before moving on to dry fasting. To learn more about dry fasting, read my newest full-length book, [Quantum Eating](#).

Practice #9: Cold Tempering

Did you ever think you'd have anything in common with those crazy people who go swimming in ice-covered lakes and rivers? They've been viewed as loons since the days of *Ripley's Believe It Or Not!* and before.

They're not just pranksters. And not crazy, either. The truth is, a little cold can be *good* for you. In Russia, there's even a government-funded association for these “polar bears”...people who understand the value of cold water. It's called the *Federation of Tempering and Winter Swimming*. Russians have also pioneered research demonstrating the value of cold water for improving circulation.

Here's how it works...You subject a part of your body to the shock of a brief, safe exposure to cold...Your body responds fast—less than a minute—by sending a sudden, big build-up of blood flow to the affected area...This brings immediately improved circulation...and a pleasant, warm sensation.

The benefits...This combination of quick cold stress and resulting warmth stimulates your body to locate and destroy diseased cells, helping to reverse degenerative diseases of the liver, kidneys, and heart. Research shows it *may* actually calm and stimulate the mind, as well.

Cold tempering means *controlled* exposure to cold air or water. Those who regularly swim in rivers and streams in wintertime report feeling a pleasant warmth from head to toe, and a profound relaxation of the body. The increased inner temperature will kill most bacteria and viruses. Tempering the body with cold restarts the mechanism of thermoregulation, allowing you to be comfortable in cold weather. Visit the [website of the Iceman](#), a long-term, highly successful proponent of cold tempering. You'll find there not only information, but inspiration for

embarking on this anti-aging practice.

Practice #10: Dry or Steam Sauna

One of our body's most central design features: a built-in ability to eliminate waste and toxins. This gets done through many channels. One of these is sweat. But sometimes the sweating mechanism just can't handle the load—simply put, too much waste and toxins, not enough sweating.

Vigorous exercise helps you sweat more. Another way to get the benefit of sweating is the sauna. Many cultures have an equivalent of the dry or steam sauna. Worldwide, saunas continue to gain popularity among health enthusiasts. A sauna will heat the air, which in turn heats your body. Far-infrared saunas issue light radiation that directly penetrates tissues and heats the body from the inside. (Advantage: no unbearably hot air in the sauna!) In addition to their use for detoxification, saunas can help restore energy and improve your mental clarity.

Some first-timers find saunas...well...*odd*. After all, North Americans are largely trained to get out of the heat and avoid sweating. Pay attention to your body during and after the experience. Look for beneficial effects. Some newcomers to the sauna find, for example, that the sniffles they've been walking around with will clear right out, there in the sauna. Most report an enhanced sense of alertness upon leaving—a sense that can last all day. I don't know anyone who doesn't find a good sauna relaxing. Listen to your own bodily senses, attend to your mood, and you'll find—even before we get to physiological health benefits—plenty of reason not just to use the sauna, but to enjoy the practice.

Learn more about at [Far Infrared Sauna](#).

Practice #11: Dry Brushing

Okay...dry brushing *what*, exactly? Answer: your face, your skin.

Dry brushing is an ultra-efficient way of exfoliating. Here's how it works...

Our skin *breathes*. It takes in oxygen, releases carbon dioxide, just as our lungs do. It also absorbs sunlight, converts it to more directly usable forms of energy, to fuel our bodies. This breathing via the skin is vitally important. However, old, dry, dead skin cells clog up this breathing apparatus, strangling the process. The result: scaly, harsh-looking skin with fine lines and wrinkles.

The best way to help your body grow younger is by making sure your skin keeps breathing. [Dry brushing](#) optimizes this breathing by detoxing your skin and getting rid of dead cells. Exfoliation lets more oxygen reach inside. It makes your skin more receptive to whatever creams, oils, or moisturizers we apply. Removing dead skin also makes room for new skin cells to grow and thrive. Lastly, dry brushing stimulates circulation and helps our lymphatic filtration system. Increased blood circulation means no more cellulite.

All you need is a good body brush with natural bristles—a brush neither too hard nor too soft. In my online store, I offer two distinct products—a [facial brush](#) and a [body brush](#). Whether for your face or for your body, nothing beats the simplicity and comfort of a brush you can use by yourself every day. Daily brushing invigorates, exfoliates, stimulates. It *will* make your skin smoother, clearer, and younger within 30 days.

What's more, dry brushing just plain feels good. If you've ever used an exfoliant cream—say, one of those common drugstore products containing crushed apricot shells in an oil-based liquid—you'll know it feels nice when it's over with. Your skin feels clean, smooth all

over—especially once you’ve flushed those annoying bits of apricot shell out of your eyebrows. Dry brushing will get you to an even cleaner feel, quicker. Then there’s one of the benefits I like a lot about dry brushing: It’s free. Once you have your brush, you’re there. No product to stock up on, weekly or monthly. And *you* control the results you get.

A good dry brushing brings quick, visible results. So what are you waiting for? Start dry brushing!

Practice #12: Yoga and Stretching

Muscles give us physical strength...Muscles look good...But it is the invisible tendons and ligaments that tell our age. You are only as young as your connective tissues. It's the flexibility of your joints that gives your body its ease and lightness.

Tendons and ligaments are composed mostly of collagen fibers—cells that are not generally repairable or replaceable. Seems unfair, doesn't it? Unfair that the area of our body where aging tells the most is precisely where we have nonrenewable cells. It's in these connective tissues where old age stores its waste and toxins. To remove all this filth, you need daily stretching. Even better, sign up for a yoga class.

There's nothing better than yoga for boosting health. One of yoga's most visible benefits: the ability to become young once again. Apart from rejuvenating the body, yoga revitalizes the mind. People who regularly practice yoga *feel better* than they did in their younger years. There's a very telling concept in yogic philosophy: A person's age should be measured by the flexibility of his spine, not the years he has lived.

Yoga slows the aging process by providing elasticity to the spine, and by removing tension from the body. It strengthens abdominal muscles, tightens loose arm and leg muscles, corrects poor posture, firms up the skin, eliminates the old double chin, and does so much more for both health and good looks. Of the innumerable benefits of yoga, anti-aging is central. Yoga increases a person's mental competence, making him or her both *think* and *feel* younger.

Even if you've never darkened the door of a yoga studio, you likely know there are several types of yoga. Perhaps the most widespread form, what most people are referring to when they think of *yoga* without any adjectives applied to the term, is called Hatha yoga. Hatha

aims explicitly at helping its practitioners stay healthy and live long. Some of the anti-aging benefits of yoga include increased vitality, looking young, increased resistance to disease, better vision and hearing, along with many other mental and emotional benefits.

I have been practicing Bikram Yoga since 2005. Bikram is—in quite a literal sense, “hot stuff.” To learn what this type of yoga has done for me and what it can do for you, check out my book, [Raw Food and Hot Yoga](#).

Practice #13: Don't Eat at Night

You've heard this one before: *Don't eat at night*. Rationale: Late-night eating conflicts with the natural rhythms your organs follow. When you eat in the evening, your organs are definitely not ready to be *digesting* what you are *ingesting*. Your organs have other plans for the evening. Please don't wreck those plans!

Take your liver. Between 1 and 3 AM, it's meant to be busy rebuilding your body. However, if you eat before bed, your liver will be forced to get busy with digestion; xxx consequently, it will be largely unavailable for rebuilding. Digestion sucks up *huge* amounts of energy and other bodily resources. Food consumption, far from giving us endless energy, is the main reason we *lose* energy. You know the routine—that heavy, bloated feeling you get after a big meal, especially when you've been silly enough to eat close to bedtime.

Our Western culture is *notorious* for eating late. Consider some common images: Dagwood, pajama-clad, building his comically monstrous namesake midnight sandwich...the fast food chain that coined the advertising term *Fourthmeal*...the Europhile who thinks it “so much more civilized” that the French (he supposes) eat dinner at eight or nine or even ten. Some elegant Romans sup between 9 and 11 PM, and in Spain, supper is usually from 10 to midnight.

Now check out Sweden, the European country of greatest longevity. Sweden also, economically, is a European leader in productivity, with almost no unemployment). Breakfast is their biggest meal. Supper is usually light, and happens around and 5 PM or a little later.

If you're a late eater, you might think the habit would be hard to change. Truth be known, though, your body will easily adapt, as long as you make your change gradual. You can shift your 6 o'clock curfew to 5:30...then to four...three...even two in the afternoon, all without

getting hungry. You'll still feel energetic—likely more so. By quitting early, you're incorporating a measure of fasting into your daily life, since you'll be abstaining from food from afternoon until morning. Your hard-working organs will get a break from work every night. They'll thank you by keeping you healthy much longer, while aging much slower.

This is known as *intermittent fasting* and is the lifestyle I've been following since 2006 with excellent anti-aging results. I talk about this topic in more length in my blog article:

[Intermittent Fasting-A Sure Way to Health and Longevity.](#)

Practice #14: Caloric Restriction

Life is a trade-off. One definition of life states that a system is alive if it metabolizes. Metabolism is the set of chemical and biological reactions that are needed to maintain life. At the same time, every organism that metabolizes also dies because of this metabolic process. Through eating, drinking, breathing, and assimilating—the very things that keep us alive—we degenerate.

Every time you eat more than your body needs, you put extra stress on your organs. Research shows that cutting calories while eating nutritionally dense foods promotes long life, as and reverses the signs of aging. Calorie restriction, among all the anti-aging practices, is the one that has the strongest scientific basis, backed by long-term studies of the Rhesus monkey (which shares 93 per cent of its DNA sequence with humans).

Reduced caloric intake means optimal energy use. How so? Because fewer calories means less energy used in eating and digestion, more energy allocated to essential life support systems. Your body switches its resources from digestion to tissue maintenance, which in turn extends life by eliminating or delaying the degenerative diseases of aging.

In Western societies, we perpetrate the myth that we need to eat X number of calories to feel nourished and have enough energy to get by. Most of us have bought into this story. And most of us set X pretty high, to boot. We're afraid that smaller portion sizes will be inadequate to keep us going. But the paradox is: The less we eat, the more energy we have. Food is not the only source of nourishment for human beings. We also get it from the sun, from the water we drink, and from the air we breathe. The more we can cut food out as our main source of nourishment, the more we can use other sources of nourishment.

We have a variety of pathways to obtain resources to sustain ourselves. It's the ones we

choose to cultivate that will dominate. Learn more about the incredible possibilities of caloric restriction in my article [Caloric Restriction-What Nutritional Science is Missing](#), and in my book, [Raw Food and Hot Yoga](#).

Practice #15: Breathing Practices

You read in the previous chapter, *Caloric Restriction*, that the less food you eat, more pronounced the anti-aging effects you get. Likewise, yogis believe the fewer breaths a person takes per minute, the longer he or she is likely to live. (There's a practical limit to that, mind you. Zero breaths per minute is widely believed to be beyond that limit.)

The energy gained through Taoist *pranic* breathing can be as vital to health and longevity as the energy that comes from food and water. The idea is: By performing breathing exercises daily, you train your lungs to become more efficient organs for receiving energy, thus reducing the amount of physical food you need.

Because they help regulate your metabolism, breathing exercises can improve your health and help you achieve your ideal weight. You can actually lose weight simply by doing breathing exercises. Remember the last time you had a backyard barbecue? If the charcoal did not turn red, what did you do? You blew on it! The more oxygen, the hotter the coals. When you breathe and take in oxygen, fat molecules combine with oxygen atoms, causing oxidation and producing CO₂ and water. The oxidation of fat happens when oxygen reacts with fats which get burned, giving off carbon dioxide and water. Through this combustion, energy crucial to cellular work gets released from the fractured chemical bonds in the fat molecules, which, before oxidation, held tightly together.

Practicing holding your breath increases the carbon dioxide in your body. Is that good? Yes. We need about 6.5 per cent minimum to start experiencing true health (which you achieve by taking about 8 breaths a minute). Most of us walk around with only about 4 to 5 per cent carbon dioxide. And most of us—no coincidence—are shallow, fast, mouth-breathers. Get your

CO₂ up to 7 or 7.5 per cent, and that's where the anti-aging miracles start to happen.

So how do we get it up there? Practice holding your breath on your *exhales*. Over time, the pauses between your breaths will get longer and longer, and your CO₂ content will slowly start rising. Exercise caution, though. It's better to have a knowledgeable instructor, or at least to follow reputable printed material, if you're serious about self-transformation through breathing.

For more information about the benefits of breathing exercises read my [Quantum Eating](#).

Practice #16: The Headstand

Shaolin monks...If you're old enough, that phrase will take you back to the seventies and TV's super-popular series Kung Fu: The Legend Continues, wherein David Carradine plays a monk who wanders the American West, bringing peace and the occasional exhibition of spinning back-kicks. Many others will picture monks in orange robes standing on their heads on hard surfaces.

This inverted pose is just one of many within a similar group of yogic *asanas*—poses. Inverted asanas reverse gravity's action on the body. Instead of gravity pulling our blood and organs toward our feet, they will get pulled toward the head. Result: Better circulation in the brain, which may mean clearer thinking. Emotionally, inverted poses turn things figuratively upside down, letting us see the world and ourselves in new ways.

This inverted pose has multiple health benefits long known to yogis—blood and cell-cleansing benefits, improved memory and concentration, waking up the brain cells, and strengthening the nervous system. The longer you can keep yourself upside down, the more pronounced the anti-aging effects of a headstand will be. The only condition: no strain. The pose *has* to feel comfortable. And has to be safe. If it's been some time since you were seven, demonstrating headstands to grandma on the living room carpet, get some instruction. Your well qualified yoga teacher will be a perfect choice.

Once you've got a decent basic headstand down, start with half a minute or so. Gradually add a few seconds, each session or two. Ten minutes upside down is a good goal to strive for, several weeks out. If an outright headstand is too challenging, then practice the yogic shoulder stand. (Again, proper instruction is the key.) YouTube offers lots of [step-by-step video tutorials](#)

to help you get started.

Practice #17: Chew on *This!*

Chew your food with your mouth closed, your mom often said. And sometimes she'd bark, Chew before you swallow, will you?

As so often, mom was *right*.

Often overlooked, the simple practice of thorough chewing proves powerful in helping us achieve optimal health and reverse aging. The idea is to grind the food entering our mouths down to a liquid state, saturating it with saliva. Simple enough, right? But when you start trying to do this, you'll find it's not as easy as it sounds. Depending on the food's texture, this might require as few as 20 or as many as 80 chews.

Assuming you have good teeth for masticating all kinds of foods, you may find you don't have the time for it. No kidding: Finishing "regular" portions—if you eat like most North Americans—would take you as much as an hour or two, with truly thorough chewing. You might also not be able to stay focused on the process of chewing. Your thoughts wander, your eyes find a screen or a page, and you may get involved in conversation at the table. Before you know it, your chewing goes on autopilot and you're back to the quick, thoughtless chew-chew-and-gulp. Okay—there are all the standard excuses. Get over them. It's important you make every effort to chew your food for as long as reasonably possible.

Do what you have to do. Turn off the TV, lose the tablet or iPhone. Attend to your chewing, mentally. Savor your food. Enjoy each bite as thoroughly as you can. Make sure it's all broken down to a paste or liquid consistency before you swallow. Smaller bites will help, too.

Extra-diligent chewing can help you consume less food each day, while still leaving you feeling satisfied, physically and psychologically. What's more, the longer we chew, the more

energy the food imparts to us. And we'll eat less of it at the same time. Less food...slower aging.

Chew on this information! Learn more in my [blog article: Chewing Guide to Raw Food Success](#).

Practice #18: Cleansing and Detoxifying

If you are living in a Western country today, cleansing is the order of the day. If you're aiming at life-extension and age reversal, regular detox is a must.

Research tells us that babies born today have around 200 different foreign chemicals in their tissues. They arrived on the planet already cursed with those chemicals. Never has the Earth been more polluted than now. We no doubt add to worldwide pollution by eating foods full of chemicals, by drinking water of dubious quality, and by spraying and smearing ourselves, in the name of beauty, with substances we'd never dare put in our mouths. We're polluting ourselves, in so many ways.

The good news: Our organs of elimination—kidneys, liver, lungs, intestines and skin—are capable of eliminating nearly anything that doesn't belong inside of us...but only when those organs are working optimally.

Self-healing is your natural birthright. To cash in that birthright, you've got to keep those organs healthy. Here are some ideas...

For your intestines, [colonic irrigation](#) can do wonders. Treat yourself to fresh juices, smoothies, fruits, and vegetables every day. Granting your digestive organs an occasional rest through fasting is also smart.

Your liver loves dark leafy vegetables. Plain old spinach is great. So's kale. And so are some leafy veg more popular in the American South than farther north—turnip greens, collard greens, and the like. Add in beets, apples, avocados, garlic, cruciferous vegetables, dandelion, and many other green foods straight from nature.

Many health enthusiasts swear by liver flushes.

For kidney detox and healing, eat watermelon, parsley, lemon juice, grapes, blueberries, asparagus, and ginger.

Your lungs will be gratefully cleaner once you cut out mucus-forming foods such as dairy, meat, corn, and wheat products.

Be ready to handle some detox symptoms that might come up. Headache, weakness, nausea, and a runny nose may simply mean your body is releasing toxins into your blood faster than it's able to eliminate them. Rest more, if you can. Distract yourself with a favorite pastime. Or, if you find these symptoms too hard to endure, you can slow down your detox reaction by taking activated charcoal, via an enema or colonics. Whatever has caused your detox reaction, you can always take a temporary step back and give your body a break.

If you experience detox symptoms while going 100 per cent raw, have some steamed vegetables, or some other wisely-chosen cooked food before you take another step forward. As you transition to raw, get practical before you become a purist.

Practice #19: Sun Gazing

Solar healing, solar gazing, sun staring, sun yoga, Surya yoga and solar yoga...Whatever name you give it, it's recognition of the fact we need the sun for good health.

Food is not, as already noted, our sole source of energy. Sunlight is another source of nutrition, though not in the form we're used to. Sun gazers don't literally "eat the sun" (though there is a documentary with this title). They simply look at the sun for a few minutes at a time. Those of a meditative frame of mind may do their sun-gazing while standing barefoot on the ground in a relaxed state.

Sun gazers do this at sunrise and sunset, when the sun's brightness and radiation is less intense. Watch what you're doing. Do NOT stare directly at the sun—most especially when it's high in the sky.

The benefits of sun gazing include, but aren't limited to, improved general health, superior eye health, clearer thinking, and a higher energy level. Add in the extra vitamins A and D you're getting, and the practice makes some real sense.

Study this practice carefully before you jump in. Go slowly, and be mindful of how you and your eyes feel. Learn more about this fascinating practice at <http://solarhealing.com/>.

Practice #20: Meditation

Meditation, when entered into fully, allows you to enter a “no-time zone.” While you’re in the middle of that experience, you don’t age, externally or internally. For some, it lasts only moments, measured in linear time. For others, the sensation lasts minutes or even hours. More and more scientific studies confirm what devout adherents of this centuries-old practice experience: Meditation promotes anti-aging.

Does meditation actually work? The short scientific answer is: *Yes*.

UCLA scientists and 2009 Nobel laureate Elizabeth Blackburn found that just 12 minutes of daily yoga meditation increased telomerase activity by 43 percent, suggesting an important reduction in stress-induced aging. Telomerase is the “immortality enzyme,” which slows the cellular aging process.

Research on Transcendental Meditation (TM) has found meditation has reduced blood pressure and insulin resistance (useful for preventing and reversing diabetes), and has slowed biological aging. Meditation has lowered by 48 per cent the rates of heart attack, stroke and death, a finding backed up by a review of 163 studies on TM.

Find a good book or audio recording on meditation. Join a local group that gets together regularly to meditate. Or even try [learning meditation online](#). Experience different kinds of meditation and choose the one that works best for you. You don’t need to allot hours for this practice. Even 10 to 15 minutes will do, as long as you’re able to quiet your busy mind and clear yourself of the “junk” thought of everyday life.

Last Words

In this ebook, I've given you *basic* directions and descriptions. I've given only brief overviews of each anti-aging practice. There's much more to consider, much more to learn.

These are *serious* practices. They carry big consequences for your health, your looks, and your whole life. Before trying any new practice, make sure you know what you're doing. You'll need to read. Read, I'm saying, *a lot*. There are plenty of books out there that describe these practices in depth. Dig in. Don't be misguided by apparent simplicity. Learn from those who've succeeded. To avoid mistakes and maximize your benefits, learn from those who've tried and failed. The main thing: As you experiment, listen to your body. Listen carefully for your body's feedback. It will tell you what to do. And what not to do.

I'm 56 years old—maybe older by the time you read this. I'm determined to enjoy a supple, flexible body, and a youthful, glowing complexion for years to come. Along with those, I plan to carry an *I-can-do-anything* spirit for the rest of my life.

That's where I'm going. Care to come along?

If you'd like to learn more about the anti-aging practices discussed in this short ebook, take a look at my other publications, which delve into them in greater detail. In addition, if you want to stay up-to-date on the new anti-aging methods I'm learning about, visit [my website](#) or follow me on [Facebook](#), [G+](#) or [Twitter](#).

