you can live a longer and healthier life

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Wednesday, 30 July 2008
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Immortality, perhaps not, but you can live a longer and healthier life well into your 90’s. Free radicals, which build up in our body over time and damage us at the cellular level, can be kept under control. Some of the effects of programmed cell death can be reversed.

Eat well

1. Eat organic fresh vegetables and fruit, whole grains, legumes, raw nuts and seeds, and drink 10-12 glasses of water each day, throughout the day. I saw an interview with Jack La Lane, one of the first gurus of exercise and health, and he said that he does not eat any food that man has “tampered with.”
2. Avoid large amounts of (hormone enhanced) meat, cured/smoked (cancerous) meats and (anti-biotic injected) chicken. Avoid cow dairy products; cow’s milk is meant for baby cows, have you seen how big they grow?!
3. Eliminate processed foods, especially those that contain hydrogenated oils, refined sugar and flour, and chemical additives. High heat cooking such as deep frying produces free radicals.
4. Eat smaller amounts of food overall; research with rats has shown that those who ate smaller balanced meals lived much longer. Eat the right amount you need and only when you are hungry, and not because food fulfills an emotional need.
5. If you find yourself not eating a balanced diet because of stress or time constraints, enhance it with a good anti-oxidant vitamin, rather than the standard multi-vitamin. A good formula may include combinations of the following: beta carotene, vitamin C, vitamin E, selenium, zinc, calcium, magnesium and CoEnzyme Q10.
6. Alcohol is a drug, caffeine is a drug. Make them a more occasional treat rather than a staple in your diet.

Exercise regularly at a minimum of three times a week for 30-45 minutes. Don’t overdo it, but do it OFTEN. Studies done with professional NBA athletes show that the mere anticipation of exercise causes the body to produce the adrenaline and chemical balance you need to enhance your workout.

Get enough sleep each night sleep is key for regeneration and repair of the body, not to mention clearing the mind through dreaming.

Reduce exposure to environmental toxinssuch as smog, industrial chemicals and radiation. If you smoke, quit. Not just to extend your own life – you gain five years of life for each year you quit the habit – but for those around you who inhale secondary smoke.

Because of the mind-body connection emotional stress can cause considerable damage on a global and cellular level. Find a way to manage the stressors in your life, don’t let them accumulate in your body. May you live to a ripe old age, in your fullest capacity.

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