



How To Reverse The Aging Process – The Ultimate Anti-Aging Tips for the Body, Mind and Soul
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How To Reverse The Aging Process

- The Ultimate Anti-Aging Tips For Your Body, Mind and Soul



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By: Janus Ng

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Introduction

Aging is a natural process that needs to be accepted and approached with the right mindset and knowledge. For the last century our approach to beauty has remained the same. We focus on our outer appearance and we are obsessed with youth.

The phrase “anti-aging” pervades all aspects of our product-centric approach to beauty. We are internalizing a tyrant who drives us to be at war with our self and our natural aging process.

It's time that we take a new approach to beauty and aging. An approach that expands to include the physical, mental and spiritual health and wellness.

Hi, my name is Janus Ng, Founder of [Anti-Aging Intelligence](#) and [AntiWrinkleCreamAdvice.com](#).

I created this report to share with you some anti-aging tips that I believe are valuable to people who are looking for advice that matters.

In this free report, you'll learn:

- [8 Anti-Aging Tips for Your Body and Spirit](#);
- [12 Anti-Aging Secrets from the Experts](#)
- [A Spiritual Approach to Anti-Aging](#);
- [10 Ways to Reverse the Aging Process](#) - by Dr. Deepak Chopra;
- [5 Ways to Find Healing Moments](#) - by Janet Luhrs, international bestselling author of *The Simple Living Guide*

Chapter One: 8 Anti-Aging Tips for Your Body and Spirit

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If your aim is to be lively and robust in your 80s and 90s, you'll need to learn some anti-aging secrets that focus on the mind, body and spirit. You are an integrated model -- there are many aspects of a healthy life that rely on each other. Crush the spirit and the body will follow. Stimulate the mind and your mood will lighten. Exercise the body and your mind will be sharper. In many ways, these anti-aging tips are interdependent.

You can play a role in the length and quality of your life. You just have to learn how -- and take action.

On the following pages, discover 10 techniques for maintaining your youth and health as you age.

8: Stimulate Your Brain

It's one thing to live a long life, but if you want to live a long and vibrant life, you're going to need a vibrant and sharp mind. The brain, like the rest of the body, needs exercise to avoid becoming sluggish and even disease-ridden.

The brain needs to be challenged to keep neurological pathways open. Learn a new language, read or even simply practice awareness of your surroundings: smells, sounds, visual input. The old adage "use it or you'll lose it" has validity when it comes to your mind.

7: Eat Well

The standard advice from the U.S. government is to consume five servings of fruits and vegetables and three servings of whole grains daily for vitamins and minerals and the other healthful micronutrients in plants. Drink five to eight 8-oz. (227 ml) glasses of water.

Get no more than about 30 to 35 percent of your daily calories from fat, with about one-fifth of that from unsaturated fat (e.g., 1 percent milk, olive and canola oil); 15 percent from protein; and the remaining calories from carbohydrates -- which can include fruits and veggies, and should have an emphasis on complex carbs like oatmeal, whole wheat bread and wild rice.

6: Remember the Spirit

Good health and less suffering. Studies show that religion -- or spirituality -- has a positive effect on physical health and does, in fact, help reduce suffering.

Whether it's through meditation, prayer or learning to forgive, research indicates that you can learn to become happier and even more social through spirituality.

Meditation has been shown to have a positive effect on people dealing with severe levels of stress,

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depression and obsessive compulsive disorder. Medical researchers who have investigated the connection between mind, body spirit have found that a focus on spirituality and its power to elicit positive change is important.

5: Exercise

Regular aerobic exercise is a must-do for anyone committed to slowing the aging process. Hundreds of studies show that exercise combats the loss of stamina, muscle strength, balance and bone density that increases with age.

Ready to get started? The American Heart Association advises doing a single set of eight to 15 repetitions, using eight to 10 exercises, two to three times a week for a comprehensive strength-building program. After you get the flow of the routine, it should take about 10-minutes.

4: Maximize Your Intake of Antioxidants

The evidence is "incontrovertible" and bears repeating, says Dr. Jeffrey Blumberg of Tufts University: Free radicals contribute to the onset of age-related diseases, and antioxidants neutralize free radicals.

Everyone should take a combination of antioxidants through diet and supplementation, he asserts. (There's more on supplements later in the report.) To get that antioxidant boost, Blumberg advises eating dark-colored vegetables like tomatoes, carrots, squash and spinach for carotenoids and blue and purple berries for flavonoids. Because foods contain many classes of antioxidants that work synergistically, they are the superior source of antioxidants, says Blumberg.

3: Consider a Good Supplement

So you want to ramp up the antioxidant quotient in your diet, but there are only so many spinach salads and digestion hours in day. That's where supplements could pick up the slack.

Because we don't always eat as we should, Dr. Jeffrey Blumberg of Tufts University advocates taking daily supplements of the "classic" antioxidants:

- 200 to 250 milligrams of vitamin C,
- 100 to 400 International Units (IU) of vitamin E, and
- a mixed carotenoid supplement of 6 to 10 milligrams.

2: Sleep

You may have heard people say "I'll sleep when I die." Truth is, their lack of sleep may actually precipitate death. Research shows that if you sleep less than six hours a night, you are at far greater risk of having a heart attack or experiencing a stroke. What's more, your mind seems to deteriorate at a faster pace.

On an emotional level, a lack of sleep makes you less peaceful and more prone to anger. Sicknesses related to viral infections are also more prevalent among people lacking proper rest. Eight hours of sleep each night is important for your current physical health, as well as your mood and your longevity.

1: Use a Wrinkle Reducer

Unless you've been hyper-vigilant about shielding yourself from the sun (think living in a cave) since you were knee-high, the signs of aging skin -- fine lines, wrinkles, brown spots -- are likely to emerge by the time you enter your fourth decade. "Ninety-five percent of wrinkles are due to sun exposure," says Doris Day, M.D., assistant clinical professor of dermatology at New York University Medical Center.

Chapter Two: 12 Anti-Aging Secrets from the Experts



Have you ever had this experience when you catch yourself shamelessly staring at your hairdresser, dermatologist, or dentist and thinking, How the heck does she pull it off? What's the secret to her great hair, pore-free complexion, or flawless teeth?

We decided to go straight to the source and find out how to get that ageless look—naturally. We asked the beauty industry's most sought-after stylists, aestheticians, and MDs to divulge their tricks for stopping the clock. If there's no fountain of youth, their unexpectedly simple advice might be the next best thing.

12: Use sesame oil

"First thing every morning, I massage organic sesame oil from the health-food store all over my body. Working it in wakes me up and really gets my blood circulating. Plus, the oil hydrates my skin, giving it a healthy glow. Then I jump in the shower—the oil naturally cleans away dead skin cells."—*Lisa Hedley, founder and creative director of the Mayflower Inn and Spa, Washington, Conn.*

11: Consider fish oil

"Anti-inflammatories are the best anti-agers out there. From improving heart and immune functions to helping hair grow and skin look supple, they truly do wonders. I take three 500 milligram capsules of omega-3 fish oil in the morning and at night. I look for labels that say, 'molecularly distilled for purity,' which means pesticide-free."—*Arlene Noodleman, MD, medical director of the Age Defy Dermatology and Wellness Center, Campbell, Calif.*

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10: Down that java

"I avoid stained teeth by drinking my coffee quickly. If you sip it over the course of an hour, it keeps coating and recoating. The same goes for other staining liquids, like tea and dark juices."—*Elisa Mello, DDS, cosmetic dentist, New York City*

9: Blow off base

"I've stopped using foundation every day, because it settles into wrinkles and makes them more noticeable. I start with a concealer just where I need it (under-eye area, blemishes, etc.) and follow it with an all-over application of tinted moisturizer."—*Joanna Schlip, celebrity makeup artist for Physician's Formula*

8: Keep it simple

"Because I'm a plastic surgeon, companies send me so many skin-care samples—and some of them have 10 different steps! But I'm realistic, so there's no way I'm going to sign up for some huge beauty system that costs hundreds of dollars and requires a commitment that I'm not willing to make. Honestly, here's my daily skin-care routine: I go home, wash my face with a drugstore cleanser, put on a moisturizer, and fall into bed. I find that this simple regimen works well for me."—*Karen M. Horton, MD, plastic surgeon and reconstructive microsurgeon at the Women's Plastic Surgery Center, San Francisco*

7: Don't eat white sugar...

"The number-one ingredient that I avoid in my diet is processed sugar. The reason: It speeds up the aging process by binding to and eventually weakening the collagen in your skin, which can lead to premature wrinkles and sagging. I eat lots of vegetables and fruits every day—and I steer clear of Twinkies at all costs!"—*Ava Shamban, MD, dermatologist and owner of the Laser Institute for Dermatology and Skin care, Santa Monica, Calif.*

...Scrub with it instead

"In the shower, I lather my hands with a mild cleanser, add a handful of white sugar, and slather it all over my face and body. It makes my skin so smooth and creates a great canvas for makeup."—*Carmindy, celebrity makeup artist*

6: Pamper your eye area

"I treat the skin around my eyes separately. Face creams can be too irritating, but products made for this delicate area work wonders for smoothing fine lines. I prefer to use a gel formula; the lightweight consistency keeps my eye makeup looking fresh all day."—*Laura Hittleman, Canyon Ranch*

5: Spa up your hands

"I was really beginning to notice signs of aging on my hands, so I started taking care of them with the same routine that I use to take care of my face. Every time I exfoliate or use a mask on my face, I exfoliate or apply that same mask to my hands, too. I also use an enzyme concentrate on both my face and hands. I think this has made a big difference."—*Kirsten Combs, spa director, Mii Amo, Sedona, Ariz.*

4: Massage away stress

"I absolutely believe in massage. Moving blocked energy makes me feel younger from the inside out. I especially love reflexology and deep-tissue massage.

If you don't have the time or money to get one regularly, you can achieve a lot of the same benefits by taking 20 minutes each day to stretch, meditate, and calm yourself, breathing deeply in and out."—*Lisa Hedley, Mayflower Inn and Spa*

3: Wear your vitamins

"I use an over-the-counter topical vitamin C cream that has a 30% concentration. It's a wonderful antioxidant that helps my skin repair itself from sun damage. Plus, it has natural sunscreen properties in it, so combining it with my daily SPF has a synergistic effect."—*Arlene Noodleman, MD, medical director of the Age Defy Dermatology and Wellness Center, Campbell, Calif.*

2: Freshen up with fruit

"I snack on anything with malic acid—like strawberries, apples, and grapes—which act as a natural tooth cleanser and help break down stains."—*Elisa Mello, DDS, cosmetic dentist, New York City.*

1: Try this hair trick

"Instead of using a styling gel to control my curls, I scrunch a nickel-size amount of conditioner or treatment mask into my damp hair before blow-drying. The conditioner not only tames flyaways and frizz but also provides serious hydration, which, I believe, is the key to younger-looking hair."—*Rita Hazan, celebrity colorist and owner of Rita Hazan Salon in New York City*

Chapter Three: A Spiritual Approach to Anti-Aging



Our lives are fast and furious. We are stressed out, burnt out and even worse diseased. When we slow down we create opportunities to heal, to reclaim our vital energy, to reconnect to our self and to our loved ones. When we finally make that conscious decision to slow down, we will need resources to support and guide us to create a beauty practice that suits our unique and individual lifestyle. This is where “Slow Beauty” comes in. “Slow Beauty” exists off the fast track of our post-modern lives.

There are 7 outposts of “Slow Beauty” available to us. They are opportunities for us to get “off the

grid” for a realistic period of time. Visit them, often, and reap the benefits and rewards they offer.

7: Spa Tradition

SPA, Latin for “health through water,” is rooted in an ancient tradition of wellness, honors the mind, body, spirit connection. Visit these havens to experience this restorative resource. Take to the waters.

6: Rituals

Bring the spa tradition home. Create an integrated beauty practice of personalized beauty rituals that include nutrition, forms of movement and ancient cultural traditions such as Ayurveda to complement your ethical beauty care products. In this spirit, beauty becomes sacred, joyful, and graceful.

5: Renewal

Our bodies are inundated with too much food, too much activity, too much pressure. Utilize seasonal cleanses, downtime and techniques to achieve a good nights sleep to restore your natural rhythms. This outpost promotes profound rest.

4: Nourished Mind

I love the quote “A small mind discusses people, an average mind discusses events, a great mind discusses ideas.” Strive for the great mind. We are conscious of what we feed our bodies. This outpost helps us reflect on what we feed our minds.

3: Self-Expression

Share your gifts and talents with the world. Practice self-expression. When you are creative your creativity increases. Creativity also boosts self-esteem. Create to give others permission to create and become a catalyst for change.

2: Meditation

This is the secret ingredient to slowing down the aging process. I foresee meditation will explode in popularity like yoga did a decade ago. We need time out each day to reduce the stress that accumulates. There are studies that show that a regular meditation practice reduces the signs of aging between 7 to 13 years. Breathe, transcend, and find your inner peace to gain more clarity and focus in your daily life.

1: Mindful Consumption

We are a consumptive society, and that will not change anytime soon. What can change are our consuming habits. Make purchasing habits based on authenticity, better work conditions, giving back, environmental stewardship and safer ingredients. Share.

Chapter Four: 10 Ways To Reverse The Aging Process

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After his Seven Spiritual Laws of Success, people expect Deepak Chopra to dole out lists and ways and tips. Here's a list he gave at a talk in Delhi in May 2000. We want to share with you as we believe they represent some of the ultimate anti-aging advice you can get.

1: Change your perception of your physical body

Your body is a field of information and energy. This field is constantly influenced by breathing, eating, digestion, metabolism, elimination, and how we experience the world through our five senses. Also, how we metabolize that through our inner world of thought, feeling, emotion and desire.

2: Change your perception of time

If you can do that, you can accomplish much more—because you are creative, not stressed. You can do a lot more if you can sit back, become non-reactive, and see the world as if for the first time. Lord Shiva, the first yogi, said: "If you want to create a new body, step out of the river of memory and conditioning, and see the world as if for the first time." He said: "I use memory, but I do not allow memory to use me." Now change your perception of time, you have all the time in the world. Time is the movement of consciousness—put your attention on that, it's timeless. And what is timeless? Not the human body, not the human mind, but the soul.

3: Change your perception of aging itself

To grow old is to be wiser. To grow old is to have more responsibility. To grow old is to change your inner dialogue from 'me, mine' to 'What can I do? How can I help?' And as you change your perception of aging, your biology will change. Those are the three most important things.

4: Keep active, exercise.

5: Improve mind-body coordination through yoga, breathing techniques, martial arts.

6: Get rid of the toxicity in your life—toxic emotions, relationships, habits.

7: Pay attention to literature

This includes literature on nutritional supplements, ayurveda and all these great rasayanas, which are some of the great anti-oxidants known that directly affect the aging process.

8: Learn to be flexible

Vedanta says: "Infinite flexibility is the secret of immortality." Studies show that the primary thing that distinguishes healthy older people from those less healthy, is the ability to be flexible.

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9: Make love the most important thing in life

To understand our 'inter-beingness in the inter-ness', to understand love not as a mere emotion or sentiment, but as the ultimate truth at the heart of creation.

10: Be aware of your mortality

This is because in the awareness of mortality is the glimpse of immortality. Be aware that death is stalking you in every moment of your existence. And once one becomes aware of that, one's life becomes magical. Because now one's priorities are not the same.

Chapter Five: 5 Ways to Find Healing Moments



Silence is golden. Increasing moments of silence in your daily life will help you feel better and live healthier. The following tips are important:

1: Start each day with silence

Before running headlong into another day, do something relaxing for 12 minutes upon waking. It may be meditating, stretching or reading inspirational literature. According to the National Institutes of Health, our cortisol levels ("the stress hormone" produced by the adrenal glands) are highest between 6 and 8 o'clock in the morning, when we first get out of bed. Most people have coffee and turn on the news. That's the worst thing we can do. Studies have shown that only 12 minutes of quiet in the morning can bring down the stress-hormone levels, and get you off to a better start that will last all day.

2: Eat at a table, without watching television or reading

Mindful eating helps us to enjoy our food more, prevents overeating because we are tuned into our body's satiety signals, and allows the body to metabolize food more efficiently.

3: Try driving in silence

Because there is so much noise that we can't control, find small ways to create silence that you can control. The car is a wonderful place to get in touch with your thoughts and just be with yourself. Silence is rejuvenating.

4: Create a silence retreat at home

Set aside an evening at home with no talking. Turn the phone ringer off and don't answer it; turn off the television. Don't run any extra machines. Try to have the family do this together, or trade nights with a partner in taking the kids out to dinner and a movie.

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5: Practice silent exercise

Exercise without iPod, magazines or video. If possible, exercise outdoors. Silence helps us pay attention to everything the body is doing—breathing, muscle function and posture. Silence helps us listen to the helpful signals our body is giving—to slow down, go faster or straighten up.

So those are my ultimate tips for anti-aging. I hope you find them valuable. If you do, it's important that you practice whatever tips that resonate with you, and keep it consistent.

Here's to your health, happiness and wellness,

Janus Ng

Founder

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