

Can We Really Slam The Brakes On Aging?

Yes! Say Scientists – And Even *Reverse* Years Of
Wear And Tear On Our Bodies

Research now proves we have more control over how we age than we first thought. And no need for strenuous exercise programs or eating a boring diet.

Fact: Our bodies are equipped with a type of “odometer.” It’s called a telomere, and it’s found deep within every cell. They are similar to the odometer of your car, which can tell you how much “life” is left in various parts. The length of your telomeres lets you know how fast, and how well, you’re aging.

What are they? Telomeres are the tips at the ends of your chromosomes. They protect the chromosomes and your DNA from coming apart when your cells divide, which they do regularly. And each time they do the telomeres get shorter. Eventually they become too short to do their job well. That’s when age related conditions begin appearing.

Think of it like toner in a copier machine, slowly depleting each time you make a copy. The copies continue to look good until the toner gets too low. Then they quickly deteriorate.

And while telomeres naturally shorten over time, a number of research studies show that making some minor adjustments in our lifestyle can ***slow down – and even reverse***, the process.

Proof: A study by *The Preventative Medicine Research Institute* followed 35 men with early prostate cancer from 2003 – 2007. Ten of the men made certain lifestyle changes. The other 25 didn’t. After 5 years, the 10 men that made changes had *increased their telomeres by about 10%*. And of those 10 the ones that were the most consistent had the best results. As for the other 25 men, their telomeres had become shorter by almost 3%. Other studies show similar results.

So what lifestyle changes lengthen telomeres? Here are the most important:

1. Exercise

The best kind is moderate, regular exercise. Like walking 20-30 minutes a day. And it adds up. So take the stairs when you can and park a little further away from the store or office to build more movement into your day naturally.

2. Food choices can lengthen, or shorten, telomeres

Studies show people who eat a plant based, Mediterranean style diet have longer telomeres. They generally live healthier lives, too. On the Greek island of Ikaria, a study revealed 80% of men 65-85 are still sexually active. Vegetables, legumes and fruit make up 64% of their diet. And healthy fats contribute 50% of their daily calories.

What to do: Eat more whole grains, fruits and vegetables, fish, and foods that contain healthy oils (olive oil, avocado, nuts and seeds). And limit the amount of red meat you consume. You will soon notice the improvement in your overall health and how you feel. AND it will lengthen your telomeres.

Caution: Consuming processed meats, such as salami, baloney, and hotdogs, has been shown to *significantly shorten* telomeres. Limiting or completely eliminating these foods could add more healthy years to your life.

3. Stress, both in the moment and remembered, has a dramatic effect on telomere length

We've heard it for years... stress is bad for your health. And it *significantly affects* telomere length. Reducing stress can lessen the shrink rate of your telomeres. And learning healthy stress management techniques actually *lengthens* them.

Here's **what you must do:**

- a) *Reduce stress from your life.* Identify regular stressors and target those for the best impact. If making dinner every night makes you feel rushed, try ordering takeout 1 or 2 nights a week, delegating dinner to your spouse, or cooking double portions of meals you can freeze. This will allow you to have several more relaxed evenings each week.
- b) *Let it go.* Talking about a stressful event after it's over can help to process it. But if your venting starts to get you keyed up you're basically putting your body into a stress response all over again. If you find yourself stuck in a pattern of reliving a stressful event, get some help in dealing with it.
- c) *Sleep.* Get the amount that makes you feel rested (7 to 8 hours for most adults). Sleep is the most restorative thing you can do for your body. When you don't get enough, your body activates a stress response and releases hormones, like cortisol. These hormones shorten telomeres.
- d) *Meditate.* Studies show people who meditate respond better to stressful situations while they're happening. They also have a more "detached" memory of the situation. This means they don't take it personally and can get over it quicker. Meditation is also shown to improve the body's balance of the stress hormones linked directly to telomere length.

Remember, even small changes add up. So start with one or two easier ones and add more as you go along.

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- Benefit led bullet
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- [this section will give numerous benefit lead bullets based on the free report content].