

Staying Young

Slowing the Aging Process

By Paul Haider

More and more of us are getting older. This means lots more of us are looking for ways to stay young. Well, of course, there's no way to stop the march of time, but there are things you can do to slow the aging process.

Here is a list of down to earth ways to slow the aging process and have fun at the same time.



• Take your vitamins!

Antioxidants are very important to savage free radicals that accumulate causing you to age rapidly. Vitamin C, Grape Seed Extract, Vitamin E, Beta-carotene and even Flax Seed Oil can help slow the aging process.

• Stop watching TV!

TV is a mindless activity that has been linked to Alzheimer's disease by studies at The University of Southern Florida and Case Western University. Instead, read something that is uplifting and makes you feel good.



• Keep your mind busy.

I worked with an 80 year old woman who sat around all day doing nothing. Her mind started playing tricks on her and she began hallucinating. Her doctor said, "You have to get out and do something, don't just sit around...keep your mind busy"! The mind is a funny organ...it loves to be busy, and if your mind can't find something to be busy with...your mind will make up something to keep you busy. Keep mentally active! Play chess and checkers, dominos and do cross word puzzles.

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Paul Haider is one of the nation's most dynamic speakers on how to de-stress and round out your life. Author of a best seller in Puerto Rico "Relax Into Success", and the host of his own radio program in the states "Winning the Stress Wars". Paul Haider a specialist in Psychology, Stress Management, QiGong and Life Coaching. Phone 1-866-368-8399 or on the web... www.paulhaider.com

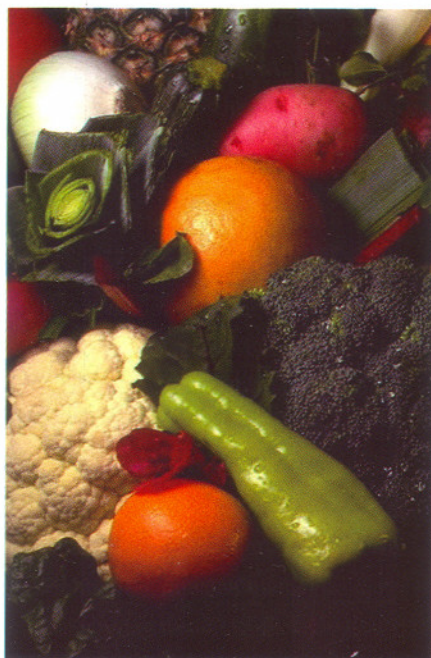


• Eat at least three fruits a day.

Fruits are full of antioxidants and nutrients that keep your tissues and skin looking and feeling young. I have a great friend who, as a child in Spain, would climb the trees around his house and eat the fruit. In his later years now, he looks wonderful.

• Laugh and then laugh some more!

Studies have shown that when you laugh you produce endorphins that in turn produce serotonin in your brain which makes you feel upbeat and alive. So if you want to feel good... laugh!



• Eat lots of green leafy vegetables!

Green leafy veggies are full of healthy nutrients that your body needs. Another friend of mine who works in the medical field loves green leafy veggies. She has salad and stir fries all the time. If you met Donna you would never believe she's 63 years old. Most people think she's around 40. Eat at least five servings of veggies a day and stay young!

• Drink lots of water!

Did you know that our body is made up of 70% water? That every single metabolic pathway in our body needs water in order to function correctly? According to the American Heart Association, 75% of Americans are chronically dehydrated. (Likely applies to half the world population) In 37% of Americans, our thirst mechanism is so weak that it is often mistaken for hunger. Even MILD dehydration will slow down one's metabolism as much as 3%. One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study. Lack of water is the number one trigger of daytime fatigue. Preliminary research by the American Heart Association indicates that 8-10 glasses of great water a day could significantly ease back and joint pain for up to 80% of sufferers. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and people are 50% less likely to develop bladder cancer. Drink water and stay young!



• Stretch Those Muscles!

As we get older our muscles start to contract. You've seen little old men doing the old man shuffle down the street. You don't want to be like that! Stretching every day with Yoga, Pilates and regular stretching routines... make you stay fit, vigorous and healthy.



• Have lots of close friends!

How many close friends do you have? People you can tell your deepest darkest secrets to? 1, 2, 5? Most of us can count our closest friends on one hand. But did you know that people who live to be over 100 years old have lots of close friends. It's true! Have you known an older couple and one of them died and a year later the other one died? Of course you have... it happens all the time. That's because the person left behind lost the one person they could share with. We all need someone to talk to about what's bothering us. Being alone, we hold in stress. Stress increases aging! So make some friends...join a club, get involved and stay young.

• Eat your share of fish.

There is a lot of great scientific evidence showing that Omega three oils help a person reduce the threat of heart attacks by 50 to 70%. Reduces inflammation, lowers triglyceride levels, eases arthritis, and increases serotonin levels, which eases depression. Science has shown that societies that eat lots of fish live longer than those that don't.



• Lift some weight!

As you get older your muscles start to waste away and doing light to moderate weight training can keep your muscles in shape. Join a gym! Build some muscles and meet some great new friends at the same time.



• Walk!

Walking is one of the best exercises you can do. Walking one mile a day cuts your chances of having a heart attack by 50%. Walking is easy on the body and you don't need any specialized equipment. Can't walk? Then swim! Swimming is also a great exercise and recommended by doctors for people with joint problems. Walking down the street the other day I met an older couple in their 80's. I asked them, "What keeps you so young"? They answered, "This does... walking and moving...we can sit around... but this way we keep limber and enjoy life"!

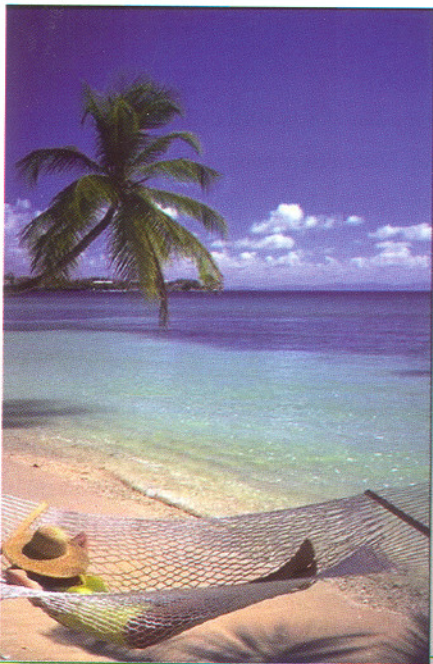
• Learn to relax!

Doctors say that 90% of our doctor visits are related to stress. Lots of older people have no clue about relaxing. Take a Yoga Class, Meditation Class, QiGong Class, Tai Chi Class or do individual work with someone that specializes in stress management. They can teach you how to de-stress and relax deeply.

• Think positive thoughts!

We now know through the study of psychoneuroimmunology... that what we think does have an impact on our body. Did you know that if you have a lot of anger... you have a 10 times higher chance of having a heart attack? True! I know a woman who is 92 years old and she drives around a lot of 60 year old people. She is always happy and out going and stays busy doing something all the time. She has a great attitude!

• Help others!





I've known lots of people who have died a couple of years after retiring. They had nothing to live for! When we get out of our pity party and start looking at how we can help others, it gives us a purpose in life. New studies show that people who keep busy...and have a purpose in life live longer. Be passionate about something. It's better that just wilting away.

• Take care of your finances!

97% of the public ends up penniless at retirement. Don't let that happen to you. Find a financial planner and start saving money. That way life will be a lot less stressful later and less stress means more years to enjoy life.

• Find something that you believe in!

People who have faith live longer. Religion, faith, spirituality, science... whatever it is... you need something to give up your overwhelming problems to. People of faith also have a greater sense of community and that's very important. It makes you feel like you are part of something bigger than yourself.

• Find people who appreciate you!

Did you ever notice that actors live a long time? That's because they have people telling them how wonderful they are. Adoration is great! In this country, we tend to throw away our older people. In other societies, like China, older people are revered and looked up to as pillars of wisdom. Find people who adore and love you.

• Have a pet!

Older people love animals and their anxiety level and stress comes down when petting a dog or cat. Even their blood pressure lowers while stroking a dog on the head.

• Have a social life!

People who go dancing, fishing with friends, have parties, play cards with friends, and enjoy people in general... live more enjoyable longer lives.

• Don't retire!

Lots of people put off life until they retire. Then they don't know what to do with all their free time. Start living life now! Do something you love. Even a great hobby can keep you moving and excited about life! You might even keep working...it's better than having nothing to do sitting around at home. You see lots of emeritus professors who keep working after retirement to keep busy with what they love... research and teaching...it keeps them young.

• Most of all... Love yourself!

There are many people, who won't go to the doctor, eat right, take their medications, make new friends...and much more. You have to look inside and figure out what's holding you back. You have to break through those mental barriers that keep you from moving forward in your life. No one can do that for you... but a good therapist or clergy member can help you on your way.