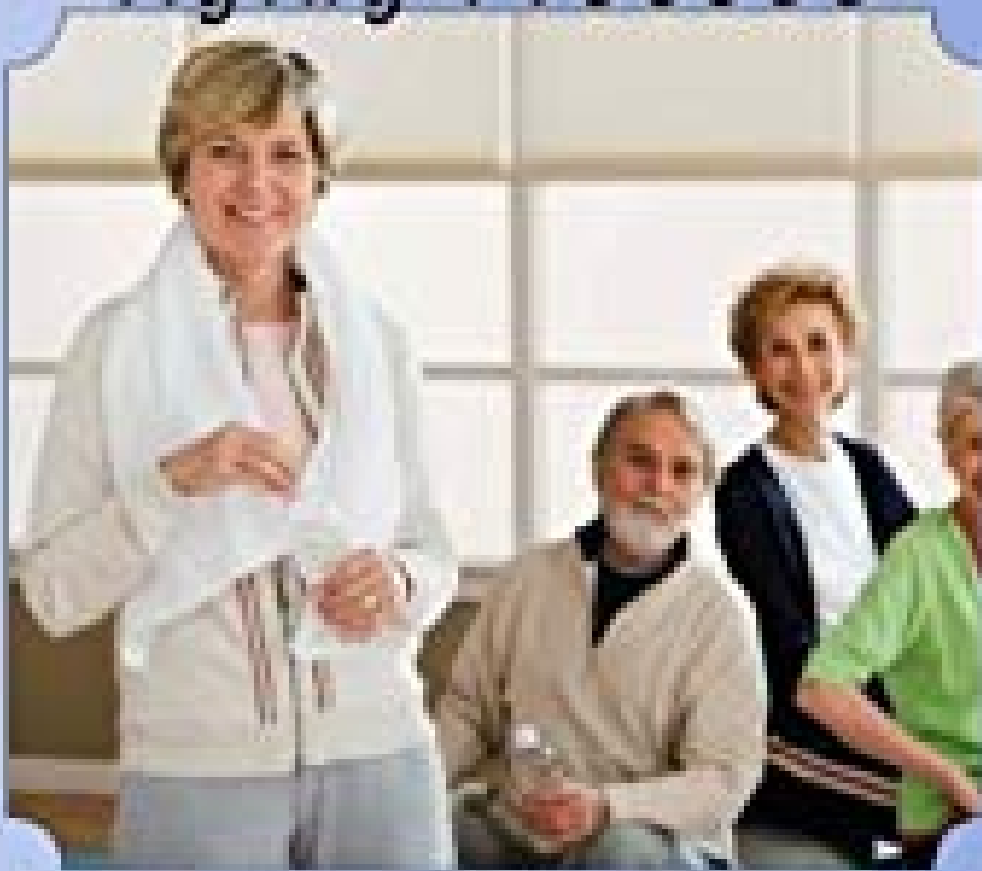


Forever Young

How To Fight The Aging Process



Dr. Sukhraj S. Dhillon

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Forever Young: How To Fight The Aging Process



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Forever young isn't just about adding years to your life or for seniors just. The list continues to add active life-having a reason for living, an active sex lifestyle, controlling stress, good marriage and social life, correct use of lungs, intercostal muscle groups and diaphragm for particular yoga breathing Exercises to Slow Aging. This guidebook also gives some tests of biological or functional age. You will find not merely scientific theories about maturing and how to make an application for keeping young. (5) Use of Melatonin (non-prescription hormone that body produces naturally but its production declines with age) is usually promising -- but we're uncertain about long term results. It's about helping you function at peak capacity throughout lifestyle, feeling great, and being able to do everything that make life worth living. Before you prevent, slow or reverse them--Recognize Indicators of Aging that may include: (1) Decreased lung function (2) Modification in pupil size-indicated by decreased illumination or decreased ability to focus (3) Bone loss (4) Sleep variations (5) Physiological changes that are mainly familiar to us--wrinkled pores and skin, lack of stature, poor blood circulation, decreased short-term storage and other sensory reduction. The book recommends predicated on scientific findings: (1) Use antioxidants such as Vitamin supplements E and C, and Selenium (2) Lower polyunsaturated (vegetable oils) excess fat in diet (3) Diet to slow autoimmune ageing (4) Consume Nucleic Acids (DNA, RNA) to repair age-related damage. But common sense suggestions and lifestyles of centenarians: Adopt the life span Style associated with Longevity--regular exercise, low fat diet, no smoking, moderate drinking, sleeping seven or eight hours-but no less than six or even more than nine, using mental capabilities, discipline, altruism, optimism, spiritual faith and most importantly love of life. (6) Keep Youthful with Biochemicals that are SAFE and NATURAL such as certain vitamin supplements, and enzymes--many of these are present in organic foods. It's about getting biologically or functionally youthful, irrespective of your chronological age. Perform it for fun with your family and see how people of different ages score.



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