



Staying Young

How to Stay Young at Any Age!

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Introduction – What is The Art and Purpose of Staying Young and How Can You Feel Vibrant at Any Age?

What's the art and purpose of staying young? We all know there are a lot of positive aspects of staying young that have many rewards, which include a greater enjoyment of life! We are all going to age, that's a fact, but staying young and vibrant into our later years is something that is possible, not only in body, but in mind and spirit. It starts at a cellular level that is controlled by our thought process to a large degree. There are many ways that you can look, feel and really be young without visiting the plastic surgeon or investing in some high-level, expensive anti-aging remedies with bogus claims of bestowing the gifts of the eternal fountain of youth.

This e-book is not condemning plastic surgery, and by all means if it makes a person feel good, it may be worth the money and risk. But we are going to look at ways to make youthfulness a reality - easily and enjoyably, by making a few important changes to your current lifestyle and mindset.

How do you define being “young?” Being youthful describes a state of mind, body and spirit. Being young usually refers to being healthy, mobile and having a sharp mind and intellect.

The Factors Of Aging

Aging can present some physical effects that start to make you wish for your younger years, but worrying about aging is the first culprit. **Worrying is an age accelerator.** The aging process also becomes much more apparent when we neglect our nutritional health. Proper nutrition is of the utmost importance. You are what you eat!

Aging causes changes that affect the internal organs and the external body. Noticeable changes begin to happen to the face and skin as collagen production slows and hair becomes brittle and thin. Internally, tissues and cells go through the aging process and free radicals become the body's worst enemy.

Through improper eating and lack of exercise, it becomes much easier to gain weight as the metabolism slows down. Overweight people are usually on a roller-coaster ride of yo-yo dieting that greatly increases the aging process. Once the body becomes inactive, muscles become stiff and injury-prone, furthering the weight gain cycle.

Internally, our cell membranes lose their ability to retain oxygen, and start releasing carbon dioxide. Since there are so many cells in your body, you won't

realize that your body is constantly losing cells, but the body's ability to function becomes weakened.

With the disappearance of cells, the organs don't function properly, and accelerated aging can start as early as the 40's or 50's. Lack of blood circulation causes the complete breakdown of every organ and promotes memory loss and dementia as well as a growing list of other health problems.

Some medications that are frequently prescribed may actually contribute to aging prematurely. Many medications on the market today are so strong that they cause side effects and breakdowns in other areas of the body.

The rigors of stress play a part in aging. Strain and exertion of mind and body affects the immune system. When we take on too many burdens we miss out on the feeling of freedom and the toll we pay is usually stress-induced aging.

Toxins in the environment, and even in our homes, affect the body in an adverse way. We are not leaving out the fact that genetics also influence how fast people age, but we can slow it down with intelligent choices.

Smoking, drinking and/or using drugs when you're young will definitely show as you get older. Those bad habits go hand-in-hand with poor nutrition. Thinking about eating healthy is usually the last thing on your mind when you're thinking about that next cigarette, drink or drug.

Leftover drugs in the body contribute to other health problems and prevent the body from staying healthy and vibrant. The liver and kidneys flush out toxins in the system, but some medicines and drugs may remain in the system for long periods of time. As the body ages, the liver and kidneys may not function as well as they used to. Once the liver starts to slow down, cholesterol levels may be affected. The liver is responsible for the maintenance of cholesterol and the importance of keeping cholesterol levels in balance can't be overstated.

You are reading this information for a reason; you don't want to become old before your time. Growing old gracefully takes some care, the right treatment of your body and the right mental outlook. Doing the right things now will keep you healthy and feeling fabulous and can help delay the aging process. You can grow older chronologically, but you don't have to be old biologically.

Staying Young Is About Attitude And Mindset

Attitude is a state of mind and the way we perceive things. It is what sets us apart from others and gives us individuality. It represents our likes and dislikes. Attitudes can be defined as positive, negative or neutral perceptions of certain things or ideas. Attitudes can be formed by judgments that may be true or untrue.

As children, we grow up in a certain environment and form our attitudes, opinions and belief systems according to our perception of things that we deem as valid and true. Sometimes those perceptions and belief systems are flawed, but we continue to believe them and carry them into adulthood.

Attitudes are part of a person's personality and contribute to our sense of comfort or discomfort within ourselves. We have all heard of the Law of Attraction and know that we draw negativity into our lives by thinking negatively. Those attitudes, whether positive or negative, get projected onto those around us as we interact with others in our daily living.

Your mental state plays a huge part in determining your overall health. Negative thoughts and personality traits contribute greatly to the aging process by increasing unnecessary stress and result in immune function deficiency.

Hostility is a negative emotion that causes major health issues, including increased heart attacks. An excessive, obsessive and negatively based need for control of things in our lives and the lives of others, along with selfishness, hatred, anger, jealousy and feelings of loss, are all negative states of mind that open us up to premature aging and loss of acceptance of the natural flow of life.

If you are continuously angry and feel malice towards others, you can be sure that those extreme emotions are toxic and will poison your own body. People that think negatively often have unconscious bitterness because of things that happened in the past that were never resolved.

It is very important that you steer clear from having a constant, negative mindset and become aware of those thoughts and tendencies when they occur. Those negative thoughts are actually like bad habits and can be broken with awareness and learning how to substitute positive and healthy thoughts instead.

Of course, this transformation takes time. After all, you didn't form negative thoughts overnight. You have to work at making an honest effort to change your attitude and your outlook about things by learning new ways of thinking. Reading uplifting self-help books will do wonders in changing what are only bad mental habits.

We need to be aware of the fact that past experiences that were painful are now gone. You have to release them and move forward. Holding on to the memory of pain and being bitter will not help you, it will only accelerate the aging process and will adversely affect your health, physically and mentally.

Why You Should Refrain From Negative Thoughts

Thinking negatively becomes so ingrained in our personality that we accept it as part of who we really are, which is not true at all. There is an underlying field of

creative intelligence in all human beings that needs to be uncovered, but stays blocked by negative thinking.

When we complain and think negatively, we want everyone else to think the same way. As they say, misery loves company. We tend to make negative thinking a part of our daily lives. There may be obstacles that seem to block us from what we want to do. Instead of pushing those obstacles out of the way and finding creative solutions, we find it easier to complain and don't realize that it won't help the situation. That causes us to become stuck in the same stagnant place with no movement. Every time you complain, you take away a moment of happiness and fulfillment that you could be cultivating. And, let's not forget that other people don't care to be around chronic complainers.

Spending more time in pessimism than in optimism is a pattern that can be broken. Think about what you are saying. It may take a while, but start becoming aware of when you are complaining. As soon as you hear yourself complaining, stop and take a break. Re-think the pattern of thought and change it to a plan of action to fix the problem. After a while, most of those problems will not be problems at all.

Use your time doing things that will uplift you and keep you active. Yoga, which we will discuss soon, is one of the ways that can help break the barrier of negativity and bring on more creative and positive energy. Before you know it, you'll be so involved in worthwhile activities, you won't even think about complaining anymore.

If you need help releasing extreme resentment, pain and toxic tendencies, it's best to seek counsel from a qualified therapist who is trained in helping with issues such as emotional trauma, and getting you back on track.

Yoga And The Mind-Body Connection

The subject of yoga can take volumes in and of itself. There is not enough room in this e-book to give yoga the justice it deserves.

Most people want to find ways to start lifting themselves out of misery but don't know how to do it. The feeling of separateness that we sometimes experience can lead to depression. However, all of creation is linked, and we are connected to a never-ending source of energy that we can tap into through Yoga.

Yoga is a blending and strengthening of the mind, body, breath and spirit. Through yoga, the body is strengthened, stretched, energized, purified and relaxed. Yoga stretches and positions are called Asanas. Yogic breathing exercises bring in more of life's energy, called Prana, and helps one to realize the connection of the mind and the body. The yogic breathing techniques, called Pranayama, control the mind, settling erratic thought patterns. A calm mind

relaxes the body. Meditation is a way to release stress and increase our awareness of the present moment. We then start to feel the connection between ourselves and the extended environment. Through yoga, we become more tolerant, compassionate and caring for our own bodies, and that extends to caring for others. We realize that we are all connected, and when we treat others with care, it brings more positive energy into our own life. Just imagine if everyone thought this way. The world would be a much better place!

Yoga Asanas

When we start to perform some basic yoga positions, we discover how wonderful the body can feel when we expand and focus. Our alignment, balance, flexibility and strength increases. Once we have mastered a few basic poses, it becomes easier to go into more advanced positions, but only if the body will allow. There are beginner yoga classes, books and videos, and it is important for beginners to start with basic yoga positions. You can find some basic yoga positions at this link: <http://www.eternity-yoga.com/yoga-positions-for-beginners.html>. You will progress at your own pace. Let your body be your guide. It will let you know when it is ready to move forward.

Yogic Breathing for Relaxation and Better Sleep

Yogic breathing techniques help in calming the mind and body. This allows the anxiety to leave the body and may help with insomnia. Discover the benefits of yogic breathing techniques, called Pranayama, and you will find that your sleep problems become less and less troublesome. You can learn more about Pranayama at this link <http://www.eternity-yoga.com/pranayama-techniques.html>. Yogic breathing allows plenty of oxygen to flow in your body. The more you get into yogic breathing, the more you will start to feel a sense of peace and healing. Pranayama can help lower and stabilize your blood pressure, heart rate, and stress levels. It helps with relaxation and provides the release you need. Minimizing stress will help you stay young looking.

Meditation for Stress Reduction

Learning meditation may be one of the greatest things you can do to help alleviate stress. Meditation is a stilling of the chatter of the mind. It can help with increasing your memory, giving you more clarity, and helps overall with your feelings of centered connectedness. Meditation is not hard to do, you just need

good basic instructions to get you on your way. Learning the right way makes it much easier. Try meditating and see how things begin to get clearer and more manageable in your life. Learn about meditation and the different ways to practice at this link: <http://www.eternity-yoga.com/types-of-meditation.html>

A Positive Attitude

It's easier and healthier to look at the bright side of life. Start counting all the good things that you overlook that are in place right now in your life, no matter how small you think they are. Doing this will refresh your mind and your body. Don't let things that are out of your control get you down.

Realize that when one door closes, another one opens. Keep the mindset that you know things are going to work out for your good and in your favor. At the same time, be aware of when something doesn't feel right. If it doesn't, then think twice. Listen to your gut feelings, they're usually right.

Learn how to effectively eliminate toxicity in your life, whether it is a person, place or thing.

Look, Think And Feel Young

To prevent the acceleration of aging, focus on doing what you can to stay young, and work on implementing a few new personal goals and concepts. There are lots of things you can do that will help you feel and look great. We have endless possibilities and choices.

Looking Young

We should take pride in our appearance. When we look good, we usually feel good, too. Take a trip to the hair salon. Women always feel great with a hairstyle and color that compliments the face. Buy a new outfit! How you dress is of significant importance. It doesn't have to be expensive if you're on a budget. Consignment shops and second hand stores have a lot of great selections, and it's fun finding bargains!

Watch your posture. It makes a big difference as to how you carry yourself. Put nice clothes on a body that walks tall, even if you're petite. Men should be aware of how they carry themselves, too. Looking your best is not gender specific.

Feeling Young Through Activity

Staying active by doing something fun is the best age blocker. Try new ways of getting exercise and meeting new people at the same time. If you've never

played tennis, try it once to see if it might become your new way of getting and staying in shape. Try jogging at a track, or get a friend to be your walking partner. Walking is free and helps relieve stress. There are many activities that are fun that get the energy flowing. Put your thinking cap on and experiment!

Thinking Young

Realign your thinking and change pessimistic thoughts about getting older. Realize that as we age, we gain a magnificent gift; the gift of wisdom. Pessimistic thoughts about age spread like a virus. It's important to remain positive and embrace the priceless knowledge that comes with maturity.

Healthy Eating - Nutrition

Eating balanced meals is the key to having a healthy body and staying strong. Our immune system is dependent upon good nutrition. Good nutrition helps ward off many ailments that hinder the body and keeps anti-aging hormones at their highest levels.

Eating a good breakfast will keep your energy levels up all morning. Lunch should also be one of your main meals. You will have plenty of hours in the day to burn off the calories. Dinner should be light. Heavy dinners late at night result in food not being digested properly. It also interferes with sleep. (It's called beauty rest for a reason.)

Frequent smaller meals (up to six a day) are sometimes better than three large meals a day. It speeds up metabolism that helps burn calories. Also, make sure that you don't overeat during meals. Be careful with your portions when eating foods high in calories

Don't even think about engaging in one of those crazy fad diets. ***You need to eat well and change bad eating habits for good.*** You may quickly lose the weight with a crash diet, but it will hurt you in the long run. Not only will it weaken your immune system, but when you go back to eating normally you will gain the weight back quickly.

Eating smaller meals can help to keep your blood sugar level stabilized. Try not to consume foods that contain a lot of processed sugar, sodium or saturated fats. For breakfast, you should eat complex carbohydrates, such as oatmeal. A few tablespoons of unprocessed bran and ground flaxseed are excellent additions to add to your oatmeal in the morning. Be sure to include a quality source of protein for your muscles during the day. Quality sources of protein should be anything other than fatty meats or processed cold cuts. Vegetarianism is a fantastic way to go for an ageless, lean and healthy body.

Eat raw vegetables before dinner to help curb your appetite and prevent overeating. You should also do this if you are dining out. Having a healthy salad before dinner provides you with plenty of fiber. Fiber is important for your body because it helps to regulate your digestive system. In addition, you will not feel so hungry because fiber is a filler.

Make sure that you include fresh fruits and vegetables in your eating plan. It's essential that you have as many healthy foods as possible. Buy organic fruits and vegetables whenever possible. Organic means, among other things, that it was grown naturally with no pesticides or artificial growth process.

If you have tendencies towards binge eating, it can have serious consequences. Reducing the effectiveness of the digestive system is just one of the problems with binging. Some of the food that you consume may not digest in your stomach properly. It sits dormant, increasing the chances of colon cancer.

As you get into your thirties, your metabolism starts to slow down. It is more important than ever to eat balanced meals. You should avoid most, if not all, junk and processed food. As you enter your forties, it is critical that you watch your fat content. As you get older, additional fat deposits travel to your organs. At this stage, exercise and careful planning of your food intake is vitally important.

Ideally, you should gradually start to lessen your intake of meat and chicken, and increase other quality types of protein. Becoming a vegetarian will give you more energy and keep you young. Do some research and go slow. There are many fabulous vegetarian recipes and food choices that provide great nutrition and taste. Soon, you will feel so good with the changes you make as a vegetarian, you'll wonder why it took so long to switch.

If you're not sure about your diet, consult with a **qualified nutrition specialist** who can help you create a plan that's beneficial for your health.

Taking Vitamins And Supplements

This section is not meant to take the place of professional medical advice. Taking too much of any supplement may be harmful. Always consult with your doctor or health care provider before taking over-the-counter remedies, be they vitamins, minerals or any other supplement.

In addition to healthy eating, you might want to consider including vitamin supplements to your diet. Sometimes, even though you're eating well, you may not be getting enough vitamins and minerals. Supplements may play an important part to finish out the balance you need to make sure you're getting enough all the way around.

Ideally, we should get vitamins and minerals through the foods we eat. But we have to keep in mind that everything we eat may not supply us with all the necessary vitamins and minerals. The right doses of vitamins and minerals are important, so be sure to follow directions.

Depending on what we need, we may have to supplement Vitamins A, B, C, D or E, or a combination of them, along with minerals.

Here is just a partial list of what these five vitamins do:

- Vitamin A – maintains healthy teeth and good vision;
- Vitamin B – helps energy levels, helps carry oxygen through the blood;
- Vitamin C – helps to prevent infections, helps to keep the muscles working properly;
- Vitamin D – maintains strong bones;
- Vitamin E – contains antioxidants, maintains eye, skin and liver function.

These vitamins all serve a specific purpose within the body and are the key to maintaining that youthful, healthy look externally. If you are lacking in any of these vitamins, over time you will feel and see the results. It is advisable to take supplements daily if you know you are not getting the proper nutrition.

The following is just a partial list of the necessary minerals needed for health:

Calcium

As you reach your twenties, your calcium intake should increase. Calcium is a key ingredient to prevent osteoporosis from occurring. Calcium combined with Vitamin D is very important to help prevent osteoporosis, especially in post-menopausal women. Calcium helps keep your bones healthy and strong.

Folic Acid

Folic acid is another important mineral component. Green leafy vegetables are a good choice. Also, citrus fruits like oranges can provide you with plenty of folic acid.

Zinc

Zinc can help to balance out what you're already eating and is also critical to wound healing, connective tissue growth and maintenance, and immune system function.

Again, you should consult with a qualified nutritionist for the proper amounts of vitamins and minerals for your particular needs.

More Secrets To Staying Young

Hobbies:

You should engage in rewarding activities, whether it's exercising or a hobby. It could be something that pertains to a goal or just something to pass the time away. If you like hobbies, pick something preferably that will keep you moving. Whatever your hobby is, use it for your well-being so that you can feel uplifted, energized, and gain satisfaction.

Exercise:

If you haven't exercised in a while, now is a good time to start. Being overweight or obese is one of the main causes that people age quickly. Too many people prefer to live a sedentary lifestyle and don't get enough movement.

Staying young includes being fit and in shape. Being overweight or obese poses serious health risks. Incorporating exercise in your daily routine will help you take off the weight and you'll also feel better about yourself. By not exercising, you become less robust and your ability to move around becomes limited. Your joints become stiff and the body becomes prone to injuries. Your sense of balance decreases with a lack of exercise.

For Seniors

As you get older, these issues worsen. Hip fractures are an increasing problem with older adults due to weak bones and impaired balance, both of which can be improved with proper exercise. With osteoporosis, the bones become brittle from lack of calcium and exercise. Weight bearing exercise can help to prevent and reduce the onset of osteoporosis at any age.

In addition to weight bearing exercise, it's very important for senior citizens, and the population in general, to engage in workouts such as cardiovascular training and exercises that further the body's flexibility. Staying active with the proper

physical fitness regimen will help seniors stay in shape and provide the body with the physical boost it needs.

It's never too late to start a fitness regimen. If you haven't started, don't waste anymore time. You need willpower to make a fresh start, even if you start out with just 10 minutes a day. It won't take long for you to see results. As long as you exercise on a consistent basis, you will gain more and more strength.

Before you start, you need to determine what kind of workout routine you want to do. Exercise has proven to increase the quality of life for older adults and it hinders the aging process. Exercising on a daily basis reduces your blood pressure and cholesterol levels stabilize. It also lessens your chance of getting diabetes.

If you have not exercised for a while, start out with just 15 minutes of easy walking or low-impact aerobic exercise. Then work your way up to 30 minutes, continuing in 15-minute intervals until you work up to an hour. You should do cardio workouts at least 3 to 5 times a week. It is not recommended to start out doing an hour's worth of exercises if you have never exercised or are out of shape. Start slow and gradually increase the time and the pace.

You can join a health club if your finances allow for it. They should have plenty of machines, such as stationary bikes and treadmills. Health clubs have fitness trainers that can work with you in getting an exercise routine together.

If a health club is out of your financial reach, you may want to try a YMCA in your area. They have classes available on health and fitness for a minimal charge. If that's not for you, you can always go walking in your neighborhood or at an area park. You can walk at your own pace and not feel rushed. However, you will eventually want to pick up the pace.

A great way to get in shape is with water aerobics. This exercise can help your joints and muscles get strong, and there is no stress on the body. This type of workout can be a lot of fun and not seem like exercise.

As stated above, strength training with weights is a must. Studies have shown that women between the ages of 50 and 70 years old that engaged in strength training gained more bone density in their hips and spine. The group that refrained from weightlifting lost twice as much bone density as opposed to those that included weightlifting in their workouts. The more weightlifting that was included, the more bone density and strength they gained.

It is important that you try to exercise all of your muscle groups as least twice a week. It's better if you start out with light weights in order to get accustomed to working with weights in general. You can start out by doing a few repetitions at a time until you get stronger, then increase the repetitions. You can move to heavier weights when you feel like the lighter ones are no longer effective.

Consult a personal trainer to find out the best way for you to include strength training, or start with a strength training video for beginners.

Exercising is beneficial to everyone, whether you're young or old. Remember that some type of physical exercise is better than none and keep in mind that exercise is the fountain of youth!

Dancing

Even if you have two left feet, dancing can be fun, uplifting and great exercise. Joining a dance group is a way to find friends and stay active. Or, if you prefer to stay home, move the couch and put on your favorite music! Dancing, like most forms of exercise, increases the endorphin levels (the feel-good hormones), and who doesn't want to feel good?

Yoga for Strengthening, Stretching and Balance

Yoga is not only a great stress reliever, but also a great way to get the body strong, flexible and balanced. Take a yoga class and experiment. Find a beginner level class to start, and then if you feel stronger, work your way up to an intermediate to advanced level. You'll get in the best shape of your life and learn stress reduction techniques at the same time!

If you can't find yoga classes or are limited for some reason, there are a multitude of videos, books and websites that you can learn from. Start slow, as with any form of exercise. Once you start to learn a little about the **asanas** (yoga positions), you can start to become familiar with meditation and breathing exercises. You will feel a surge in energy and strength, you will become more flexible and also sleep better once you add yoga to your life.

Kick The Nicotine Habit

If you smoke, you can count on looking *much* older than your age. Smoking seriously affects your skin, in addition to causing lung cancer. Even if you don't smoke, you can still develop lung cancer by inhaling second-hand smoke, so it's a good idea to stay away from smoky environments.

The more you smoke, the more the blood vessels in your skin shrink. They are already small and smoking just adds to their diminished size. When this happens, healthy blood flow is reduced. You start to lose key nutrients such as

vitamins, minerals and collagen. The collagen in your skin starts to lessen, thus the loss of elasticity in the skin. As you smoke, your face tends to create squinting movements, causing even more wrinkles to appear. Soon, you will start to look as though you have a perpetual frown on your face.

If you have wounds or scars that need to heal, the healing process will take longer. Smoking reduces the vitamins and minerals and blood flow that are needed to help with healing.

The sooner you quit, the better your chances are to reverse the bad effects of smoking. Your skin will start to clear and the blood and oxygen will start flowing in your body. With more added circulation, your skin can be restored to its natural state.

You have the power to change the ravages of smoking before it's too late. Keeping your youthful appearance and staying healthy means kicking the nicotine habit immediately. It will be the best thing you can do for yourself. Learn more about quitting here: <http://www.smokefree.gov/>

Go Easy on the Booze

An occasional social drink or glass of wine is fine and can be quite enjoyable. But crossing the line to excessive drinking can be deadly. Overdoing alcohol adversely affects your health. When it becomes a chronic problem, you can do damage to your body, inside and out.

Alcohol will start to age your skin before its time, just as in smoking. You can't expect to look young if your body is being ravaged by excessive drinking. And alcohol consumption packs on calories. Weight gain is a common by-product of drinking too much. As you gain weight, your skin stretches. You may also have red patches on your skin. This usually means that the blood vessels are getting larger from chronic drinking.

Chronic drinking affects how you think and it impairs the central nervous system. If you are looking for something to calm your nerves or solve problems, alcohol is not a remedy. If you get depressed, you immediately want something to take away that feeling of despair. However, alcohol is not the answer; *alcohol becomes the problem.*

Alcohol affects the kidneys, which are needed to help flush out the toxins in the body. Kidneys need water to flush out the toxins, but when you drink alcohol you can become dehydrated. Drinking alcohol instead of water is one of the reasons

you feel so bad the day after drinking excessively. Your kidneys will not work the way they should.

Chronic drinking will also destroy your liver. The more you drink, the higher the chances of liver damage. People with alcohol addiction that can't or won't try to stop drinking usually end up with cirrhosis of the liver, which can be fatal.

Limit alcohol consumption, or stop completely if it is becoming a serious problem. Drink plenty of water, eat healthy and get lots of exercise. If you find yourself having problems trying to stop drinking, seek assistance as soon as possible. The sooner you do it, the sooner you can regain what youth you have left. Learn more about getting help at this link:

http://www.helpguide.org/mental/alcohol_abuse_alcoholism_help_treatment_prevention.htm

Drug Addiction

Cocaine is one of the most addictive drugs on the streets today. You definitely won't look, feel or act young if you get hooked on this killer. Cocaine affects the nervous system and can wreak havoc on your body.

Once people get addicted to cocaine, whether it's the powder or the rocks (crack), it's difficult to stop using. The drug gives them a "high" that they feel they can't get anywhere else. However, the downfall of being addicted to this drug has many ugly consequences:

- Accelerated heartbeat
- Chest pain
- Heart attack
- Seizures
- Strokes
- Nosebleeds
- Chronic runny nose
- Limited flow of blood

The use of cocaine is also known to decrease an addict's appetite and diminishes the body's stores of nutrients, resulting in unhealthy weight loss. When you don't eat, you start to look gaunt, the skin starts to wrinkle, and the body ages very quickly.

Methamphetamine users also experience severe health problems. The brain and memory is adversely affected from the drug, among many other organs in the body. Other issues that affect methamphetamine users are:

- High blood pressure
- Accelerated heart rate
- Anxiety
- Convulsions
- Tremors
- Irritability

The use of any drug has consequences. Trying to get off habit-forming drugs is not an easy process. However, help is available. Those that are addicted to drugs should seek help from a licensed professional or rehab facility immediately. See the following link for information on recovery:
<http://www.drugabuse.gov/infofacts/treatmeth.html>

Get Plenty Of Rest

In order for your body to stay healthy and regenerate, you must get plenty of rest. It is recommended that you get at least 6 to 8 hours of sleep each night. Every individual is different; some need more hours of sleep, others need less. You'll know how much sleep you need by the way your body feels.

A lack of sleep accelerates the aging process. Sleeping allows the body to heal, re-energize and builds up the immune system. A lack of sleep can harm your brain's ability to process information. You won't function or think properly if you don't get enough sleep. Memory becomes impaired from lack of sleep. If your memory is failing, people may *really* consider you as "old."

Irregular sleep during the night can contribute to low energy during the day. You can also have mood swings by not getting enough sleep and will get irritable, impatient and won't be able to concentrate. A lack of sleep inhibits the body's natural defenses. You can also gain weight by not getting enough sleep because of the hormone levels in the body not being able to regulate, and possible night bingeing.

Not getting enough sleep can cause you to look tired and old before your time, so get your rest!

Your Emotions

The Ups and Downs in Relationships

Aging speeds up when you're faced with unnecessary pressures from bad relationships. Sometimes, the people closest to us can cause us significant stress. In relationships, there is a fine balance, and sometimes the scales get tipped. There are many complexities in relationships. How you allow relationships to affect you makes a difference. Allowing a bad relationship to continue does nothing but bring stress and grief. We all know that stress is an anti-friend to staying young. In a toxic relationship, be it a friend, lover or family member, you may have to distance yourself or even break off from that person in order to get the peace that you need. It is never easy to make these decisions, but your health and welfare should be a priority.

Cry When You Need To

Most people cry when they're feeling a sense of emotional pain. This may come from the way someone has treated you, or some other event in your life. It is not wrong to cry. In fact, it's best to get it out. Crying will release some of the pent-up feelings you keep inside. If you keep emotions locked in, it can affect your health and well-being.

Crying can actually make you feel better, as long as you don't stay down too long. Cry to release pain, and keep in mind that time heals all wounds. There is a wonderful little book that has been around for many years, called "**How to Survive the Loss of a Love**" by Peter McWilliams. It is about surviving **any** loss, not just a relationship, and shows that things can and will get better. It even tosses in some humor. It is a book that everyone should own since we all will experience loss in our lives in one form or another. Sometimes a great book's uplifting words and directions are just enough to clear the way for emotional healing.

Laughter

It's good to laugh. Laughing feels good and has great benefits as far as your health is concerned. You can actually laugh your cares away. Laughing can

remove some of the pain that you may be experiencing. Laughing is therapeutic. You don't necessarily have to have a reason to laugh. Laughing relieves stress you may have locked-up inside of you. It's good to release stress by laughing and letting go. Did you know that laughter strengthens your immune system? It can also help you to retain your memory and provides exercise to your diaphragm, lungs and heart. So laugh your way to good health!

Enjoy The Simple Things In Life

This is something a lot of us fail to do. There is beauty in so many things that we take for granted. We spend so much time worrying about things that are out of our control that we don't live in the here and now. Some pastimes or activities that can be enjoyed are easy to find, and you don't have to spend a lot of money to enjoy them, like watching a sunset, the sky at night, or just enjoying nature.

Try taking a walk in the park, on the beach, or going to the library. You may want to take up writing or painting. You may think these are not the most exciting things to do, but when you think about it, they are activities that can add beauty and meaning to your life, which will have a great affect on anti-aging.

Make New Friends

It's good to have friends around. When you have a good circle of friends, you have more fun and stay youthful. Having friends that are people of substance with interests that are compatible with yours is best. Good friends lift you up with encouragement. Genuine friends are priceless.

True friends are there to help if you need something, as well as share in the best (and worst!) moments of life. You should be there for them as well; it's a two way street. When your friends are positive, those positive vibes rub off on you. Friendships can sometimes be forged instantly when two people "click," but keep in mind that friendships are not always created overnight. They are usually cultivated with time and care.

A Pet Can Be Just What You Need

Do you own a pet? You might want to think about getting one. Whether it's a dog, a cat, or any domestic animal, pets can add a dimension of enjoyment to your life. Elderly people who live alone can benefit greatly from having a pet.

Loneliness is not a good thing for seniors, or anyone for that matter, and a pet may be a good choice for companionship. Just keep in mind that any pet

requires a commitment of time, care and money. Volunteering at a shelter is a good way to enjoy the benefits of pets without having total responsibility while providing a great humane service.

Studies show that people who own pets live longer than those who don't. People with pets feel loved and wanted. Pets can help people relax, and petting an animal can help to reduce blood pressure levels.

Pets can also be considered emotional rescuers. During times of change, be it divorce or the death of a spouse, pets are able to provide unconditional love. With unconditional love, people feel as though they have a reason to live.

If you have a dog, you will learn the skill of being disciplined. A dog needs to stay on a schedule, so you will be held accountable. While you're walking your dog, you can meet other pet owners. Both you and the dog get exercise by walking, making it a win-win situation. People that have pets are usually happy and keep a positive outlook on life. A positive outlook on life is essential for staying young.

Be Your Own Best Friend

Let's not forget that, ultimately, the only person that you can truly count on is yourself. Being comfortable in your own skin and seeking solitude once in a while is more important than trying to find friends out of loneliness. You really should be your own best friend. Can you go to a movie or dinner by yourself and feel good? Only through being comfortable on your own and loving yourself can you truly be a friend to someone else. The best of relationships only happen when two people are whole on their own.

Conclusion

I hope you enjoyed reading this e-book and that it gave you some new ideas or inspiration.

If you want to start feeling, looking and staying young, you might want to start making some of the recommended changes. Each day that you wait to make a move is a day wasted. Incorporating positive thinking, practicing yoga, reading uplifting books and changing to a healthy diet and lifestyle will do wonders. The old vices that you may have dealt with will disappear with a little time and care.

The new you will attract everything that's necessary for your youthful evolution. Take charge of your life now, and allow the vibrant person that you really are to shine through: ***the new younger you!***

The following sites have much to offer in learning about health, fitness and other valuable information:

Resources

Visit <http://eternity-yoga.com/>, a site rich with resources on yoga, meditation and the mind/body connection.

YMCA, <http://www.ymca.net/programs>

USA.gov, http://www.usa.gov/Topics/Seniors/Health/Staying_Healthy.shtml

WIN Network (Weight-control Information Network)
http://win.niddk.nih.gov/publications/young_heart.htm

Heart Disease Prevention,
<http://www.nlm.nih.gov/medlineplus/heartdiseasesprevention.html>

AARP, <http://www.aarp.org/>