

How To Look Years Younger - Naturally

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Introduction

Most people that meet me assume that I am in my early to mid forties. They are surprised when I tell them that I am in fact already 60. Over the last 15 to 20 years, many friends, colleagues and others have asked me what I have done to look so youthful – what is my secret? What surgery must I have undergone? What pills must I be taking? Which creams am I applying? I used to answer that it is none of these but that I do have some ‘secrets’ and one day I will put them into a book for others to use. Indeed there are a few things that I have done for a large part of my life that almost certainly have contributed to the younger looking me. So, for those people that I promised and to millions of others who undoubtedly also wish to look younger, I have finally ‘put pen to paper’.

Some so-called experts will claim that I have just been lucky with my genes. This might be believable if it were just one aspect but cannot account for so many areas such as skin, hair, health, face, feet, posture, weight, teeth and so on; the combination of which contribute to how young a person looks. All of these different features and more will be addressed in this book – I will explain things that I do (and have done for some time) which keep all of these areas youthful. Genetics seems to be a current scientific excuse for so many things from over-weight to ill-health and state of mind. Male pattern baldness for example was supposed to be genetic on your father’s side (through to your grandfather). Suddenly, research suggests it might be from your mother’s genes. As usual, the experts don’t seem to agree. But one thing is for sure and that is if you want to achieve something then a well tried approach is simply to copy a person who is already successful in that area.

Some of these techniques that I will describe are simply a way of carrying out things that the majority of people do every day but differently. Most of them take me no extra time at all. It is just that I have discovered ways of doing certain things which I believe have contributed to my overall more youthful appearance; even things as simple as how you brush your hair. All you have to do is copy these methods to obtain similar results. There are those that suggest that aging is a natural phenomenon and therefore it should be accepted as the natural order of things. While it may be true that aging is normal, that doesn’t

make everything about it desirable! On the other hand, not everything about aging is bad news and we shall consider some of these good points too. I hear that the best spouse a person can have is an archaeologist because the older you get, the more interested they become!

A few of the things described in this book will take a little extra time to do, such as certain exercises that I carry out either daily or every few days. However most of these only take a few minutes to complete and after a while they will become second nature for you, as they have for me.

None of my revelations are based on using some magic potion or cream. Furthermore there really is no need to have plastic surgery when these simple techniques exist that clearly work and are free and natural. They have no risk, are not painful and cannot end up with some of the disasters you hear of with cosmetic surgery. Not only will you look great but you will also feel better. However, it is not good enough just reading this book and hoping that the knowledge alone will have an effect; you will have to take action. Somebody once said "For things to change in your life, first you must change yourself" I suspect it is based on this quote supposedly from Gandhi - "**you** must be the change you wish to see in the world."

As I am a male, there might be a few things in this book which are specific to males and though not deliberately, perhaps it will have been written rather from a male perspective but I can assure you that the majority of what I am about to reveal is relevant to both men and women.

So let's start at the top of your head and work our way down your body as well as discuss a variety of other subjects, all to help you look at least 10 years younger and all naturally!

While you are reading, keep in mind these words attributed to Mae West -
"You're never too old to become younger."

Chapter 20 - In Summary

If you have particular comments on any of the subjects in this book and especially some additional advice or success stories with any of the techniques, I would be very pleased to hear from you. If it seems useful to others then I would like to be able to consider acknowledging it in a future update of the book or on the website. See below for details of the email address and website location.

While it might be true that growing old is natural, looking old is optional; and hopefully you have found many ways in this book to work towards this alternative.

Different people define being healthy in various ways; they may concentrate on the need to be fit so the emphasis is on sports and exercise; some consider general well-being to be paramount and so focus on mental health and attitude. These are all well covered in this book. The other characterisation of good health of course, is having few illnesses. Personally, I rarely need to see a doctor. I have an occasional allergy to house-dust mites and when I lived in Sydney for a few years, I discovered that it was the haven of these microscopic monsters. A short series of injections soon fixed that! Apart from the sporadic tendency for my tonsils to become infected every five or six years, I just have no call for medical attention. Are you able to say that you only need to visit a doctor once every few years? If not then perhaps you should seriously consider taking action now and start working on the various techniques and approaches that I have described – many of them are important for your general health not just for youthfulness. You owe it to yourself, don't you?

Most people, by the age of thirty, and frequently younger, are starting to take note of the effects of age, especially on their faces. By the age of forty, the concern is often growing considerably. By fifty, many are becoming quite anxious about the ravages of time. In response, there are vast numbers of creams and potions all extolling their magical virtues and a susceptible public are buying stacks of them. Plastic surgery has seen an incredible surge in demand. However, certain of these procedures are at best only temporary and at worst have serious long term consequences and some are even miserable blunders

causing actual mutilation. Many people, especially women are prepared to spend hours every week applying and cleaning off these products (which of course uses further special cleansing agents) or sitting in baths of the latest compounds in a desperate race against time. Almost as many spend huge sums every year having 'beauticians' apply the latest potions or exploit machines of all types on them. As consumers, we are spending billions of dollars a year on these industries.

Yet there are some very simple techniques that you can carry out on a regular basis that in most cases will work far better than all of the preceding activities put together. Moreover they cost nothing but a little time; probably less time than you are currently spending on rejuvenation right now. And surprisingly, they are all natural, healthy and safe. Don't you agree that they must be worth using? All it takes is to add a few practices into your daily routine or in most cases simply a change in some of your current habits.

In a nutshell these can be encapsulated by –

- Start carrying out the various activities outlined.
- Perform the specialised exercises described.
- Pay attention to your diet in the ways mentioned.
- Take note of the dress sense advice.
- Work on the mental attitude items.
- Practice the stress management techniques explained.
- Avoid certain items and behaviours that were detailed.

Perhaps for some of you, this seems like a daunting list but do not despair. One thing is for certain – you can read lots of books and attend seminars but this only gives you the appropriate information. Now you need to take action in order to benefit. Only you can decide, but don't you agree that it is worth taking action? Perhaps you might consider working on them one at a time until all those that you feel are relevant have eventually been taken on board. If you carry out only some of these items that I do then you too are likely to soon start looking years younger than your actual age. Best wishes with your future journey.

Visit the website at www.YearsYoungerNaturally.com

I will be gradually building up this website with more details on the subjects in this book and further information about areas of interest to my readers. Visit it regularly – put it in your ‘Favorites’.