

# AGING

## Twelve Industry Secrets For Living Better, Longer



By  
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# AGING **TWELVE INDUSTRY SECRETS FOR LIVING BETTER, LONGER**

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**INTRO**

# **WHAT IS AGING?**

# WHAT IS AGING?

The scientists tell us that aging is where tissue damage exceeds tissue repair.

The people tell us it is when you feel less energy, you look worse and you are more prone to getting sick.

Regardless of the feedback, the fact is that **everyone living on the planet shares the experience of aging.**

The big question is whether it concerns you.

**The bigger question is whether you want to do something about it, or not.**

Many don't even think about it, like this guy.



# WHAT IS AGING?

Our purpose in writing this booklet is because it might serve you well to learn a little about aging. We also want to assure you that you CAN do quite a lot about countering the undesirable effects of the aging process.

When we have discussed aging with clients over the years it has become clear that many are not concerned about their length of life. They are far more concerned about the **quality of their life** while on this side of the grass.

No one wants to spend their last decade or two immobilised or in pain. We want to be enjoying all that life has to offer right to the end. The good news is that modern science has enabled us to improve our chances of doing just that.

While there are no guarantees that anti-aging practices will avoid some challenging health issues, the more science that is released the more it becomes apparent that your chances of living better are increased by appropriate anti-aging practices.

We have included twelve different topics on how you can **live better, for longer.**

Each topic discusses the philosophy supporting it. We will usually suggest some actions you might consider and share what we are doing.

We do not want you to live your life as we live ours. **We do want to inform you and challenge your thinking so you plot the best course for yourself.**

If we can achieve this, we feel we will have provided a great service.

chapter

01

# NOURISH YOUR BODY



# NOURISH YOUR BODY

**One of the most important functions carried out by our bodies is the intake, digestion and absorption of nutrients. The effectiveness of this function has a dramatic effect on our rate of aging.**

Unfortunately, our modern society has taken us to a point of great ignorance in relation to what is good nutrition and what is not.

**The incredible paradox is that western societies in general have large numbers of citizens DYING OF MALNUTRITION, even though they are OBESE.**



Why is this the case? The short answer is that we have developed habits of eating highly processed foods which are of little nutritional value. Even worse, most of them are toxic to us.

The body needs to digest and absorb nutrients (in the form of minerals, vitamins, fibre, essential fatty acids, amino acids, proteins and carbohydrates) in order to efficiently operate.



# NOURISH YOUR BODY

**Foods provide nourishment. “Foods” that don’t nourish provide nothing of value. Most of our foods have been processed to the point where they become closer to being non-foods than foods.**

Unfortunately, even a good diet is unlikely to deliver everything we require in this modern world. We believe it makes sense to supplement the diet with natural food concentrates that are prepared so as to maintain the nutritional integrity of the component foods.

This concept was recently supported by the Journal of the American Medical Association (JAMA), which was published in 2002, whose research was carried out at Harvard. In essence it said that **having reviewed the available research on nutrition it was now recommended that, due to the lack of nutrients in our food, for the average person to obtain sufficient nutrients for optimum health, supplementation was mandatory.**

Good food (fuel) is essential for long term wellness.

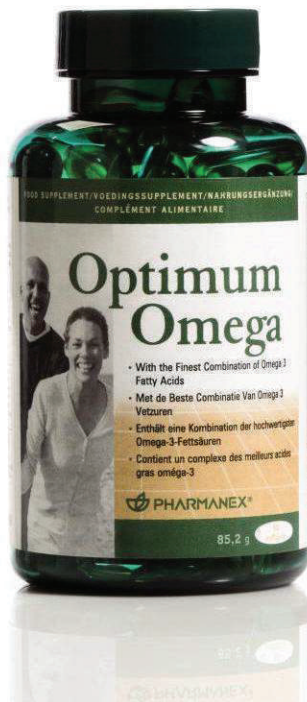
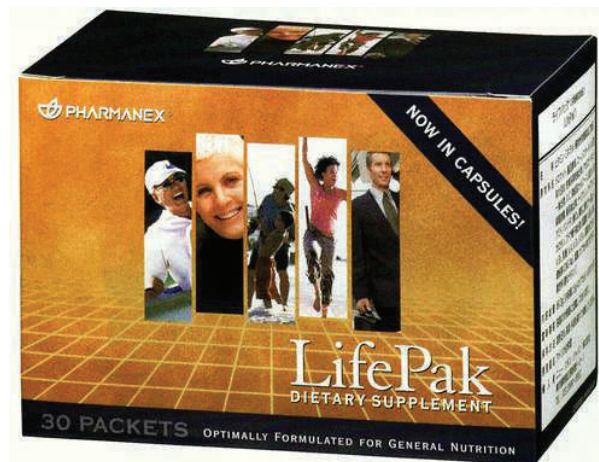
## What You Can Do

- Eat plenty of fresh vegetables and fruit, after washing them thoroughly
- Grow your own food
- Supplement with natural food concentrates
- Eat a predominantly plant based diet
- Eat alkaline foods wherever possible
- Avoid foods in packets (these are full of preservatives)
- Support local business and farming
- Eat small meals, frequently
- The less human involvement in the food, the better

# NOURISH YOUR BODY

## What We Do

- Buy from farmers markets
- Buy free range grass fed meats
- Try to eat local seafood
- Supplement with Pharmanex LifePak, Optimum Omega and G3 superjuice blend.



chapter

02

# **SUPPORT YOUR IMMUNE SYSTEM**

# SUPPORT YOUR IMMUNE SYSTEM

Our immune systems are constantly under attack in our modern world. The better our Immune System functions, the more positive impact that occurs in relation to aging. Conversely, if our immune system is always fighting toxicity and hidden bugs, then we will be lethargic, frequently sick, and have poor vitality and endurance.

Many people perceive that they have poor immune systems or they have an undiagnosed immune disorder. Others just get sick all the time and feel like they have to wrap themselves in cotton wool to stay healthy. This may be true, but this is most often itself a symptom of a far greater problem – **we don't give our immune system a proper chance to do its job!**

The good news is that you can have a positive influence over this challenge. The majority of the molecules that make up your immune system are made from protein. So it stands to reason that if your diet is deficient in protein (or you are burning huge amounts of protein as energy) then your immune system will be compromised.

Our immune combat squad, especially if it is under-manned due to not having enough protein, cannot be everywhere at once. Our bodies will send their agents to whatever is deemed to be the priority.

An under-strength immune team is busy fighting toxicity, keeping viruses at bay and eliminating bad bacteria. Obviously, it may not have enough energy or manpower to fight your partner's cold, or the gastro everyone seems to have.

Energising your body and eliminating toxins will go a long way to helping your overworked and underpaid immune squad have an easier job of keeping you fit and active and not being compromised by the local flu epidemic.

# SUPPORT YOUR IMMUNE SYSTEM

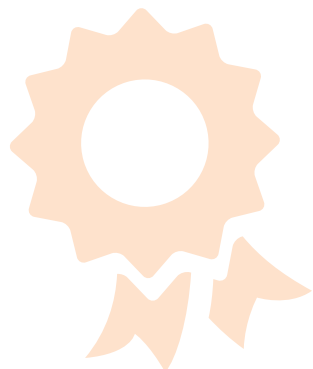
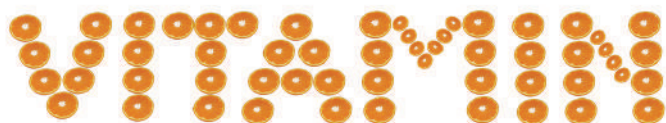
Interestingly, stress directly affects our immune system, because while under stress our body shuts down the aspects that aren't deemed to be a necessity to our immediate survival. **Ever wondered why you get sick when under stress or in a high-pressure situation? Or if you have a latent virus like cold sores, they flare up when you're angry, sad or under pressure?** This is why. When stressed, your body activates the fight or flight response, which sends blood, oxygen, protein and nutrients to the arms, legs and reflex behaviour part of your brain. This is so we can make spontaneous decisions and run or fight for our lives. You don't need to be a rocket scientist to realise that your immune system will suffer under these circumstances. Taking broad-spectrum food concentrate supplements will greatly assist the immune system. There are some specific actions that we know are most helpful over and above living well and ingesting good nutrition.

Many scientific papers support our recommendations.

## What We Do

- Take Pharmanex Tegen supplement every day, which has the highest concentration of active ingredients available without the caffeine from drinking
- Detox and stay clear of toxic food and substances
- Be mindful of our stress responses and take action to relieve stress regularly
- Eat moderate and frequent amounts of protein in our diets, supplementing with protein shakes at times.
- Take Pharmanex Reishimax supplement. Reishi is a mushroom with a long history of proven immune benefits.
- Vitamin C is well documented as an immune helper [among many other benefits]. We take a preventative dose of 2-3 grams per day
- When we feel run down or under attack from a bug, we take much higher doses of all the above to provide a super boost to the immune system.

# SUPPORT YOUR IMMUNE SYSTEM





chapter

03

# DETOXIFY YOUR BODY

# DETOXIFY YOUR BODY

How toxic are you?

Unless you arrived in the world completely clean AND have only consumed totally clean food from pristine sources AND have only consumed perfectly clean water all your life AND have never absorbed any chemicals or toxins through your skin AND have never had any toxic substances inserted into your body AND have only breathed in completely pure air – you are toxic!

**We are all TOXIC!**

## SYMPTOMS OF TOXICITY

- |                  |                    |                          |
|------------------|--------------------|--------------------------|
| ■ Loss of energy | ■ Nausea           | ■ Body aches and pains   |
| ■ Memory loss    | ■ Insomnia         | ■ Frequent Headaches     |
| ■ Depression     | ■ Allergies        | ■ Muscle stiffness       |
| ■ Anxiety        | ■ Nervousness      | ■ Frequent colds         |
| ■ Restlessness   | ■ Skin irritation  | ■ “Cold spots” sensation |
| ■ Mental Fog     | ■ Food intolerance | ■ Deteriorating vision   |



**TOXIC  
HAZARD**

Toxicity is linked with just about every major degenerative condition and it accelerates the aging processes.

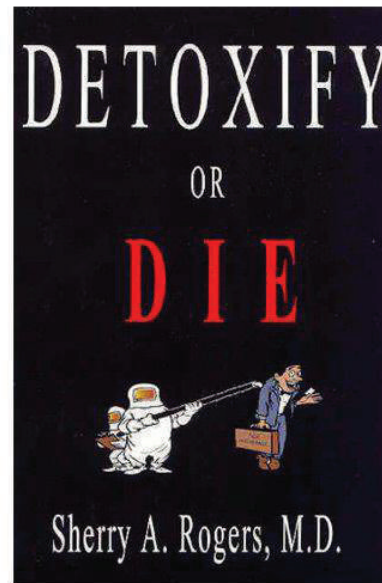
To provide an illustration of the world we live in, a study published in July 2005 found that unborn American babies were soaking in a stew of chemicals, including mercury, gasoline by-products and pesticides.

# DETOXIFY YOUR BODY

The report by the Environmental Working Group (EWG) is based on tests of 10 samples of umbilical-cord blood taken by the American Red Cross. They found an average of 287 contaminants in the blood, including mercury, fire retardants, pesticides and the Teflon chemical PFOA.

If babies who have not yet taken a breath have that much toxicity in their systems, what do we have floating around inside us?

Normal medical tests are not good indicators of toxicity. Rather than indulge in debates over the best methods of assessing toxicity, it may be best to assume one is toxic and embark upon some long term action to lower levels of toxicity in their system. This is not expensive or onerous and could pay enormous dividends in anti-aging.



## What You Can Do

- Learn about the issues.
- Read "Detoxify or Die" by Dr Sherry Rogers.
- Start the day with half a lemon squeezed into a glass of water
- Take "Floressence" Detox tea for a month at a time.
- Take Vitamin C
- Drink lots of clean water
- Have regular far infrared sauna sessions
- Learn about homeopathic Detox products

# DETOXIFY YOUR BODY

## What We Do

- Far infrared therapy
- Take ageLOC R<sup>2</sup> supplement
- Floressence from time to time for one month



## NIGHT

**RENEW and Purify**  
while you sleep



## DAY

**RECHARGE and Energize**  
while you're awake



chapter

04

# HYDRATE **YOUR BODY**



# HYDRATE YOUR BODY

Our bodies are more than 50% water. Our blood is over 99% water.

The bodily fluids deliver nutrients to each of the trillions of cells in our body. The cells are filled with fluids, mainly water.



We need effective transfer through the cell walls to deliver the nutrients and dispose of the waste products.

We need the right amounts of fluids in our lymphatic system to carry the toxic waste away from the cells to the detoxification and filtration units in our body (such as the liver and kidneys).

If our brain has too little water, it functions well below normal in both cognitive thought and memory.

**Is it starting to sound like the water in our body is very important?**

Some interesting facts will highlight the benefits of drinking clean water:

- Many water authorities use the chemical 'aluminium sulphate' as a 'deflocculant', which settles sediment in the water system, supposedly to keep the water clear. More and more studies are linking aluminium and Alzheimer's disease.



# HYDRATE YOUR BODY



- Slow clearance of toxins and waste products from our cells is not good for long-term wellness. If the body is dehydrated, toxin removal is impaired.
- A quote from 'New Scientist', September 1996. "Taking long hot showers is a health risk, according to research presented last week in Anaheim, California, at a meeting of the American Chemical Society. Showers – and to a lesser extent baths – lead to a greater exposure to toxic chemicals contained in water supplies than does drinking the water."
- A new class of water pollutants has only been discovered in the last decade – pharmaceutical drugs! German scientists report that anything from 30 to 60 drugs can be measured in a typical water sample.
- In the 1930's, Adolf Hitler added fluoride to the drinking water of certain test subjects to see the effect it had on mental performance. The results were clear. It resulted in mind-fog and mental retardation. How it has ended up in our water supply is anyone's guess. Aren't we told to spit our toothpaste out? BECAUSE IT CONTAINS FLOURIDE? Fluoride is highly toxic. Use it topically and spit it out. Certainly don't drink it.

**One statement from a filter manufacturer sums it up! "You either buy a water filter or you are one!"**

## What You Can Do

- Drink plenty clean water
- Filter your tap water and your shower water
- Put some lemon juice in your water to make it more palatable

## What We Do

- We invested in a whole of house filter system
- We have a Wellness filter system in the clinic for our clients
- We make a conscious effort to drink the right amount of water as often as possible

chapter

05

# EXERCISE YOUR BODY

# EXERCISE YOUR BODY

**We all know the benefits of exercise. We just need to make it a priority!**

You are at your physical peak at age 32. After this time, if a muscle is not used, it begins to weaken and disappear after only 48 hours. Similarly, we start to lose calcium from our body if we do not exercise it regularly.

It is worth noting here that there are different types of exercise such as weight bearing, resistance and cardiovascular.



Many women do cardiovascular exercise and insufficient strength exercise. Muscle building exercise is one of the best activities you can undertake to reduce your chances of osteoporosis in later life and to boost your metabolism and therefore burn fat. A balanced exercise regime will incorporate both forms of exercise.

Many people need a structured program to keep them 'on track'. Whatever you need to do to get your exercise, do it! It is very important.

**Think of exercise as an investment in your future**, which it is. Why not allocate a minimum of two hours per week to exercise your body? Two hours is 1.3% of your life. That small investment may well mean that you will extend your active life by many years. It's your choice!

# EXERCISE **YOUR BODY**

## What You Can Do

There are unlimited options for exercise. Find something that works for you and builds muscle as well as exercising the cardiovascular system, thus strengthening your heart.

## What We Do

We have done lots of different exercise including martial arts, which is fantastic [and you are never too old]. Now we use the amazing Papilio system to regularly exercise, as well as walking, golf and PowerPlate.



chapter

06

# **AVOID TOXICITY**

# AVOID TOXICITY

Having looked at the issue of detoxification, we then logically need to look at ways of reducing future risks by avoiding uptake of more poisons.

The simple fact of life is that some business interests feed us propaganda which is more designed to sell products than do us any good. Layered on that is the fact that some things which were well intentioned at the time have proven to be dubious at least, and potentially lethal at worst (like asbestos, Thalidomide and DDT). The next layer is where something that was originally quite innocuous became a problem when we all began overdosing on it.

There are a number of areas we can learn about and make informed decisions on, rather than accepting information which is sometimes hidden from us, sometimes omitted by design, sometimes distorted and sometimes directly lied about.

Who among us can forget the senior executives of major tobacco companies standing in front of USA government enquiries saying (under oath) that nicotine was not addictive! Where huge amounts of money are involved, you might not always get the best quality information.

**When your body has more toxicity than it can comfortably handle you will age more rapidly. You are also more susceptible to illness and disease.**



# AVOID TOXICITY

## What You Can Do

Let us look at some areas of potential toxicity that you might choose to avoid:

- **SUGAR** Sugar is a natural substance which in small amounts should not represent any great health threat. But we are hooked on it and it is poisoning millions of people, literally to death. At the start of the twentieth century diabetes was not common. Now it is the number three killer in the western world and rising! Sugar is one of the major causes of obesity. Obesity is linked closely with diabetes and cardiovascular disease. Recent studies have strengthened links between obesity and the development of cancer. Sugar is far more responsible for obesity than fat ingestion. This is because excess sugar literally converts into stored fat.
- **PROCESSED WHITE FLOUR** Highly processed wheat produces flour which is almost devoid of significant nutrients. To make matters worse, it is converted to fat in the body by the same methods that sugar is converted to fat.
- **DAIRY** Dairy is largely indigestible for many of us and the processes the raw material undergoes turn it into something of extremely questionable value. The dairy industry would have us believe that without our glass of milk, our bones will decay and we will just be big blobs of flesh on the floor. It is interesting that osteoporosis is only a problem in countries that have high dairy consumption.
- **CAFFEINE** Can contribute to insulin resistance, which affects your body's ability to burn carbohydrates. If you are trying a ketosis diet, this might dramatically affect your results, and not in a good way! However, caffeine is also a metabolic stimulant, and when taken from good sources like green tea leaf extract it can have a positive effect on our weight loss when used in moderation.

# AVOID TOXICITY

- **ASPARTAME** Aspartame is considered by some experts to be the most dangerous substance added to foods on the market. Aspartame is the technical name for the brand name NutraSweet, Equal, Spoonful, and Equal-Measure. Aspartame accounts for over 75% of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious including seizures and death.
- **MSG** Monosodium glutamate is a drug and a neurotransmitter. In fact, every major human organ is now known to contain glutamate receptors. Over stimulation of these receptors—in the brain or elsewhere—can lead to numerous health problems.
- **PESTICIDES** Pesticides and related herbicides and other poisons are becoming a real problem. They can cause many different disease states and are spread throughout the food chain. We now have several generations of exposure to these chemicals and have no way to assess the cumulative effect they have on the long term survival prospects of our species. Consider for a moment that the point of pesticides is to kill all living organisms that touch it. We then eat this substance because it some of it stays on our food, even after washing it. You may be interested to learn that scientists estimate over 90% of our cells (about 540 trillion) are not human cells at all. They are bacteria, and live in what is called our 'microbiome.' These bacteria produce much of the chemicals that are responsible for our health, and live in harmony with each other. What do you think these pesticides do to this delicate community living inside of us?
- **HEAVY METALS** We can ingest mercury from fish, the atmosphere and most now agree, as a result of amalgam fillings used in dentistry. These toxic substances disrupt the delicate balance of chemical reactions occurring in the trillions of cells that make up our body.

# AVOID TOXICITY

- **HORMONES** With the farming yields being so important, many animals are treated directly with substances such as growth hormones to make the animals grow faster and larger. As a result we are also ingesting these hormones and who knows what they are doing to us.
- **CHEMICALS** Thousands of chemicals are being invented every decade. Many are carcinogenic and often not fully understood prior to being used (like DDT).
- **SMOKING** In this day and age, it is lamentable that a paragraph on smoking should be included. It is so completely and obviously dangerous it defies belief that cigarette consumption is so common, especially in younger women.
- **COSMETICS** Regularly applying toxic substances directly onto our skin (where it can be absorbed into our body) is not advisable. Petrochemicals and other potentially damaging substances are not good for us. Many cosmetic products contain substances which are recognised as being carcinogenic to humans. Once again, look for natural, organic and mineral products.
- **PLASTICS** and phthalates are incredibly dangerous for our health. Have you ever smelled burning plastic? It doesn't take a science degree to know that ingesting the stuff is bad for you. What might be less obvious is that the bottled water you buy may be refrigerated when you buy it, but since it was bottled, it travelled long distances on pallets in trucks, and was likely left out in the sun. In Australia, the heat can be ridiculous, and our water bottles are not protected from this. The heat changes the chemical structure of the plastic and some of it ends up in our water. Have you ever left a water bottle in a hot car and drank it later, only to wonder why it tasted different? Try to avoid that. You're drinking plastic.

# AVOID TOXICITY

- **IMPLANTS** There is potentially health challenging situations which can arise from any foreign implant inserted into our bodies. There was a furore in the 1980s about silicon breast implants and how dangerous they were. We seem to have forgotten that problem because they are now in common usage again. Now a more recent fiasco has made this issue prominent again. Everything old is new again!
- **ALCOHOL** We all know alcohol has an effect on the liver, which is our body's major detoxification unit. The body prioritises breaking down alcohol (which is a poison) over everything else including fat, carbohydrates and protein. So your body cannot function properly whenever you are drinking.

In summary, be wary of any potential toxicity in your environment.

**It is far easier to avoid ingesting toxins than eliminating them once they're in your body.**

chapter

07

# CONTROL BODY FAT

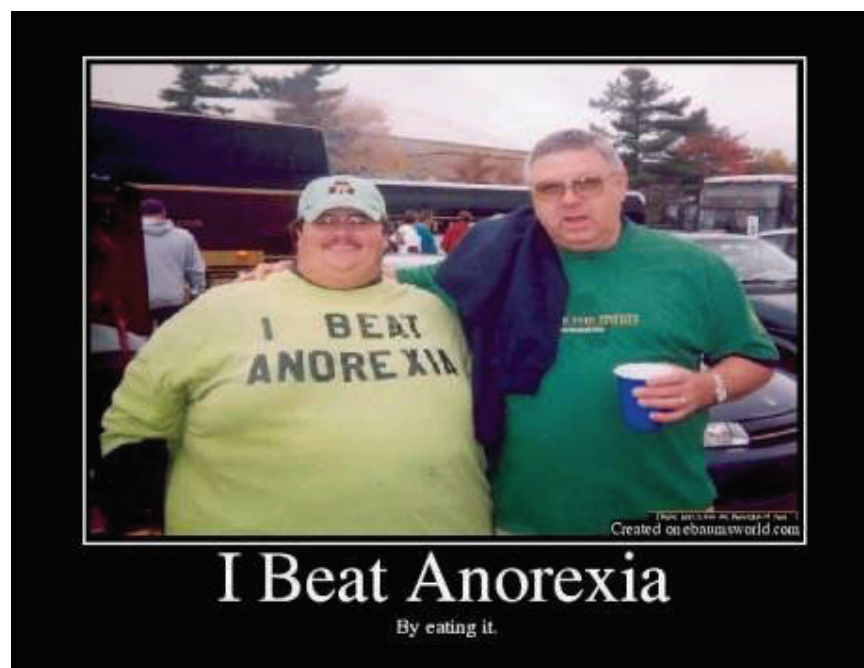
# CONTROL BODY FAT

**Excess body fat is probably either directly responsible for, or involved in, more health challenges than any other single factor!**



Obesity is a major contributing factor to cardiovascular disease and diabetes and it is more than ever being closely linked with the development of cancers. These are the three biggest killers in western societies and obesity is a major player in all of them.

**There is NO doubt at all that excess fat is a major health issue.**





# CONTROL BODY FAT

Unfortunately, the food industry actively encourages us to adopt habits which lead us rapidly towards being overweight. This is supported by massive advertising campaigns and the frequent inclusion of substances like MSG to make it taste better and be more addictive.

Regular exercise will certainly help with fat loss but it will only do so up to a point. The majority of fat loss comes from making better choices about what you put in your mouth.

**It is for this reason we place so much emphasis on eating plans.**

The fact is that you will have a much lessened chance of contracting diabetes, cardiovascular disease and cancer if you reduce your body fat levels to where they should be.

Most importantly, any positive change starts with a positive choice. Make yours today!



**There is a big difference between losing weight and losing fat.**

# CONTROL BODY FAT

Many big companies would have you believe that your mission is to make the scales read a smaller number. Weight is the enemy, they say, and you should do what you can to lose it. However modern science has repeatedly illustrated that losing weight in a healthy and sustainable is much more about losing fat and maintaining other aspects of your weight such as muscle mass, hydration levels, bone mineral density and immune proteins.

Unfortunately, most methods in the industry do not differentiate between these different types of body tissues. So you're left wondering what it is you actually lost after your weight loss endeavour. The proof is in the result. Are you putting on weight quickly afterwards? Are you weaker than you were before? Do you feel more prone to illness? Science shows that conventional weight loss results in some fat loss, but much muscle and fluid loss also. Don't be confused when we talk about muscle mass. This isn't a body building term that you should steer well clear from. Your muscles support your bones and your organs, and provide the toned shape we all desire. But more importantly, muscle cells burn energy doing nothing. In other words, having more muscle mass keeps your metabolism nice and fast.

The opposite is also true. Losing your muscle mass slows your metabolism right down to a crawl. What does this mean in real life? It means that whatever you ate and did before the weight loss program will not keep your weight stable anymore. You must eat less and exercise more in order to keep your weight. And the more times you do these programs, the worse it gets. Consider this:

Lose muscle and fat → Put fat back on → Lose muscle and fat →  
Put fat back on → Repeat

Can you see how losing weight the old way results in a fatter and less healthy you?

# CONTROL BODY FAT

## What You Can Do

- Adopt a largely plant based diet
- Avoid processed foods as much as possible
- If you are looking to lose fat quickly, a scientifically proven eating plan is a great way to go. We work with two types that have both achieved great results with EVERYONE who has followed them.

The first is a “Ketogenic” program. Ketosis is where the body is placed in a fat burning mode twenty four hours per day. Women usually lose between two and four kg in the first week and men usually lose two to six [because of their greater muscle mass].

The second is very new and very exciting. It uses gene expression science to reset the 200 or so genes that have been found to be involved in fat storage so they behave in a more youthful fashion. This makes it very easy to shed fat, while at the same time building lean muscle. It consists of supplements and an eating plan.

- We are very proud to have helped pioneer the introduction of the Papilio System. It combines gentle exercise with vacuum therapy and far infrared heating to create what we believe is the most comprehensive fat loss system available. If you are close to a Papilio studio you would be well advised to investigate it further.
- Work with someone who can accurately assess your fat percentage, hydration, muscle mass and other elements of your body composition. Assessing fat loss is far more involved than jumping on a set of bathroom scales, which only tell you your gross weight and not what it’s made up of.

# CONTROL BODY FAT

## The PAPILIO System



chapter

08

# **KEEP YOUR GOOD LOOKS**

# KEEP YOUR GOOD LOOKS

**Everyone wants to look as good as they can for as long as they can, even if they don't like to admit it.**

There are many industries devoted to this objective.

Our philosophy is that in general, it is not worth the effort if you need to resort to invasive or toxic procedures because they may cause more problems than they solve. Nevertheless, billions are spent each year on surgical procedures and injecting potentially toxic substances into our bodies in the name of beauty.

Similarly, thousands of topical products make claims about ridding you of wrinkles and making you look wonderful again. Some of them can. Many of them do not.

We really like the science of Nu Skin and its approach to addressing aging at its source rather than treating the symptoms. What is exciting is Nu Skin has acquired a number of patented processes, ingredients and other intellectual property that are unique.

It is the only company in the world that can measure aging at the genetic level. This is important because up until only a few years ago, aging was thought to be an environmental problem. What has become apparent though is that most aging is triggered at a genetic level as a result of how our genes express themselves. In fact there is a whole new science called Epigenetics that studies this.

Our genes are a code for life contained in every cell. The genes do not change but how active they are does. This is illustrated by identical twins that look different to each other.



# KEEP YOUR GOOD LOOKS



They have identical genes but those genes have expressed [or activated themselves] differently and that is why the twins do not look exactly like each other.

The ability to determine which genes are involved and a physiological process is unique and valuable. **The ability to influence how those genes express borders on miraculous.** This is what the ageLOC process does. [ageLOC is Nu Skin's brand of gene expression products].

With physical aging of skin, the genes controlling collagen and elastin (the proteins responsible for your skin's 'youthfulness') seem to lose some activity and genes that regulate melanin production increase activity levels leading to age spots, for example.

So rather than operate, inject or try to cover up, there is now a superior alternative. That is to influence the cells in question to behave in a more youthful way, counteracting the aging process at a molecular level rather than an external approach. The result is more youthful looks emanating from the inside rather than outside. This is true beauty enhancement.

We and our clients have been enjoying the benefits of an ever increasing range of ageLOC products since 2009. No one has come to us and said they did not work.

# KEEP YOUR GOOD LOOKS

Some of the products which we have recommended to clients with great success include:



- **ageLOC Tru Face Essence Ultra.** This is a firming serum that has been clinically validated to significantly increase ELASTIN levels in the skin. Elastin is a protein that gives the springy effect apparent in young skin. When elastin is increased the skin looks firmer and younger. Our clients who use this product swear by it, as does Debbie.



- **ageLOC Elements.** This is a daily care system consisting of a foaming combined Cleanser & Toner; a day moisturiser and a night moisturiser. All three components have ageLOC technology to reset the genes that control hydration, cell turnover, pigmentation and skin structure.

# KEEP YOUR GOOD LOOKS



- **ageLOC Galvanic Spa.** This is a home treatment device that delivers ageLOC ingredients deep into the tissue. Many call it the 'Wrinkle Iron' because it removes fine lines and wrinkles as well as plumping and toning the skin. Debbie has been using hers since 2007 and would not be without it.

Beauty from inside out is the ultimate. You might like to find out more about ageLOC products if that is the way you would like to counter aging in your appearance.

chapter

09

# ENERGISE YOUR CELLS

# ENERGISE YOUR CELLS

**One very significant aspect of aging is the decline in cellular energy.**

This is amply demonstrated if you compare a seven year old's birthday party to a seventy year old's birthday party.

It is all happening in your cells. In virtually all cells we have little power generators called Mitochondria. They convert glucose and oxygen to ATP [cellular energy] in a similar way that a power station converts coal to electricity.

As time goes by, mitochondrial output slows. This causes a drop in cellular energy. This results in the cell not doing its job as well as it used to do and that opens up the cell to reduced nutrition and a build up of toxicity. This can lead to lethargy, disease and ultimately, death.

Therefore, the longer we can keep the cells energised, the more we slow the aging process in the cells.

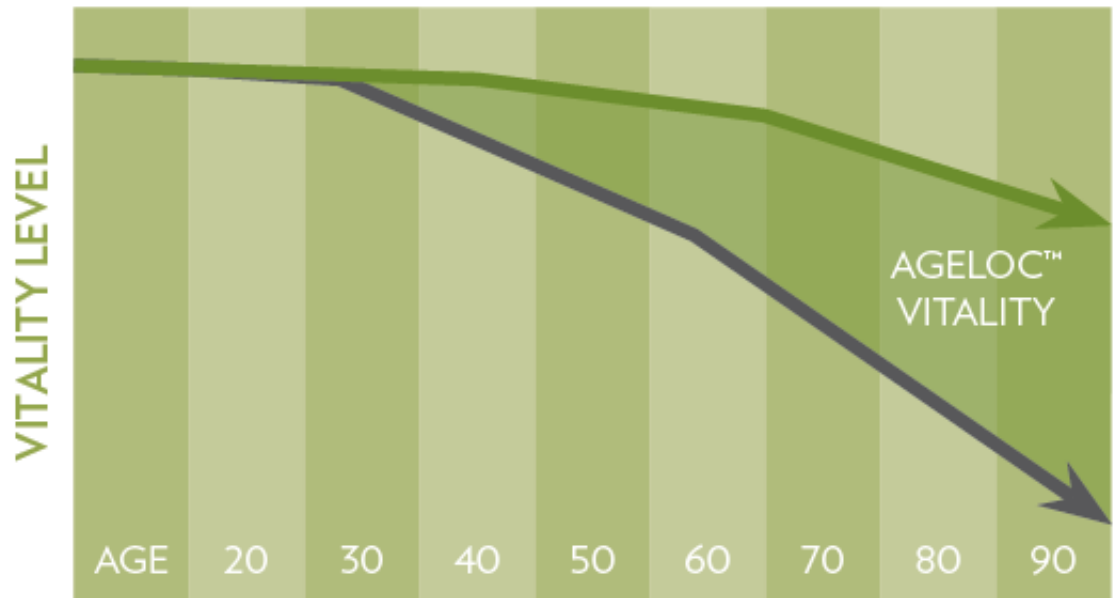
Following all the preceding rules outlined in this document so far will help keep your cells energised.

There is, however, one additional action you can take which will give your cellular energy a great boost.

ageLOC technology has identified there are 52 genes that control mitochondrial output of ATP. The scientists have then created a blend of botanical ingredients that reset the expression of those 52 genes to a much more youthful profile. The result for most is a dramatic increase in energy, clearer thinking, improved sex drive and better sleep patterns. It is called ageLOC Vitality.

We both have been taking it for over three years now and would never be without it. For less than \$2 per day it represents a vastly better energy solution than caffeine based drinks, coffee or sugar hits.

# ENERGISE YOUR CELLS





chapter  
**10**

# **MANAGE STRESS**

# MANAGE STRESS

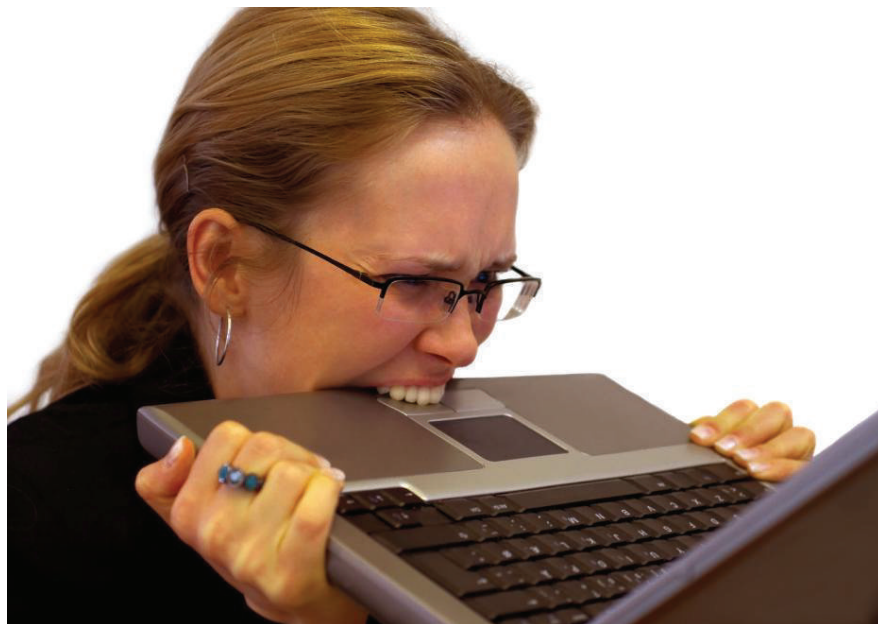
The only time you have no stress is when you are no longer with us!

**Stress is a normal part of life.** The body is designed to deal with stress.

The problem is that most of us create far too much of it for our own good. Our physiology has not evolved to handle the stress we have created in the last 100 years. Physical evolution takes a lot longer than a century.

A few thousand years ago, our life was much simpler but we also faced frequent life threatening situations, for which our bodies are very well designed. When we detected the threat, like a lion, for example, our body would (and still does) shut down all immediately unnecessary functions such as digestion and sexual function. Blood would then be concentrated in our major muscles to help us “Fight or Flight”. Our adrenal glands release hormones such as adrenalin and cortisol. In many other ways our body goes into “High Alert”, ready for anything.

Back in those days, these situations would bring about major physical exercise (either running or fighting for your life), which dissipated the stress hormones and returned the body back to normal, if we survived the situation.



# MANAGE STRESS

Our major challenge these days is that many more stressful situations are presented to us. Look at information technology and how it has changed our life.

On top of that through advertising and the media we are basically being told we do not measure up to the ideal and we should be doing something about it. Consequently, with all our choices and impossible ideals, we encounter stress far more than our ancestors. And when the guy aggressively toots his horn at us our body perceives the same threat as the lion – life threatening.

When we allow ourselves to become stressed, we go through exactly the same physiological processes as if we are about to be eaten by the lion. The big difference, apart from the frequency, is that we do not go through the vigorous exercise to dissipate the response. This then results in us having those stress hormones circulating around in our system for far longer than is appropriate and they can lead to all sorts of negative health outcomes. It is also not desirable for any of our major systems to be shut down for long periods of time.

## What You Can Do

- Since we are not well designed to automatically cope with modern life, we must learn to do so. Like any other learned skill, it requires practise and instruction. This is where meditation, yoga and many other practices have their place in our lives. Just like we need to discipline ourselves to exercise regularly, we need to discipline ourselves to de-stress regularly. There is no 'best way', it is a personal preference. But we should all learn to de-stress, unless of course you just cruise through life, happily knowing that you can overcome any challenge and life will just work out fine, no matter what happens. There aren't too many of these people walking around, are there?

# MANAGE STRESS



- You can do yourself a great deal of good by adopting very simple activities and doing them regularly, such as performing gratitude each day, or practicing 'mindfulness.' This is worth researching but in summary, it is maintaining a high awareness each day of your thoughts and behaviours and asking yourself these questions: "Is this behaviour/thought/reaction really me? Or is it an old habit I do automatically and have never questioned? If so, how would I like to be instead?"
- Most people have a spiritual authority or person that they admire or look up to. It may be whatever you define as God, Jesus, Buddha, Krishna or maybe even New Age gurus such as the Dalai Lama or Eckhart Tolle. Regardless of who you admire, one thing they all have in common is they all practice the following attributes to all forms of life: Peace, Unconditional Love, Forgiveness, Acceptance, Gratitude, Harmony, Interconnectedness, Giving and many more. As often as you can remember, try to ask yourself, "What would \*my spiritual guru\* do now? How would he/she act? How can I embody these attributes in my situation right now?" This usually results in an immediate change in behaviour and thinking, as well as dissolving much of your stress.
- We have found great success with a Pharmanex supplement called Cortitrol. It is an herbal blend and not only creates a feeling of calm but we have also seen it be of benefit with headaches. Some of our clients swear by it.

chapter

11

# **MONITOR YOUR AGING**

# MONITOR YOUR AGING

**If you want to manage anything, the first task is to measure it.**

There are many ways of assessing the aging process. This overlaps with some health assessments because the two are closely related.

We combine several technologies to produce what is the most comprehensive array of monitoring systems in the anti-aging industry. They include:

- **BIOIMPEDANCE TESTING** This is a scientifically validated test that accurately measures the biological markers of ageing. After a painless 30 second test we can access anti-aging information including body fat percentage, lean muscle mass (a lack of which is one of the first biomarkers of ageing), hydration levels, Metabolic Age, Visceral Fat and bone mineral density.
- **BIOPHOTONIC SCANNER** Based on sophisticated science that has been used in laboratories for around four decades, this technological marvel quickly, painlessly and non-invasively provides incredibly important information on your antioxidant status, a major biomarker indicating your body's defences against ageing and degeneration.
- **PREVENTATIVE BLOOD WORK** Your doctor should be more than happy to have annual blood tests done as part of your antiaging strategy. [It is quite significant to me that since taking out supplement regime, my blood results are much better than they were twenty years ago. Steve]
- **LIFESTYLE QUESTIONNAIRE** Detailed information can be collected about eating habits, exercise and many other facets of life. This information can alert us to potential challenges as well as form part of our overall assessment of your aging biomarkers.



# MONITOR YOUR AGING

The real benefit of this testing is to use this as a baseline to measure progress and adjust strategies to suit.



chapter

12

**LIVE PROSPEROUSLY**

# LIVE PROSPEROUSLY

Prosperity is a state of mind.

If you are planning to live better, for longer you are going to need some money to enjoy it. Should you be in a position where you already have plenty to look after you for the rest of your life, congratulations. You might like to skip this chapter.

If you are among the 95% of the western world who has not reached financial security yet you may like to ponder the challenge.

Since the start of this century the world has changed dramatically in many different ways. Technology has changed our lives forever, not always for the best. Investments, employment, retailing, property markets, business opportunities and many other arenas will never be the same as they were. We are playing on a whole new field.

**The Industrial Age is dead. The Connection Age is now with us.**

Those who will be successful in the new world will quickly learn to play to the new rules. The ones who will suffer mightily are those who think what worked from 1950 to 2000 will work for them for the next fifty years. You just have to look at the number of retail establishments that have disappeared over the last five years. They were locked into a system that was right for the twentieth century and wrong for the twenty-first century.

**Some of the new rules include:-**

- Income streams are more valuable than ever.
- Understand the trends of society. Every major trend of the last sixty years has been instigated by the Baby Boom Generation. Their major concern right now is their aging and the associated challenges. Those who can stay ahead of the trends and provide the Boomers with what they want have historically been very successful.

# LIVE PROSPEROUSLY

- Most will work to a much greater age than they ever thought was realistic.
- You need to look after yourself. The medical system cannot continue at the current levels. The social security system cannot continue at the current levels.
- Jobs as we know them will become scarcer as cheaper overseas workers take them from us.
- There will always be phenomenal opportunities for anyone who can provide quality solutions to the challenges of a large section of the population.
- Technology will accelerate, as will the changes it brings to our lives.

If you have read this tome to this point you obviously have an interest in anti-aging. You may even have a passion for aspects of it. We certainly do. Also, if you have read this far, you probably agree with a reasonable amount of what we have been writing.

**You may also perceive that the field of Anti-aging is EXPLODING and will continue to do so for decades. Herein lay some serious opportunities for anyone looking to increase their personal prosperity.**

We coach interested people in how to use technology to build an awareness of cutting edge Anti-aging. We then acquaint interested people how they can purchase anti-aging products of their choice from a company like Nu Skin on very favourable buying terms.

We do not sell anything. Nu Skin sells products. We just show keen buyers how to do so at the best possible rates. It is basic communication rather than selling. All the ageLOC products have a 100% money back performance guarantee so there is no risk to anyone.

Once someone makes a decision to embrace an Anti-aging program, the “Communicator” is paid a commission for introducing the new client. As the client buys more over time, the commissions keep being paid to the ‘Communicator’ even though they do not do any further work.

# LIVE PROSPEROUSLY

This creates an income stream that potentially continues to grow over time.

As a result of our passion for Anti-aging we have been telling people about how they can fight the aging process and we have built a substantial income that arrives every month in our bank account whether we do any work or not.

Our second passion is helping people build some prosperity in their lives. It is extremely fulfilling and a lot of fun. We do not set out to convince anyone. We just put this sort of information in front of them and if they look at it and are interested we show them more. If they are not, we do nothing more. It is totally up to them.

If you would like to know more, talk to the person who gave you this as they have a passion for Anti-aging like us. After all, there are very few people getting ahead right now. This could be the vehicle to change your life in a truly wonderful way.

**END**

**ONE LAST THING**



# ONE LAST THING

There are plenty of studies to show that your expectations and attitudes have a great effect on your reality.

Expect yourself to live for many more decades in a youthful prosperous way, doing the things you want to be able to do.

There is no guarantee that it will turn out this way but there is no guarantee that it will not. You have nothing to lose and lots to gain.

You are the sole interpreter of your life events and what they mean to you. You are constantly creating your own reality.

Consider these two words.

**REACTOR**

**CREATOR**

You can be a REACTOR to your life, but when you “C” things differently, you become a CREATOR to your life.

Why not create a good one?

We wish you well,

Debbie Chappell & Steve Alexander

**AUTHOR**

# **ABOUT THE AUTHORS**

# ABOUT THE AUTHORS

We have both been natural health practitioners since 1992, specialising in detoxification, preventative nutrition and bioenergetics. We ran a very busy clinic in Sydney before moving up to the Sunshine Coast in 1999. Having a desire to work in the fields of anti-aging and preventative health, we established an anti-aging clinic in 2003 called Revival. It still operates successfully at Peregrine Beach and Minyama.



Over the last two decades we have investigated and recommended many different products from many companies around the world.

We now have a diverse range of modalities to support Living Better, Longer. Please feel free to contact us for any further information about our services, or to book a Free Consultation and Session on our state of the art technology.



**PLAN**

# **MY ANTI-AGING ACTION PLAN**

# MY ANTI-AGING ACTION PLAN

Fill out the table below, ranking each rule on a scale from 1-10 as what you are currently doing in your life versus what you would like to be doing.

Anti-aging Rule	Current Score (1-10)	Desired Score (1-10)
Nourish Your Body		
Support Your Immune System		
Detoxify Your Body		
Hydrate Your Body		
Exercise Your Body		
Avoid Toxicity		
Control Body Fat		
Keep Your Good Looks		
Energise Your Cells		
Manage Your Stress		
Monitor Your Aging		
Live Prosperously		

Top 3 Categories For Change	Steps To Achieve These Goals
1.	1.
2.	2.
3.	3.

Bring this action plan in to your local Revival clinic and accelerate your path from where you are now to where you want to be.

**Click Here To**  
**TAKE ACTION**

