

HOW TO LOOK AND FEEL YOUR YOUNGEST

25 Top Everyday Habits Proven to Help You Most



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Founder of The Art of Anti-Aging
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How to Look and Feel Your Youngest: 25 Top Everyday Habits Proven to Help You Most

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YOUNGER, LONGER

The Insider's Health Summit

22 Top Experts Reveal the Simple and Most Effective Secrets
to Look & Feel Younger Now, Avoid Disease, and Live Long

In ***Younger, Longer: The Insider's Health Summit***, you are about to discover the proven most effective non-drug, non-surgery, non-toxic steps you must take to look and feel your best now, avoid and overcome disease, and live long and well doing it.

**Each of the 22 interviews truly holds the potential to
change your life, so you don't want to miss a moment of
this once-in-a-lifetime online event!**

In this brand-new special report, meanwhile, you're about to discover 25 of the most effective powerful non-surgery, non-drug, non-toxic steps you can take that - research shows - can slow and even reverse "the hands of time" in terms of how you look and feel – and even lengthen your life in the process!
(Please DO share this useful report with loved ones!)



"What steps should you take, starting right now, that will make THE biggest difference in how long and how well you live? That is the mission-critical question my good friend and natural health veteran, Brian Vaszily, is challenging 22 of today's leading doctors and researchers to answer for you in Younger, Longer: The Insider's Health Summit. Brian is an outstanding host, what you'll learn is simply crucial, so **be sure to listen closely** to this powerful online event!"

Dr. Joel Fuhrman

World-Renowned M.D., 7-Time NY Times Bestselling Author

How Do **YOU** Really Feel About the Following?

Hello, Brian Vaszily here, founder of The Art of Anti-Aging, host of *Younger, Longer: The Insider's Health Summit*, and a health researcher and bestselling author who others have called a “leading voice” in the natural health world for over 20 years.

And before diving into this special report, please see how you feel about the following...

Here at The Art of Anti-Aging, **the “anti” means we’re *against* all the destructive lies about getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re ***against* all the toxic “solutions” and toxic thinking** so often pushed on people by the Big Cosmetic, Big Food, and Big Pharmaceutical industries, who so often play upon those destructive aging lies and manipulate people through fear.

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And **we are 100% committed to providing you the proven most effective health and wellness steps** to achieve that... to look your best, feel amazing, avoid and overcome disease, and live a long life doing it.

If our mission sounds worthwhile to you, welcome to our positive and supportive community 😊



TOTAL CLARITY on the Most Effective Steps

There's an overwhelming amount of health info out there in online events, blogs, articles, and more. And it all presents **two very big problems** that frustrate and even mislead many people.

One, so much of it is not evidence-based from sources you can trust.

Two, it causes serious confusion, because people are unclear on what steps to invest their precious time and energy in that will actually make the fastest and most powerful difference in their health and life.

That's why *YOUNGER, LONGER: The Insider's Health Summit* truly will be the most life-changing and possibly even life-saving event you ever experience.

You see, I'm cutting to the chase and challenging 22 of today's most renowned and trusted doctors and researchers to each reveal their answers to this one ESSENTIAL question for you:

"From your unique area of expertise, what are the 3 simple and MOST EFFECTIVE steps people must take to look and feel their best now, avoid and even overcome disease, and live long and well doing it?"

Yes, that means you're getting TOTAL CLARITY on only the most important and effective steps that will make the most difference in your health and life.

True, you don't yet know from which of the 22 top experts in Younger, Longer the insights will come that lead to the biggest breakthroughs for you in particular...

However, considering these world-renowned experts are each revealing only their proven most powerful secrets, you can be **certain** those life-changing insights WILL come.

That is why **you truly do not want to miss a moment** of this unique summit. If you miss even a single expert, after all, you may well miss that one crucial gem that makes ALL the difference for you. Therefore...

[Head here now to sign up for the FREE online Younger, Longer: The Insides Health Summit](#) if you aren't signed up already and...

[Head here to get the COMPLETE recordings and written transcripts of the entire summit](#) if you don't feel you'll be able to hear all 7 days of this essential event when it airs live, and to experience it all on your own schedule when and where YOU choose.

With that noted, the summit actually starts NOW, with this useful new report...



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How to Look and Feel Your Youngest:

25 Top Everyday Habits Proven to Help You Most

No one wants to look or feel old.

And for eons, people have sought ways to avoid it -- 16th century explorer Juan Ponce de Leon's mythical quest to find the fountain of youth and today's 20-billion-dollar plastic surgery industry are two different and yet very much the same telling examples.

Now, while it may be unhealthy and unfruitful to yearn to look like you're 21 again when you are, say, 51, here's a blunt but true statement...

Many if not *most* people today do look and feel *far* older than they ought to for their age.

In brief, this is the result of many of our modern lifestyle choices and realities, such as widespread poor diets and lack of exercise to our bodies being constantly bombarded by toxins from cosmetics, polluted air, cookware, and more.

Now, here's the great news...

There are powerful non-surgery, non-drug, non-toxic steps you can take that - research shows - can slow and even reverse "the hands of time" in terms of how you look and feel – and even *lengthen* your life in the process!

In this special report, you're about to discover 25 of the most effective of those ways. And I call them "habits" because, yes, that is ideally what you want to strive toward making each of these.

Now, overall, you're going to detect a general trend with all of these habits that really is a simple tenet to live by if you want to look and feel your best and live long doing it:

What you allow into your body is what you'll get out of it.

The more you feed your body, skin, and mind harmful things, the greater the price you'll typically pay in terms of how you look and feel... how well your brain performs... your susceptibility to disease... and how long you live.

On the flipside, the more you feed your body, skin, and mind healthy things, the more you'll typically "rock it" on all fronts now and very late into life!

With that in mind, let's get to the important stuff that will help you "rock it" the most...

STOP Feeding Your Skin – and Therefore Your Body – Toxins

Your skin is your body's largest organ and can be thought of as a billboard for your overall health. Your skin is also a key component of your immune system, providing front-line defenses against foreign invaders. It even has its own microbiome of "good" bacteria that help protect your skin health and overall health.

And it is crucial to remember that your skin literally consumes much of what is applied to it.

In other words, the various ingredients in products you apply to your skin are consumed *into* your body, where they can enter your bloodstream and are sent to tissues and organs throughout your body.

This is important because many typical cosmetic and personal care products today are loaded with toxic and synthetic ingredients. The cosmetic/personal care products industry is one of the most unregulated in the U.S. and is certainly a case of "Buyer Beware".

You absolutely must take control of your own health when it comes to these products.

Just one case in point: In over 40 different countries, including in the European Union, more than 1400 chemicals have been banned for use in cosmetics/personal care products because of their potential to cause harm.

However, this does NOT include the United States, which has banned only ELEVEN chemicals!

More food for thought: Every day, women in the U.S. use an average of 12 personal care products that contain 168 different chemicals. Think about how many chemicals that adds up to over the course of a week, a month, a year.



Now, of the thousands of chemicals used in products in the U.S. that have been banned elsewhere, many have been linked to early aging and disease, including cancer, neurological issues, hormonal issues, and immune system issues.¹

And while a handful of these toxins have finally started to receive the “negative press” spotlight – such as parabens, phthalates, PFAS, and formaldehyde – keep in mind there are at least 1400 different chemicals you’d want to be wary of.

Therefore, remember these two key rules:

RULE #1

Anything you apply to your skin IS food, and you must have the same level of concern when choosing it as you do for the foods you put into your mouth. When you are pushing your grocery cart down the cosmetics/personal care products aisle of a store, remember you are in a food aisle.

RULE #2

Always look for independent certifications that cosmetics / personal care products are toxin-free and safe. In the U.S., the most prominent of these is the strict USDA Certified Organic designation, which ensures that not only safe, toxin-free ingredients are used, but that those ingredients which are included in a product were farmed organically, without pesticides and herbicides. Many other countries have similar certifications, such as ECOCert which serves over 80 countries.

Feed Your Skin Healthy Ingredients

Here’s a blunt yet valid statement: Many if not most people today look significantly older than they ought to look.

Again, your skin can be likened to a billboard for your overall health. And this widespread early aging is due to multiple modern lifestyle habits, such as poor diets low in plant-based foods, lack of enough water and exercise, poor sleep, and being overburdened with toxins – including from typical cosmetics and personal care products.



Now, here’s the GOOD NEWS: Skin tends to be very responsive to positive change. In other words, relative to other changes, you can often see results quickly when you make healthy changes for your skin!

And because your skin literally consumes much of what is applied to it, as covered above, it makes sense to avoid personal care products with toxic ingredients that can cause the appearance of early aging and far more serious issues as well.

By the same token, it also makes sense to feed it healthy, natural ingredients that nourish your skin and will help you look as young and radiant as you are meant to look.

In a very general sense, you want to feed your skin ingredients that help keep it hydrated and that can help boost the two key components involved in young versus old-looking skin: the protein called “elastin” and the protein called “collagen.”

Now, nature provides many great ingredients toward this end.

Other ingredients to strongly consider using on skin (i.e., feeding your skin) are those high in vitamin C, which is outstanding for helping to boost collagen levels. For example, amla, or Indian gooseberry, is sky-high in vitamin C, as well as other beneficial antioxidants that can help with the appearance of wrinkles and help brighten the look of skin. Mango seed extract is another exceptional ingredient bursting with vitamin C for your skin.

Meanwhile, for hydration, sunflower seed oil is abundant in vitamin E, which is excellent for helping to lock in moisture. And “classic” ingredients like cacao seed butter, aloe vera leaf juice, and shea butter are outstanding for moisturizing skin, too.

The bottom line, again, is that your skin eats, and it is key to put the same care in choosing what to feed your skin as what you would allow into your mouth!

Drink More H₂O

Water is necessary for life itself, of course, including the function of every cell in your body. When cells do not have adequate water, they are unable to perform as well as they should.

This dehydration can have a negative impact on every facet of your health, ranging from prematurely old-looking skin and poor moods to digestive issues, immunity issues, and beyond.

In other words, drinking enough water is likely THE most effective way to look and feel young and live longer.²

One often overlooked aspect of water is that it protects the body's tissues, spinal cord and joints. This allows for more movement and physical activity, allowing you to feel active and youthful.

Water even helps to improve oxygen flow, which increases energy and can boost your mood, and also helps to cleanse toxins from the body, improving overall body functions. This is vital because toxins can impair digestion and nutrient absorption, weaken the immune system, and lead to disease.

Studies have also shown that drinking adequate water is important for optimal cognitive function. Specifically, dehydration impairs short-term memory, alertness, and focus.³

Now, the old idea that you should drink eight glasses of water a day is not based on any research.

However...



Most experts do recommend that you drink half your body weight in ounces of water every day (and this does come from research).

For instance, an individual weighing 140 lbs should drink 70 ounces of water each day (that's a little less than half-a-gallon). If you find it difficult to drink enough water during the day, try adding some natural flavor. You can add lemon or lime juice or infuse with any citrus fruit, strawberries, or cucumbers.

Finally, do keep in mind that when you eat a whole-food, plant-based diet that includes plenty of fresh vegetables, you will “drink” plenty of water from the foods themselves. If you do routinely eat this healthy diet, you may want to only drink when you're thirsty or when you perspire from heat and/or exercise.

Streeetch!

Daily stretching is important for several reasons.

Many people associate it with exercise, but daily stretching is beneficial regardless of activity level. It eases muscle aches and stiffness, and joint flexibility protects from injury, helping you stay active, which is a great way to feel younger! Stretching also reduces post-exercise discomfort.

To add to this, stretching helps to improve blood flow and nutrient supply throughout the body. Additionally, it has been shown to lower blood pressure, decrease arterial stiffness, and reduce the risk of heart attack.⁴

Stretching has also been shown to improve posture, which has many benefits for overall health. Poor posture affects your ability to breathe deeply and can cause chronic headaches. Improved posture has been shown to improve mood⁵ and self-confidence and is important for optimal digestion. Furthermore, proper posture also contributes greatly to looking as young as you ought to look!

Now, there are many great books and video guides providing stretches you can do. Simply Google “stretching routine,” for example, and you'll find dozens of videos.

If you have particular issues, such as shoulder pain, Google “stretching routine for shoulder pain,” or if you play a particular sport or have a specific physical hobby, such as gardening, Google “stretching routine for gardening.”

Another way to incorporate stretching into your weekly routine is through restorative yoga. Properly done, yoga will give you the extra benefits of helping to ease the mind and reduce stress.



Get Up and Move More!

You've surely heard this one before, and it's true – exercise is key to helping you look and feel younger and live longer.

Now, when people hear “exercise more,” many equate that to “hit the gym more.” And if you love the gym, by all means, go. However...



What is most important when it comes to exercise is engaging in physical activities that you enjoy. This makes it far more likely you'll stick with the exercise, which is the golden key, since so many people who push themselves to do exercises they don't like soon end up “back on the couch”!

If you don't love exercising on machines, for example, there are many other ways to get moving more. Walking, gardening, bicycling, dancing, pickleball, golf, and rowing are just a few examples.

Of course, in terms of getting the *maximum* benefits from exercise, the “ideal” is to engage in exercises that strengthen your heart (and other organs) as well as those that strengthen your muscles. And that means engaging in higher intensity exercise, such as where you are sweating and out of breath... and engaging in activity that pushes the limits of your muscles.

However, with the majority of people today being far too dormant, it is important to walk before you run. The wonderful reality is that once you do start to feel the benefits of exercise by engaging in an activity you enjoy, you'll naturally want to take things to a higher level for your body anyway!

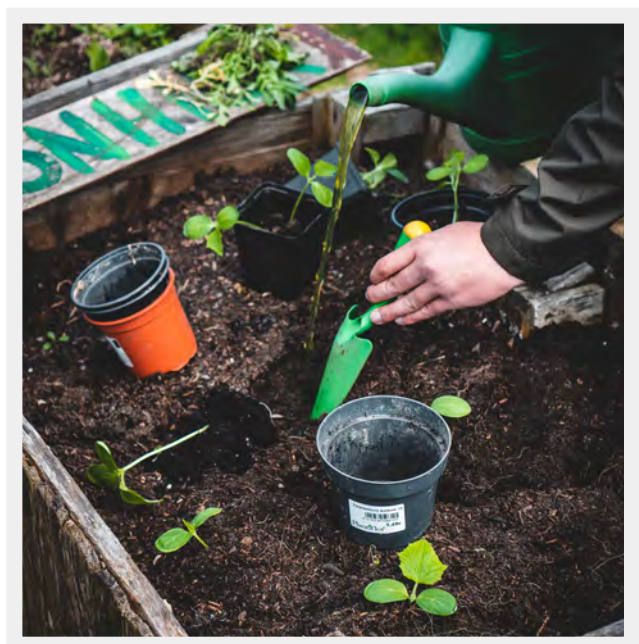
Less sitting and more moving is, in other words, crucial.

Now, as for the specific health and longevity benefits of exercise, it would take pages to list them all.

With heart disease being today's leading cause of death, though, it's important to note that exercise is key to cardiovascular health. It increases blood and oxygen flow, which actually benefits all systems of the body and cellular health.

Exercise also releases endorphins that lower stress, increase energy levels, and boost mood, which are the more immediately noticeable benefits many people appreciate.

Additionally, exercise helps keep your bones and



joints healthy and strong, protecting you from injury. It improves posture, which helps you not only look and feel younger, but improves mood⁶ and self-confidence as well.

Studies⁷ have also shown that those who regularly exercise fall asleep more quickly and experience deeper REM sleep. The quality of sleep also impacts all areas of wellness, including cellular function, digestion and absorption, immune system response, and cognitive function.

The list of exercise benefits could go on, but you get the idea... keep (or start) moving!

Eat More Nutrient-Dense Foods

Many people today focus on macronutrient consumption – consuming a certain amount of protein, carbohydrates, and fat. While eating a macronutrient-balanced diet is important, it is at least equally important to consume a diet providing all the micronutrients – vitamins, minerals, and so forth – that your body needs.

Now, processed foods are wildly popular today (as you probably well know), but they are severely lacking in these micronutrients.

To put it simply, the best way to ensure you are getting the nutrients your body needs is by eating whole foods, meaning foods in their unprocessed, natural state. It is also key to ensure this includes plenty of whole fresh fruits and vegetables.

With that noted, many whole foods are very good, but there are certain foods that are true superstars in terms of their nutrient-density. In layman's terms, that means they are jam-packed with nutrients, and eating more of them is simply a brilliant move from a health and longevity standpoint.

Below are 20 such nutrient-dense superstar foods. Eating a variety of these in your diet routinely is one of smartest things you can do to look and feel your youngest and live long doing it!

- Avocados
- Blueberries
- Spinach
- Kale
- Hemp Seeds
- Sea Vegetables (such as wakame, nori, kelp, and dulse)
- Fermented Cabbage (i.e., traditional sauerkraut)
- Wild-Caught Salmon
- Garlic
- Moringa
- Beets
- Chili Peppers
- Turmeric
- Mushrooms
- Sweet Potatoes
- Almonds
- Brazil Nuts
- Maqui Berries
- Dragon Fruit
- Prickly Pear (a.k.a., nopal cactus)



Eat More Cruciferous Vegetables

They are also high in folate, which helps the body produce new, healthy cells. This not only improves skin appearance, but also helps overall cellular function.

The green leafy cruciferous vegetables -- such as kale, mustard greens, and collard greens – are very high in vitamin K, which is important for bone, blood, and brain health (all of which impact longevity and the aging process.)

And, finally, broccoli, cauliflower, and various other cruciferous vegetables are also very rich sources of chlorophyll. This compound that produces energy for plants promotes cellular energy production in our own bodies and, frankly, has so many benefits that it can be considered a “fountain of youth” compound.

Cruciferous vegetables are in a class all their own in terms of powerful health benefits, which makes it important to eat plenty of them.

Some of the most common cruciferous veggies are broccoli, cauliflower, cabbage, Brussel sprouts, kale, bok choy, mustard greens, collard greens, arugula, and watercress.

Though it varies somewhat with each specific veggie, Cruciferous vegetables as a whole provide a very wide range of nutrients and both soluble and insoluble fiber. It would take pages to list all their benefits, but by way of example...

Cruciferous vegetables may be THE food of all foods to help fight cancer. For example, indole-3-carbinol, or I3C, is a substance that is formed from the consumption of cruciferous vegetables. I3C has been shown to reduce the risk of estrogen-enhanced cancers (8), including breast cancer and endometrial cancer.



Cruciferous vegetables also provide very powerful support for healthy liver function, helping it to break down toxins and maintain hormonal balance.

Be Sure to Eat Healthy Fats



In case you haven't heard, the idea that "all fats are bad" that was prevalent in the not-so-distant past is downright false.

Healthy unsaturated fats – both monounsaturated and polyunsaturated -- are actually essential to looking and feeling your best and living longer.

They decrease the risk of heart disease and stroke, lower cholesterol, improve the absorption of vitamins, support hormonal balance, promote healthy skin and hair, and more.

Just some of the foods rich in these healthy fats include avocados, nuts, seeds, and fatty fish such as wild-caught salmon and sardines.

Now, one very important type of polyunsaturated fat that most people today are not getting enough of is omega-3. Omega-3 fatty acids are very powerful antioxidants that help protect you from free radicals that cause cellular damage (which can lead to premature aging, cancer, and other diseases).

Omega-3s have also been shown to boost mood, lower depression⁹ and support mental wellness. Additionally, they are important for focus, memory, and optimal cognitive function. DHA, one type of fatty acid, has even been shown to improve brain function¹⁰ in individuals with mild cognitive decline.

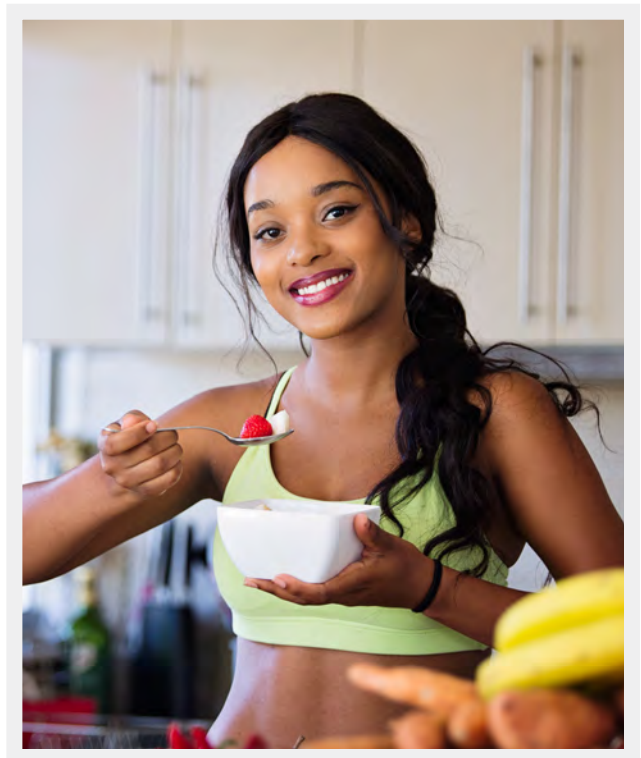
In total, there are three main types of omega-3s, and it is beneficial to consume them all: alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and the aforementioned docosahexaenoic acid (DHA).

Flaxseeds, pumpkinseeds, and nuts are outstanding sources of ALA -- especially walnuts, which can provide 200% of the daily recommended amount. Vegetables such as seaweed, nori, spirulina, and chlorella are top plant-based sources of EPA and DHA and fatty fish such as wild-caught salmon and sardines are very rich sources of EPA and DHA. There are also many supplements providing EPA and DHA, such as algae supplements and fish oil supplements.

Eat More Berries!

The message has been trumpeted berry loudly, but it still bears repeating...

Berries are true superfoods, providing a wide range of benefits in terms of how you look, feel, and how long you live!





They are low in calories, yet high in fiber. Berries are a rich source of essential nutrients such as vitamin C and vitamin A. Their fiber content helps maintain healthy blood sugar levels, and they are excellent for boosting your energy levels.

Berries are also bursting with antioxidants, which protect our bodies from free radicals and repair cell damage. These antioxidants are also important for healthy immune system response, healthy memory and brain function, and cardiovascular health. Plus, these antioxidants are very beneficial for skin health, promoting a more youthful appearance.

Berries are particularly rich in flavonoids, a diverse group of antioxidant phytonutrients found in plants. The particular flavonoids in berries have been shown to protect brain cells and decrease cognitive decline¹¹.

As for the type of berry...

YES, blueberries have especially received a lot of the spotlight – and justifiably so, as they are so nutrient-dense – but the good news is that you can't go wrong by eating any of the berries. Raspberries, blackberries, goji berries, cranberries, boysenberries, lingonberries, elderberries, mulberries, and even the ever-popular strawberries all deserve a cape for being food superheroes!

In fact, the wisest advice when it comes to consuming berries is to **“vary your berry”** – eat a range of different berries routinely to enjoy a wide range of their incredible benefits!

Greatly Reduce Processed Foods

Along with *increasing* your consumption of nutrient-dense whole foods, it's also essential to decrease your consumption of processed foods, which are not only nutrient-deficient but also frequently contain harmful chemicals in the way of artificial additives, MSG, etc.

The definition of “processed” can vary (after all, even frozen or canned foods are technically processed). However, what we're mainly referring to here is foods that are barely or not at all recognizable as their whole ingredients- or ones that have too many harmful additives.

This includes, for example, foods that contain added sugars and salt, foods stripped of some or all of their



nutrient value (such as refined grains), foods with artificial chemicals added, and foods that have been lab-engineered to appeal to human taste buds.

In other words, most of the foods that are very popular today!

Along with the problem of simply lacking nutrients your body desperately needs, processed foods have been shown to cause inflammation, increase the risk of cancer, and contribute to other health conditions¹² such as obesity, heart disease, diabetes, and high blood pressure.

Now, by way of example, let's dive a bit deeper into just one of the many problems with these processed foods -- all that added sugar.

The average adult in the U.S. consumes nearly 20 teaspoons of added sugar daily – far more than any expert recommends. And all that sugar promotes excess insulin in the arteries, causing them to get inflamed and thick, which in turn stresses the heart and can lead to heart disease and death.

It's no wonder heart disease is today's #1 killer!

If that weren't enough, excess sugar also increases your risk of type 2 diabetes, cancer, depression, and kidney disease. It may accelerate cognitive decline and can also accelerate skin aging.

Again, that's just one problem among many with processed foods, so it can't be stressed enough... cut way down on them and, ideally, cut them out.

Restore Gut Microbiome Balance

There's a lot of truth to the statement that health begins in the gut.

Your GI system is much more than just a set of organs that work together to digest food. It's also home to many microorganisms, including beneficial bacteria that are key to proper digestion and the health of the rest of your body.

Maintaining (or increasing in many cases) the colonies of beneficial bacteria, yeast, etc. commonly referred to as "probiotics" is what keeps your gut microbiome in balance. And a thriving, balanced gut microbiome¹³ is integral to digestion and absorption of food, immune function, mood and mental health, hormone balance, and skin health -- among many other things.



In fact, without a healthy gut, it's extremely difficult, if not impossible, to feel and look young and vibrant because your gut is connected to *all* parts of your body, including your mind.

Of course, one of the biggest steps towards digestive health is consuming probiotics (on a regular basis).

Probiotics are mainly found in fermented foods such as yogurt, kefir, kimchi, and sauerkraut, but you can also take quality probiotic supplements (or do both to get as wide a range of bacteria as possible).



So far, no one strain of probiotics stands above the rest as “optimal” for gut health because each person may be lacking a different strain (or several). Therefore, aiming for a diversity of probiotics is the best practice. That’s why, if you do choose to supplement with probiotics, it can actually be a good idea to take a couple different types providing different probiotics.

Now, just as important as probiotics, but less often discussed, are prebiotics.

Prebiotics are a type of fiber that “feeds” the good bacteria in your GI tract. When the good bacteria have plenty of this food, they can, of course, multiply.

Some excellent sources of prebiotics include onions and garlic, asparagus, apples, bananas, oats, flaxseeds, almonds, lentils, chickpeas, chicory root, Jerusalem artichoke, seaweed, and cocoa powder.

Consume More Mushrooms (Particularly a Specific Type)

Much more than just a common pizza topping, mushrooms are nutritional powerhouses.

In traditional and folk medicine, certain types of mushrooms have been used for centuries (and likely longer) for their healing properties. These are the types known today as “medicinal mushrooms” because of their exceptional health benefits.

What makes mushrooms a great food for looking and feeling younger?

To start with, all mushrooms are low in calories, yet full of nutrients like B vitamins, selenium, potassium and vitamin D. They also contain a type of soluble fiber known as beta glucan that’s linked to lower cholesterol levels and better blood sugar regulation.

Medicinal mushrooms have also been shown to decrease inflammation (which is linked to many chronic diseases), strengthen bones, improve heart health, and increase energy -- all important to maintain vitality as you age.

Abundant in antioxidants¹⁴, mushrooms (particularly the medicinal types) can also protect against free radical damage, repair cell damage, strengthen immune function, and slow the aging process at the cellular level- the very definition of an anti-aging food.



Mushrooms have even been shown to support brain function by potentially improving memory and protecting against cognitive impairment. In fact, a recent study by Penn State indicates that consuming mushrooms may decrease your risk of Alzheimer's and Parkinson's disease

While all mushrooms are healthy (except the poisonous varieties), there are a few that are especially powerful.

These include chaga (incredible immune support), lion's mane (exceptional brain booster), cordyceps (energy powerhouse), shiitake (another immune enhancer), turkey tail (cancer fighter and will "feed" your skin antioxidants), and reishi (mood-boosting).

Sleep Better, Feel (and Look) Younger

Quality sleep is one of the most crucial pieces to feeling youthful and living long. Many are also not aware of just how extensively it impacts the health of your skin. Just a few nights' lack of sleep can give you a tired-, old-looking complexion, and chronic lack of sleep leads to even worse signs of aging.

On the other hand, sleeping well allows your body time to repair and heal, which is important for rejuvenating skin cells and keeping that healthy "glow".



Listing all the specific benefits of sleeping well could take up a few pages. But some of the top ones include better energy levels, improved concentration and memory, stronger immunity, faster metabolism and better weight management, and improved cardiovascular health.

Exactly what most of us could use to look and feel better!

You've probably heard of the recommended 7-8 hours of sleep each night, but there's something else to consider.

Research suggests that not only do you need to get *enough* sleep to be healthy, having a consistent sleep schedule and *quality* of sleep¹⁵ are both also important. The two are very much linked because an inconsistent schedule will disrupt your circadian rhythm, the cycle that informs your body of when to wake and sleep, leading to tossing and turning for much of the night.

Poor sleep quality is detrimental for staying youthful. It can lead to worsened immune function, hormonal imbalances, and mental disorders such as depression and anxiety, just to name a few.

Fortunately, there are many things that you can do to improve your sleep quality and quantity.

Start with establishing a set bedtime and a consistent routine for winding down – even on weekends. In your wind-down routine, you can also adjust your environment by dimming the lights, playing relaxing music, using an essential oil diffuser, and other relaxation-prompting activities.

Also important for sleep quality and quantity are turning off the TV and other sources of stimulation at least an hour or two before heading to bed, and sleeping in an environment that is as dark as possible.

Note that certain foods and herbs – such as tart cherry juice, almonds, walnuts, kiwi, chamomile, and passionflower -- are sleep-promoting and can be used as natural sleep aids. It's also helpful to foster “pro-sleep habits” during the day, particularly by getting exercise, exposure to direct sunlight, and limiting caffeine intake to earlier in the day.

Keep an Eye on Blue Light Exposure

Tying into the critical nature of getting a good night's sleep, light is one of the most important factors for establishing a healthy circadian rhythm¹⁶.

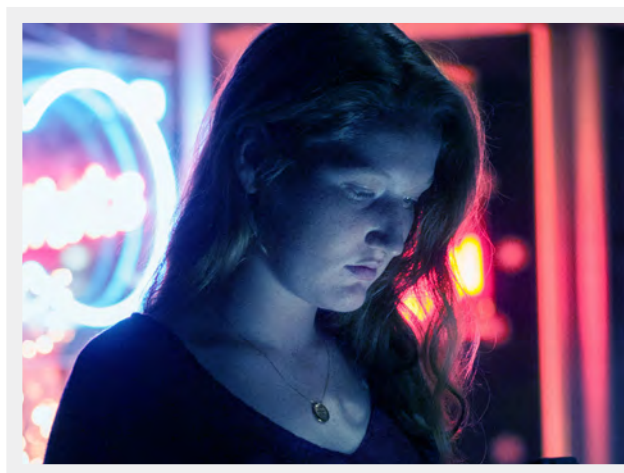
All visible light can disrupt your sleep cycle, but blue light¹⁷ is frequently the biggest culprit.

Your body is designed to wake with the sun and go to sleep once the sun has set. As the evening becomes dark, your body releases melatonin, a hormone that makes you drowsy and encourages sleep.

Blue light actually suppresses the hormone melatonin, which in turn makes it more difficult for you to fall asleep.

Naturally speaking, most blue light exposure comes from sunlight. It makes you feel alert and elevates your heart rate and body temperature, which is welcome during the day. However, at night, this action, combined with the suppression of melatonin, majorly interferes with your sleep.

And, of course, our modern society has many artificial sources of blue light that don't “set” like the sun does.



Fluorescent lights, television and computer screens, and electronic devices such as smartphones and tablets are all sources of blue light. And many people are using these blue light sources right up to bedtime (and sometimes in bed).

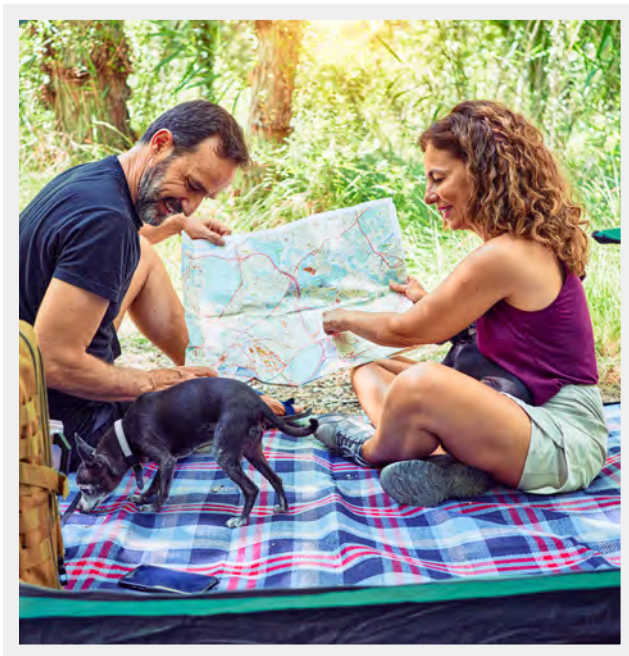
To avoid overstimulation from blue light and get your sleep cycle back on track, it's VERY important that you limit or discontinue your exposure to blue lights 2-3 hours before going to bed.

If you absolutely don't want to turn them off, most devices have blue light filters (or an app) that turn off blue light while allowing you to continue using the device. Another option is to purchase glasses that help

to filter out blue light. Also, be sure to dim the lights and lamps in whatever rooms you are in an hour or so before bedtime.

Spend More Time in the Great Outdoors

It's estimated that Americans spend 90% of their time indoors. This is, frankly, an alarming amount of time considering how important getting outside is to health and longevity. Sunlight and spending time in nature are both *essential* for overall health, living at your peak, and slowing the aging process.



Sunlight alone is a good enough reason to get outside more often. Not only does it feel good to stand in the sun, sunlight is also an essential component of vitamin D production.

Vitamin D is a powerful essential nutrient that helps keep your body, mind, and skin youthful.

Getting enough of the sunshine vitamin strengthens your immune system, boosts brain and heart health, contributes to healthy bones, *and* supports skin health. You could say it feeds youth from the inside out.

Besides powering yourself up with sunlight, spending time outside also encourages movement, elevates your mood, increases concentration, improves cardiovascular health, and boosts immune function.

One study even indicated that just 20 minutes outdoors gives the same energy boost as a cup of coffee, another “fountain of youth” effect.

If you don't already, start making it a point to get outside, breathe in the fresh air, and soak in the sunshine. Unless otherwise advised by a medical professional, strongly consider exposing your skin to sunlight *without* sunscreen for optimal vitamin D production, adding in sun protection only after a bare minimum of 15-20 minutes sun exposure..

Minimize Toxins in Your Home and Environment

As mentioned in the previous section, it's estimated that Americans spend about 90% of their time indoors – and most of this is typically in the home. And while we all want home to be a safe haven, unfortunately, most homes are FULL of toxins that can negatively affect your health and accelerate the aging process.

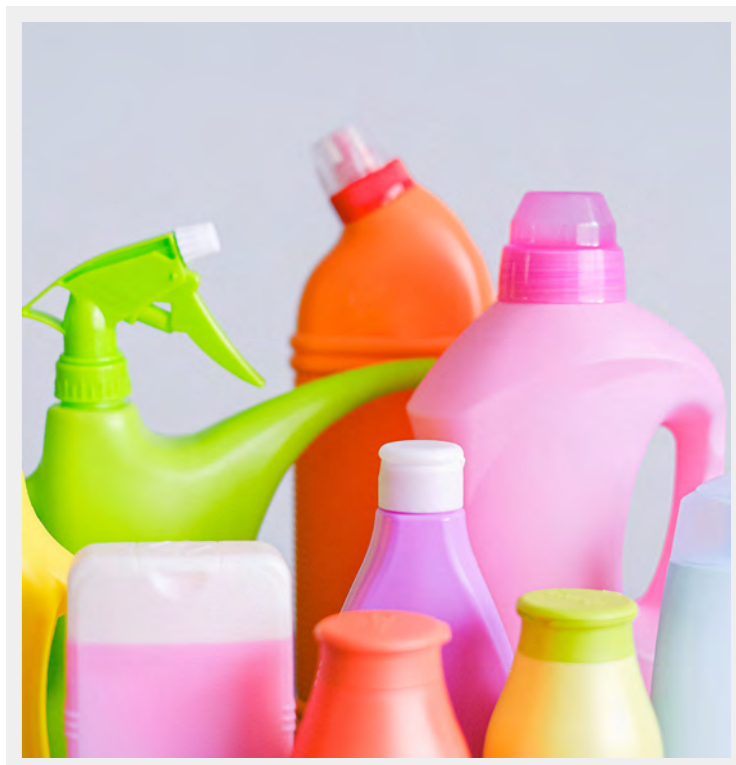
It doesn't take much searching to find toxic products in your homes. They hide in cleaning products, bedding, clothes, building materials, cookware, furniture, and many more places. Many are in the air itself inside the home.

Some of these substances are endocrine disruptors¹⁸ that may compromise hormonal health, immunity, cognitive function, metabolism, and more. Others are known or probable carcinogens that have been linked to an increased cancer risk.

Still others are known as volatile organic compounds (VOCs) that can be harmful to your lungs when you breathe them in and can also be endocrine disruptors and carcinogens.

Realistically, of course, you can't avoid all toxins (since they are truly everywhere), but you can and should take it step-by-step to greatly reduce your exposure if you want to look and feel younger and live long.

This includes easy steps like replacing dryer sheets with balls made from hemp or bamboo, purchasing all-natural/plant-based cleaners (or make your own!), replacing air fresheners with pure essential oils and a diffuser, using glass food storage containers and water bottles, investing in toxin-free sheets and pillows, and using a HEPA air filter.



Later on, you may want to look into bigger projects. The first such higher-cost replacement you'll want to consider is replacing your bed mattress, as many mattresses can emit VOCs and people spend around 1/3 of their lives in bed! A few examples of other "higher-ticket-cost" replacements to consider are replacing furniture that may contain toxic flame retardants and replacing chemical-laden carpeting.



And, again, though this was covered at the start in this report, it bears repeating – eliminate cosmetics and personal care products containing synthetic and toxic ingredients, especially those you apply directly to your skin as your skin literally consumes, into your body, much of what you apply to it!

In short, simply work through your home one room / one product at a time, replacing potentially toxic items with safe, healthier choices. NEVER, though, put too much pressure on yourself to make all the changes right away, as that kind of worry and guilt can be terrible for health, too. Your health *will* improve with each step you do take!



Laugh More!!!

Is laughter really the best medicine, as the saying goes?

Well, there's actually a growing amount of evidence pointing to the fact that it may at least be *amongst* the best "medicine" for looking and feeling young and living long!

Not only does laughter feel good in the moment, it also initiates positive (and long-lasting!) physical and emotional changes in your body. It can boost your mood, decrease pain, enhance immunity, and even improve cardiovascular health¹⁹.

Having a good laugh also reduces levels of stress hormones like cortisol, epinephrine, and adrenaline. Even better, it releases helpful, feel-good endorphins²⁰, dopamine, and oxytocin.

This may be one of the best aspects of laughter, since research has shown time and again that reducing stress and boosting happiness is a proven way to feel younger and live longer. It even makes your body more resistant to disease, which is a true anti-aging superpower!

Unfortunately, as one study indicates, adults only laugh about 15 times a day, while healthy children laugh as much as 400 times a day. Therefore, it's clear that many of us have a lot of catching up to do.

What is your "prescription," therefore?

To smile and laugh more!

Because this is one prescription you cannot overdose on and that does equal better health the more you do it!

Watch more funny movies, support your local comedy club, hang out with funny people, watch silly cat videos on YouTube -- whatever it takes to bring more laughter into your life!

Also **BE SURE** to read my email communications at The Art of Anti-Aging. Because not only do I share the most effective steps to look and feel your best and live long in my emails, but I routinely share the OTHER thing I am known for... my “terribly good dad-jokes” that make my own little kids giggle... and make my teenager roll his eyes and groan ;-)

For example...

Why should you never trust an atom?

Because they make up everything!

;-)

Try New Things to Boost Your Brain

A great way to feel younger instantly and keep your brain younger for longer is to make time for new activities that push your brain to learn and grow.

Along with bringing back a sense of youth, every new experience enhances something known as “neuroplasticity.” Neuroplasticity refers to your brain’s ability to change and adapt and is absolutely *essential* to maintaining a youthful, sharp mind. (It basically helps to keep your brain “fit” and “in shape”.)

When you try something new, your brain creates neurons as well as new neural pathways, which is what promotes neuroplasticity²¹. And if you start doing this regularly, you’ll keep creating new neural pathways and lessen the chance that your mind will start declining and getting “rusty”.

This simple yet incredibly powerful way of protecting the youthfulness of your brain is as easy as thinking of an activity or skill you’ve always wanted to learn and then doing it.



Yes, it can certainly be a longer-term challenge -- such as learning a new language or a musical instrument -- but anything that challenges your mind and gets it out of its “comfort zone” is a good thing, even assembling IKEA furniture!

Lean into Enjoyment

On a similar note to trying new things, be sure you also regularly engage in activities that you *enjoy*. Life is busy and full of responsibilities, and it’s easy to get so caught up in the seriousness that we forget to find enjoyment.

But doing things that you truly enjoy is one of the secrets to looking and feeling more youthful from the inside out.



Joy and happiness are both proven to lower stress, boost your mood, decrease pain, and even improve heart health. In fact, one study²² found that adults who engaged in two or more hours of art per week reported significant improvement in their mental well-being.

Joy can even enhance immune system function and help your body fend off infection -- two things that will definitely help you live longer!

Of course, the biggest obstacle is that many adults don't make room for fun anymore (sound familiar?). The power of play has been far, far underestimated, even viewed as irresponsible, HOWEVER, the truth is it can strengthen your body and mind, improve your health, and even give you that "glowing" youthful look again.

The options of enjoyable activities are endless: a recreational sport, regular board game nights, gardening, knitting, woodworking, painting, or running a backyard obstacle course with your children (or even by yourself!) are just a few examples.

Whatever you choose, it cannot be overstated how important it is to routinely embrace a childlike sense of play to seriously boost your adult health.

Minimize Stress

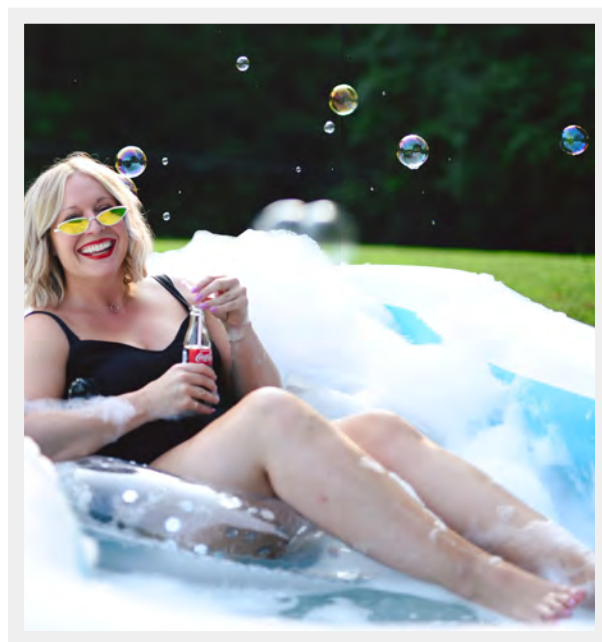
Not every form of stress is "bad," but chronic stress can wreak havoc on your overall wellness. Furthermore, few things will make you look and feel old as much as excess stress.

To give you an idea of how bad it can be, long-term, ongoing stress can increase your risk of insulin resistance, high blood pressure, poor sleep, increased inflammation, endocrine disorders²³, and weakened immune system function.

Staying in "fight or flight mode" (which happens with chronic stress) also halts or impairs functions that are not essential to immediate survival, such as digestion and hormone balance, which can be detrimental to your long-term health.

Chronic stress can cause even more complex issues (think auto-immune diseases, etc.), but to sum it up simply: If you want to look and feel your best, minimizing or managing stress in a healthy way is critical.

Now, different people de-stress in different ways, and it certainly pays to try different common relaxation practices to discover what works best for you. This can include reading, stretching, yoga, listening to



relaxing music, going for regular walks, aromatherapy, deep breathing, meditation and mindfulness (covered below) and more.

And, truly, virtually every other step covered in this report to look and feel your youngest also helps with managing stress!

That is certainly true for getting more movement, laughing more, and doing things you enjoy, but it's also true for eating healthy foods and minimizing your intake of toxins from cosmetics, personal care products, indoor air, cookware, and more (these toxins stress the body, after all!)



Start Practicing Mindfulness

Mindfulness has become a bit of a buzzword, but it has some solid health benefits behind it.

Simply defined, mindfulness is the practice of being fully present, in the moment, without judgement. It's the opposite of the distracted, hectic, and ever-moving world many of us live in regularly.

Practicing mindfulness is wonderful for keeping the mind AND body youthful.

It can lower stress and anxiety²⁴, elevate your mood, improve sleep, increase mental focus, strengthen immune system function, lower blood pressure, and increase the flow of blood and oxygen. Regular practice of mindfulness even results in long-term changes in brain function.

With all these incredible anti-aging benefits, how do you start becoming more mindful?

Meditation, yoga, and breathwork are activities most often connected with mindfulness. And, truly, they can be outstanding for your mind and body if you enjoy them and practice them regularly.

However, any activity that prompts you to simply “tune in” to the present moment on a regular basis is also a way to practice mindfulness. You can do housework mindfully, eat mindfully, garden mindfully, walk mindfully, bicycle mindfully, and so forth.

In fact, one way to determine which activities are most likely to get you “into” a mindful state is to try to recall the activities you've done where you really “get into it” – you're in the zone, you're in the flow state, you're fully tuned in to the “now,” to use some other common phrases.

For any that come to mind, they're worth doing more, because this mindfulness is so beneficial (and if it does happen to be housework, you're going to have one very clean house! :-))

Try Red Light Therapy

Red light therapy (RLT) is a technique that uses a low-level wavelength of light to strengthen mitochondria.

Mitochondria are the energy powerhouses of your cells. They provide energy to your body at the cellular level (where aging happens!) and are connected to every single body system.

By strengthening them and increasing cellular energy with RLT, all your body systems have the potential to be improved and the aging process slowed. RLT may also specifically promote cellular healing and encourage optimal cellular function, which are both important for maintaining youthful-looking, age-defying skin.

Though still relatively new, red light therapy has the potential to be a potent anti-aging technique.

Its numerous specific benefits include the following: promotes wound healing and tissue repair (resulting in more youthful-looking skin), improves hair growth, increases the production of collagen (the anti-sag protein), diminishes wrinkles, and improves complexion.²⁵

Other potential benefits include reduced pain and inflammation, improved joint health, relief from rheumatoid arthritis, reduction in psoriasis lesions, and dental pain.

One study also found that individuals with dementia who received red light therapy reported improved mood, better sleep, and were angry less often. This means it could become a powerful tool for protecting brain function as well!

Red light therapy has even been shown to reduce cellulite, aid in weight loss, stimulate lymphatic drainage, and treat acne, all of which contribute to a youthful appearance and inner vitality.

If you want to give RLT a try, treatments are often done at a doctor's office, health centers, and salons, but Google "red light device" and you'll see there are also red light devices that can be used for at-home treatment. (For more on this topic, one excellent guide is the book, *The Ultimate Guide to Red Light Therapy* by Ari Whitten.)

Enjoy the "Emperor of All Activities"

As covered in this report, many enjoyable activities can benefit your health in different ways. Gardening, however, may just be the "Emperor of All Activities", because engaging in this one activity can improve the way you look and feel, and boost your longevity, in virtually every way.

Now, one of the clearest benefits of gardening is that it gets you exercising. Often, you don't even realize how much of a workout you're getting (at least until your sore muscles tell you about it later!)

Just doing light yardwork (raking, mowing, weeding, etc.) is considered moderate exercise.²⁶ Heavier garden chores, like shoveling or transporting mulch, are in the category of vigorous exercise and build muscle as well.

A large study from 2017 documented that just 30 minutes a day of "normal" exercise like gardening can cut your risk of death from any cause by 28%.²⁷ Pretty impressive!

Gardening can also reduce stress and help you sleep more soundly. For example, a study from the University of Pennsylvania indicates that certain types of physical activity are more likely to get you 7 or more hours of



sleep each night, and gardening was right up there on the list with other activities like walking, running, and yoga.²⁸ Meanwhile, in another study, participants who gardened for 30 minutes after a stressful task were able to fully recover to a positive mood afterwards.²⁹

Gardening gets you out in the great outdoors, of course, meaning all the benefits that come with that (covered earlier) including vitamin D exposure and fresh air.

And have you heard of “grounding,” a therapeutic practice that involves connecting your skin with the earth? It’s been linked to benefits like reduced inflammation and pain, better immune function, sounder sleep, and a better mood.³⁰ Because gardening often involves exposing your skin to the earth, you may enjoy these benefits, as well!

Furthermore -- and likely due to gardening’s combination of exercise, fresh air, vitamin D, grounding, and ability to get you focused and into a mindful state -- gardening boosts mood, and it helps protect your mind and memory. In fact, one study that followed a group of 60+ men and women for 16 years found that gardening was one of the best activities for lowering the risk of dementia!³¹

And finally, of course, if you grow fruits and veggies, you get to enjoy their incredible health benefits. Because home-grown produce raised organically can contain higher amounts of vitamins and minerals versus those bought at the store (and they tend to taste much better, too!).

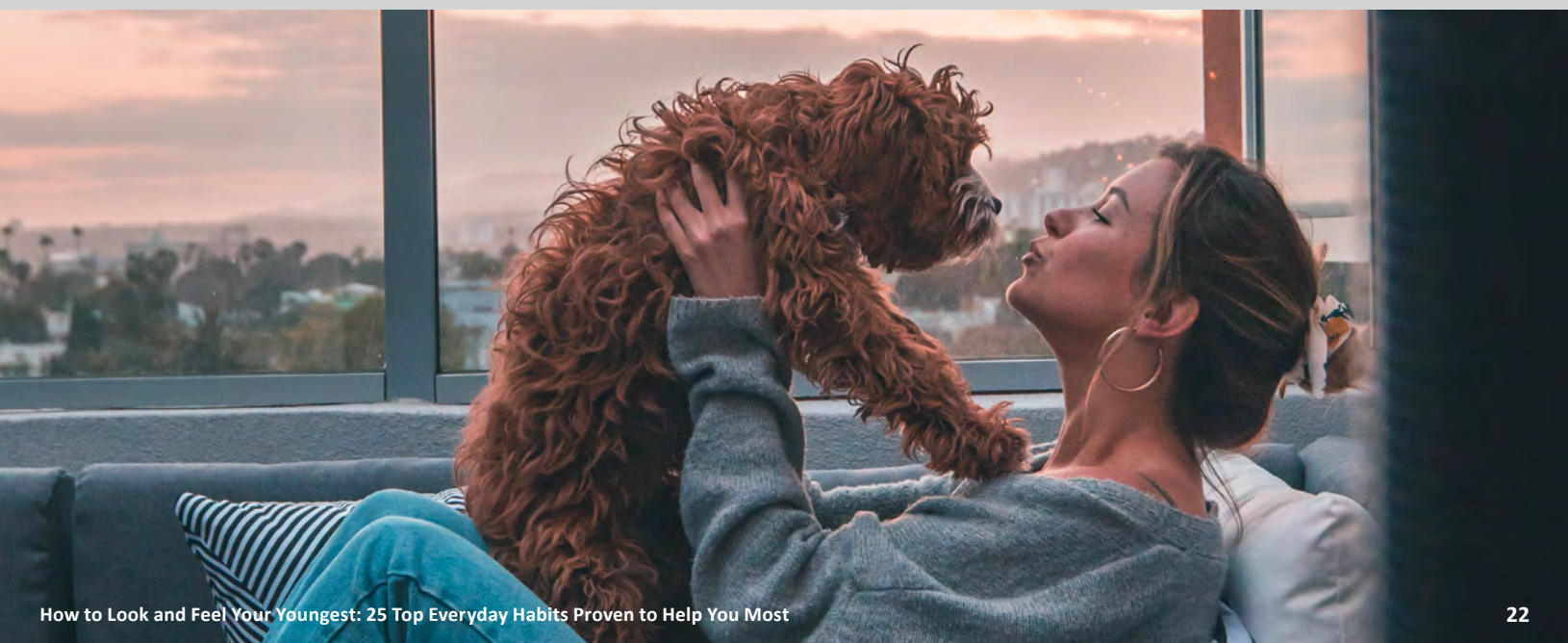
Enjoy the Companionship of Pets

Pets are wonderful companions. They are a furry source of great joy, comfort, and even laughter. Spending time with them regularly has many benefits that will keep you feeling youthful.

For example, studies show that people with pets exercise more than non-pet owners, which can boost both your inner and outer health.

Additionally, those with pets tend to spend more time outdoors, reaping all the benefits that come with nature and sunlight!

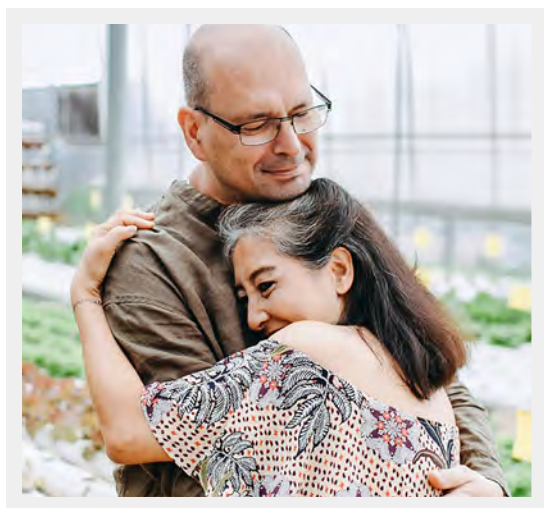
Playing with pets can lower blood pressure and reduce cholesterol. It can also increase levels of dopamine and serotonin, helping you to feel calmer and more relaxed (something most of us could use!).



Pets are also especially helpful for mental wellness. The companionship of a pet can decrease stress, anxiety, depression, and loneliness. This is important because research has shown that those with a more positive outlook tend to live longer and stay healthier.

Now, much of the research about the health benefits of pets has focused on dogs and cats, and they certainly can make exceptional companions (and if you are looking for a dog or cat, consider those waiting for a good home at animal shelters!). However, other pets such as guinea pigs, rabbits, and even fish can provide many of the benefits, too.

And if you can't or don't want to own a pet at this time, you can volunteer at an animal shelter or even visit a friend or neighbor's furry companion regularly. Even simply observing animals in your backyard (birds, squirrels, etc.) can bring you a sense of peace and decrease stress.



Forgive

Forgiveness can be a complicated process to work through, and the many therapeutic approaches for how to do so are beyond the purview of this report.

However, it must be noted here that forgiving is a particularly powerful act that has tremendous benefits in terms of how long and how well you live.

Now, while feeling emotions such as anger, disappointment, and resentment are a normal part of life, holding on to those feelings for extended periods of time can have a monumentally negative impact on your health.

When you hold on to these emotions, your body releases stress hormones such as adrenaline and cortisol. Excessive levels of these hormones can eventually wreak havoc on your mental and physical wellness – and this is certainly the case when they are raised for long periods of time.

Negativity also weakens your immune system, making you more susceptible to disease, and makes it more difficult for you to deal with stress and maintain healthy habits. Research has even shown that unforgiveness is linked to anxiety and depression, mortality, physical ailments, and other psychological disorders.

On the other hand, research has shown that forgiveness can positively impact heart health, immune system function, hormonal balance, longevity, and more.³²

Forgiveness also brings with it greater happiness and joy, which we already know can help you feel and look better.

To conclude, while most of the practices we've covered are "outward" things you can do or change, this one "inner practice" may be the most powerful of all for helping you to look and feel your best, avoid and overcome disease, and live well.

If you feel there is someone you need to forgive – and this can even include yourself – guidance from a professional therapist is often the best route, but there are also excellent books on this topic, such as *The Gift of Forgiveness* by Katherine Schwarzenegger Pratt and *Forgiving What You Can't Forget* by Lysa TerKeurst.

How to Look and Feel Your Youngest, and Live Long Doing It

So, in conclusion, it's true that many if not most people today do look and feel far older than they ought to for their age due to various lifestyle choices and modern realities...

However, whether you're 33 or 93 or anywhere in between, the great news is you can slow down and even reverse "the hands of time" in terms of how you look and feel, and greatly escalate the odds of living longer in the process.

It really does all come back to this simple tenet:

What you allow into your body is typically what you'll get out of it.

Whether it's synthetic ingredients in cosmetics or long-standing anger in your heart, take it step-by-step to eliminate those things you don't want inside you...

And whether it's mushrooms, moringa, or more laughter in your heart, take it step-by-step to increase the things you do want inside you...

...And the rewards you want are *certain* to soon follow!



Now, Get Ready for THE Most Life-Changing Health Secrets of All...

So again, here at The Art of Anti-Aging, the “anti” means we’re **against** all the destructive lies about **getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re **against** all the toxic “solutions” and toxic thinking being pushed on people by certain powers-that-be who so often play upon those destructive aging lies and manipulate people through fear and even “convenience.”

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And we are **100% committed to providing you the proven most effective health and wellness steps** to achieve that... to look your best, feel amazing, avoid and overcome disease, and live a long life doing it.

The special report was just a small taste of that (and please DO share this report with family and friends)...

Whereas the online *Younger, Longer: The Insider’s Health Summit* truly is the PINNACLE of our mission.

Because you’re going to get **total clarity on the simple and MOST EFFECTIVE secrets you can put into play in your life starting right now to look your best, feel amazing, avoid and even overcome disease, and live a long life doing it...**

From 22 of the world’s most renowned and trusted anti-aging and longevity doctors and researchers.

[Head here now to sign up for the FREE online Younger, Longer: The Insiders Health Summit](#) if you aren’t signed up already and...

[Head here to get the COMPLETE recordings and transcripts of the entire summit](#) if you don’t feel you’ll be able to hear all 7 days of this essential event when it airs live, or if you’re the type who prefers to hear it all and read it all on your own schedule, when and where and as often as you choose!





YOUNGER, LONGER

The Insider's Health Summit

22 Top Experts Reveal the Simple and Most Effective Secrets
to Look & Feel Younger Now, Avoid Disease, and Live Long



*"The times have been challenging for all of us, and we could certainly use some solid ground to walk on. Well, it doesn't get any more solid than discovering the most effective steps to look and feel your best, avoid and possibly even overcome disease, and live long doing it. And that's exactly what you're getting from 22 of today's top health experts in Younger, Longer: The Insider's Health Summit, hosted by my good friend and longtime natural health researcher and advocate, Brian Vaszily. **You won't want to miss a moment of this unique event!**"*

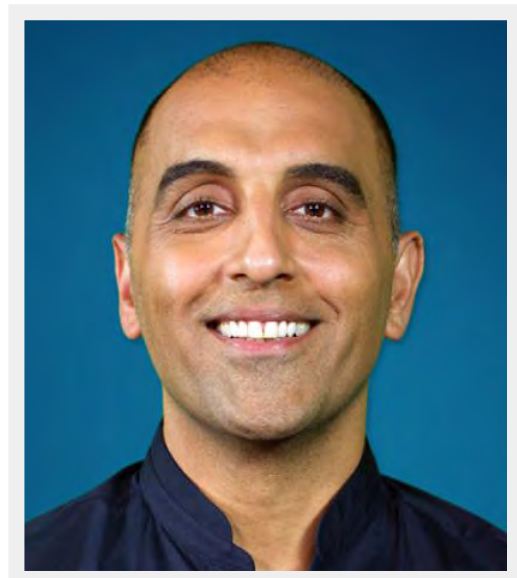
Ocean Robbins

Co-founder & CEO, Food Revolution Network

"If you're looking to make positive and lasting changes in your health and life, do not miss a moment of Younger, Longer. You're in good hands with my friend and summit host, Brian Vaszily, who is genuinely caring, deeply knowledgeable, a lot of fun, and a gifted interviewer who is challenging 22 of today's leading anti-aging and longevity experts to reveal their most effective steps of all to live long and live well."

Dr. Pedram Shojai

NY Times Bestselling Author, Hit Health Filmmaker



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