

Look Young + Feel Young + *Live Young*

10 RULES FOR LIVING YOUNG

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(Photo – Julia Caesar)

"The latest research from anti-aging scientists is upending the way we think about getting older. No longer is it being treated as a dreadful inevitability but instead as a puzzle that can be solved – A disease with a cure."

The science of your age

When someone asks you, “How old are you?” how do you respond?

If you’re like most people, you’ll probably answer with the number of years you’ve been this planet. That’s your “chronological” age.

And you would be right in one respect, but there is another more accurate measure and it’s called your “biological” age – or body age.

Your body age mirrors your health, your appearance, your energy, your feelings, even your thinking and mindset. It’s a true measure of your body’s functional age, and here’s the good news . . .

Your body age can be significantly younger than your chronological age. Your body age doesn’t necessarily match your chronological age. In fact, your body age can be significantly younger than your chronological age, as much as 10 to 20 years younger according to recent studies.

Why do some people age more quickly than others?

For many years science told us that our aging clock was programmed into our genes. Our DNA controlled our destiny: it controlled our physical traits as well as illness and diseases unintentionally passed along to us.

It even determined how quickly we aged.

Science takes an about face.

The new science of epigenetics, the study of how our genes respond to environmental clues, has turned this belief around and we now believe that lifestyle runs the show - as much as 75% of our destiny is determined by the way we live and think!

Our genes, the master controllers of our bodies, are fluid, dynamic and respond to *absolutely everything* we think, do and experience. They can be turned on, turned off, or, just like a dimmer switch, cranked up or down.

"Your lifestyle leads to helpful or harmful genetic activity. Each message – as tiny as eating an apple with the peel on is being received by the entire system. Not only are they (our genes) eavesdropping, they are constantly relaying messages throughout your body that affect your genetic expression and ultimately every function of your body."

Deepak Chopra

The lesson here: when it comes to your health and the way you age, you're calling the shots. No longer can we blame illness, disease, cancers on our lousy gene pool!

If we want to live long, vital, healthy lives we have to do the work and develop the habits that strengthen us and work in our favor.

I have outlined 10 key areas that science has now shown us will help you to look younger, feel younger, live younger.

Pick *one thing* - just one that feels right and easy for you to do and incorporate it into your life. Then move onto another. Take on one new practice each week, and build so it all feels easy and natural. This is the key to sustainable change.

Little things, consistently done, bring lasting change.

1. Stop thinking you're old!

The body of research on the science of mind/body connection and how our thinking affects our biological age is literally exploding. And the results are all saying the same thing: Your beliefs create your reality.

Stop telling yourself you're slowing down, having "senior moments" and that your best days are behind you. This has real biophysical consequences. Instead, fill your mind with positive images of growing older. It will literally *reprogram your cells* to begin acting younger.

Develop an insatiable curiosity and continue to ask why. Kids always ask "why?" You should too. Don't assume - be curious. Stay curious and explore the things that interest you. You never know where that will lead you!

Read things that challenge your mind and your beliefs and explore more. Step out of that iron-clad comfort zone you've established and open yourself

to new experiences. Go to places you've never been, try new things: exotic foods, new movies, museums, public gardens. Adopt new friends. Volunteer.

Include young people in your friendship network – they say we're the average of the 5 people we spend the most time with. Add some youngsters to your circle and bring down your collective group age!

2. Eat real food

You are what you eat. Literally. The food you consume becomes your blood that feeds your muscles, your tissues, your cells, your brain, your heart. Everything.

Your body is a remarkable, regenerative creation. It rebuilds, repairs, keeps your heart beating, your blood pumping, your organs functioning, your brain thinking, and your hormones in balance. And it does all of this without you lifting a finger! But, here's the catch: it needs high quality raw materials to do its work, so here's the plan . . .

Eat whole, real, healing foods as close to the earth as possible. If it walks, swims, grows, you're good. Generally, if it comes in a box, leave it on the shelf.

Avoid factory farmed meats and eggs loaded with growth hormones and antibiotics. Instead, choose grass-fed or "pastured" meat and eggs, or at a minimum, hormone and antibiotic-free.

Increase your intake of vegetables and fruits – especially greens. These little guys are rich in nutrients and antioxidants which help to neutralize inflammation. Try to get 3 to 4 cups a day – one big salad a day is a great start. And go organic as much as possible or at least go for those with the least toxic load. (Go here: www.ewp.org for a list of the clean 15 and dirty dozen.)

Eat good fats (they're the body's best source of energy): real pastured butter, olive oil, olives, ghee, coconut oil, avocado oil, raw nuts (peanuts are not included here as they are not nuts and are not recommended by most health experts). Eliminate all margarines, butter substitutes or processed spreads.

3. Breathe

When was the last time you actually stopped "doing" (outside of vacations, of course) long enough to relax, notice a sunset, breathe deeply, actually taste your food, sit quietly or take a leisurely walk without worrying about the next thing you had to check off your list?

There is hard science behind the power of breath to heal, reduce stress, regulate mood and rejuvenate the body. Here are some simple techniques:

Basic deep breathing technique

Sit, take a deep breath and fill your belly with air. By bringing air into the belly, you ensure deep full breathing.

Let the air out effortlessly and then squeeze a little more air out by pulling your belly in. Doing this regularly will help to strengthen the muscles between your ribs so your exhalations will naturally become deeper and stronger.

Equal Breathing

Inhale to the count of four.

Exhale to the count of four.

Breathe in and out through the nose which causes slight resistance and filters the air. Increase to six and eight counts as you develop this practice.

Yes, it's that easy. The point is to stop, focus, be mindful and de-stress.

4. Meditate

Meditation is discipline and active training of the mind to help switch our energy from "arranging and rearranging the external aspects of our existence" (over which we have little control) to those that bring us happiness and joy.

Meditation changes the structure of the brain, increasing the "grey matter" - you know, the part that processes information and reflects your intelligence. It also lowers heart rate, reduces blood pressure, lowers levels of bad cholesterol, relieves anxiety, improves focus and attention span and helps keep your brain youthful.

Sit and let your mind be still. It won't. It will chatter away, so simply allow it, notice it, and let it go. You can focus on counting: breathe in, breathe out – that's one count. Count to 10 and start again. Or you can focus on your breath – just feeling it come in . . . and go out.

Think of each passing thought as if it was a cloud passing in the sky. Get to know your mind and the way it works. See it objectively. Watch how it moves and wanders.

Make it easy and start with 3 to 5 minutes and gradually build up with more time.

5. Move your body

Movement is one of the most effective (and inexpensive) therapies for everything from diabetes to mental illness, depression, and emotional distress.

When you move and push yourself to do more and breathe a little harder, you trigger countless healthy reactions inside: Your heart rate increases, surging oxygen and nutrient-rich blood to all parts of your body. Muscles get stronger. Brain function improves. Your lungs expand. Skin glows and joints and bones strengthen.

And one side note: what is the one thing most recommended by doctors, health professionals, scientists, which helps to prevent the onset of virtually

every chronic disease, including Alzheimer's, Parkinson's and heart disease?
Yeah – you got it. MOVE YOUR BODY!

Pick an activity you enjoy - a brisk walk, a jog, hike, a new sport, even walking your puppy, and schedule it into your day.

Sign up with a friend for a class - Zumba, tai chi, ballroom dancing, spinning, rowing or biking. Not only will it help your body, it will open new pathways in your brain.

If you're watching TV or sitting at your desk, move at least once every hour: Sitting has loads of negative physical consequences: It tightens your hamstrings, increases your belly size, slows your metabolic fat-burning engine and increases your risk for all sorts of disease.

Break up your sit time often and stretch, lift some hand weights, do a few dips, lunges or wall pushups – or simply stand up and do a walk about.

The simple movement from sitting to standing doubles your metabolic rate. I use a standing desk and alternate every hour between standing and sitting.

Get a moderate amount of exercise that raises your heart rate: High intensity interval training (HIIT) – 30 secs of heavy exertion followed immediately by 60 or 90 seconds of regular movement or walking. Do about 8 of these repetitions 2 to 3 times a week.

6. Sleep deep

Sleep is fundamental to your well-being - right up there with food and water. When you sleep, your body isn't sleeping at all. It's doing its best work recharging, rebuilding and regenerating, detoxifying, repairing cells, organizing your memory, secreting human growth hormone, balancing your hormones, and setting you up successfully for your next day on earth.

Eking out a few more hours in the day to get a little more done is not worth the wear and tear on your body. Life happens, work happens, we can't always control our lives, but we can make an effort to push our sleep time up there to a priority position.

Sleep debt makes us dumber, fatter and less functional. So shoot for 7 to 8 hours of sleep each night and remember the old saying: sleep hours before midnight are worth two after. Your deepest sleep takes place in the first part of the night.

Establish a pattern for your sleep - Determine your natural bed time by paying attention to the time you feel most tired in the evening. Then do your best to go to bed and get up at about the same time each day. This sets a routine and makes it easy for your body to respond and give you the deepest most luxurious sleep.

Get direct sunlight outdoors for about 30 minutes a day - Sunlight regulates your sleep rhythms and stimulates the production of key hormones that calm you and improve your sleep quality. Bonus tip: your body clock is more responsive to sunlight first thing, between 6:00 and 8:30. This is a

perfect time as the rays are not as intense and will not burn you. If you can squeeze in a 10-minute morning sun, do it! (In winter months when sunshine is at an all-time low, consider a vitamin D supplement.)

Create an electronic shut down about an hour before retiring – turn off the computer, TV, email, cellular phone and any other light emitting, stimulating device before bedtime and prep yourself for relaxation. Read a book (not on your kindle), relax, take a bath, sit by the fire, stretch, or add magnesium to your evening supplement regimen.

7. Detox & cleanse

We can't see them, we can't taste them, we may not feel them, but chemicals, pesticides, heavy metals, dry cleaning fluids, lawn sprays, cleaning agents, and even our "food" (much of which isn't food at all but a mix of dyes, chemicals, and processed ingredients) are in almost everything we eat, touch and breathe.

Toxins interfere with the normal functions of your body – your metabolism, adrenals, hormone balance, blood pressure, heart rate, alertness, brain function, immune function, among other things.

You don't want them in you, on you, around you, or anywhere near you so find ways to avoid them. Here are some suggestions to avoid and get them out of your system:

"Every resident of industrialized countries now carries within his or her body an average of 700 synthetic chemicals absorbed from our food, water, and air." Randall Fitzgerald

Use non-toxic DIY cleaning substances – The average home has 500 – 1,000 chemicals. Switch these out and use natural substances like Castile Soap, Baking Soda, essential oils (with natural anti-microbial, antibacterial and antifungal properties) and Vinegar. [Here is a great resource for natural DIY cleaning recipes.](#)

Get sugar out of your diet – If you do only ONE THING to turn the clock back – not to mention, getting leaner, balancing your hormones, diminishing wrinkles, and protecting against chronic disease – this would be it! Sugar is highly addictive and considered a toxin by health experts. It clogs up your body, shuts down your hormonal system, causes inflammation, fuels diseases like cancer and Alzheimer's, and, in general, makes us sick and keeps us sick.

Take a break from the news and TV — People and information can be toxic too. Take a break for a few weeks, then reintegrate only the sources that are useful and newsworthy.

8. Drink up

We humans are literally walking columns of water with almost three quarters of our body – a full 75%, comprised of the wet stuff. And every function of the body is monitored and linked to the flow of water.

Water holds our cells together. It transports essential nutrients, hormones and chemical messages to vital organs, reduces blood pressure, improves your skin and diminishes those unwanted wrinkles, and is essential for detoxification. Simply drinking your daily recommended quota of water—8 cups, or half your weight in ounces—will instantly improve your health and energy in a variety of ways.

Keep a full container by your bed and drink (a quarter to half of your daily intake) at the start of your day. That makes it easier throughout the day.

If you're having wine or a cocktail, drink 8 ounces of water first – Give your liver a little help processing the alcohol and alternate alcohol with a small glass of water.

About 30 minutes before your meal, drink 8 ounces of water –this helps with digestion and hunger pains.

9. Be Grateful

Gratitude is not something we typically think of measuring scientifically. Yet, over the last 15 years that's exactly what is happening . . . and what is being found is gratitude is possibly the single most powerful emotion to heal us and keep us well!

Research, conducted by Dr. Robert Emmons, the world's foremost expert on gratitude, shows that people who kept gratitude journals felt better about their lives, experienced improved energy, happier moods, more optimism and a greater sense of connection with others.

Gratitude rewires us – literally – for the positive. It shifts our thinking and adjusts the neurons in your brain. It moves us from a place of focusing on what we're lacking, to one of appreciating all that we have.

The strategy here is simple . . .

Develop a regular gratitude ritual. Keep a journal or pad by your bed or at your desk. At the end of each day (or regularly 3 to 4 times a week) write 1 or 2 things you are grateful for. Be specific, be consistent and watch what happens.

10. Immerse Yourself in Nature

Nature is our ultimate healer. Plants breathe out the oxygen we need to survive. The earth provides a grounding force to reduce inflammation.

Natural surroundings calm and heal us. Woodland oils and fragrances reduce our stress. The majesty of a sunset or shimmering morning sky fills us with awe.

The more we wash ourselves in the natural world, the more we balance and ground. Studies have shown extraordinary things like: People living near green space have less mental stress and experience a lower incidence of 15 diseases.

And here's an interesting fact: Getting dirty is good for you! Soil has a special microbe that stimulates serotonin production - which may explain why gardeners are happier and more relaxed!

Nature is the missing link in our struggle to be healthy.

Here are some tips to bring some green back into your life:

Earthing – put your bare feet on the grass – 5-10 minutes a day will do. The earth generates energy that moves into the body and diminishes inflammation.

Forest Bathing – the Japanese call this Skinrin-yoku – and it is the simple practice of spending a short leisurely time in the forest to absorb the ambience of the surroundings.

Use Essential Oils – Essential oils are highly concentrated natural compounds found in plants, flowers, woods and seeds have been used for centuries by indigenous cultures for medicinal and emotional healing. Essential oils hold natural qualities that when diffused and breathed in can melt away stress, calm anxiety, soothe, balance, relax, shift emotions and change your body energy.

Essential oils are nature’s pure, unadulterated essence, connecting us with the natural world and its grounding, healing energy.

“The Journey of a thousand miles begins with a single step.”

Change is hard . . . or is it? Perhaps it’s just the way we approach it, often with an “all-or-nothing” attitude that pushes us so far beyond our comfort level that it’s virtually impossible to sustain.

Here’s another very effective approach you might want to try . . .

There’s an ancient philosophy called “Kaizen” that teaches the miracle of small, incremental changes to bring about lasting change.

I’ve included many ideas in this little book. Find one that you like and try it for a week or so. See how you feel. If it feels right and easy for you, continue and try another.

One by one bring little changes into your life. Every small step matters. Every small step builds on the next and over time leads to a gentle but noticeable transformation. You’ll look back in six months or a year . . . you may not even recognize the new younger you!

Want to go deeper?

Send me your questions or concerns at elaine@elainepauly.com. Connect with me on Facebook, Instagram, or LinkedIn, or sign up for one of my coaching sessions.

Can't wait to meet you!

With Love,

A handwritten signature in black ink, appearing to read "Elaine". The signature is fluid and cursive, with a large initial "E" that loops around the start of the name.

Professional Bio

Elaine Pauly is a certified holistic health and longevity coach and independent distributor for a global research and anti-aging corporation. She is founder and CEO of Elaine Pauly Enterprises, LLC, a holistic wellness practice focused on longevity, natural healing and timeless living. Her philosophy draws on the belief in the body's natural intuitive strength and healing ability, and honors the premise that each of us is unique and there are no set formulas that apply to all.

She coaches in lifestyle choices that naturally heal and strengthen the body, slow and reverse aging, protect against chronic disease, and increase healthy lifespan. She is a student of epigenetics and nutrigenomics, the sciences of how the body responds to our physical and emotional experience, and coaches her clients on mindset, nutrition, lifestyle, weight management, and practices that naturally heal and return the body to a natural balance.

Elaine is a graduate of the Institute for Integrative Nutrition (IIN), a lifelong enthusiast of the culinary arts, and has completed numerous courses in human development and transformation, including Landmark Education, PSI strategies for life, creative visualization, among others. She is a community volunteer and women's mentor for SUNY Potsdam. Prior to developing her coaching practice, Elaine was a business owner and corporate marketing executive and consultant. She is a graduate, cum laude, of SUNY Potsdam.