



How to reverse the Aging Process

How many times have you thought to yourself any one of the following things?

- If only I was younger, I could learn new things to improve my life.
- If I could stay younger longer than I could just focus on my career right now and still have enough youth to enjoy the fruits of my labor later.
- If only I could look and feel more attractive to others, life would be better.
- Youth is wasted on the young. If only I knew back then what I know now.
- If I could feel healthy again like I did when I was younger, then my life would be different.
- If only I were young again, then I would matter to people and society.

From ancient Rome to the present day, the miracle of youth has always exuded the greatest appeal. Therefore, just as we so often do today, kings and queens of their time scoured the world searching for oils and potions that would make them look like their immortal idols, the mythical Gods. In their quest for eternal youth, no amalgamation was too hideous, and no methodology too extreme. Countess Elizabeth Bathory of the sixteenth century, for instance, was found guilty of bathing in the blood of over six-hundred young virgin girls in order to retain her youthful appearance, while Alexander the Great, Napoleon Bonaparte and even Hitler were rumored to have been in constant search of the fabled Fountain of Youth.

No matter where you look, youth is and always has been in vogue. And those who are able to keep it for longer are worshipped as idols (Michael Jackson, Madonna, Elizabeth Taylor, Cher, Sophia Loren, etc). In fact, the most broadly appealing and enduring character in horror fiction is the vampire, for no greater reason than the fact that they are *immortal*.

Today, youth is not only a hot trend, but an enormous business that has exploded to new heights with the help of pop culture and social media.

Everywhere you go, people are spending themselves dry trying desperately to beat back the hands of time just to look a few years younger. In 2016, the cosmetic industry alone



generated over 13.5 billion dollars in the United States alone, with individuals spending an average of \$9,000 dollars on cosmetic plastic surgery. Even the health supplement industry has skyrocketed with a \$122 billion dollar contribution to the U.S. economy.

One thing is clear, the health and beauty industries have made a killing in profits behind the promise of improving the lives of their customers, but how much of an actual impact have they had on the people's overall quality of life?

According to statistical data, people are unhealthier now than ever before with the rates of cancer and other illnesses rising every year.

How is that possible? How is it that the average person, who has more access to health and wellness products than ever before, continues to get older and sicker? The answer is simple: Money. Looking at youth, age and wellbeing from a business perspective, one trend becomes grossly obvious: As more people get older and sicker, the respective industries' profits continue to rise. The business logic is easy to follow: More sick people, more profits; more old people, more profits. The logic of the suggested cures, however, is a bit more unreasonable...

Facebook recently began running ads claiming there was a new cure for baldness. While that might sound like music to the ears of the balding, the suggested cure has them scratching their thinning hair. The answer was to tattoo one's scalp to make it look as if one still grew hair, but instead chose to go for a bald shave to make a fashion statement. While there might be some room for argument, such a solution would be as ridiculous as painting the image of a bandaid over an open wound. The same "ridiculousness," mind you, applies to those people we seek out for help. Those who cure nothing and only profit off of the continued suffering of their patients are more often than not seen as the ultimate authority on health, while holistic practitioners, who actually help and do so from the bottom of their heart, are ridiculed and often mysteriously end up dead in rivers.

The Internet is laden with proof that our food is unfit to eat and our water unfit to drink and that doctors poison their patients every day and governments exonerate the corporations



causing these atrocities, while ensuring that they continue to make continuous gains on the misery of others.

But let us stop pointing out the problem; after all, we know all of this already. So what is there, that we can do about it?

You will find the answer in the course *Advanced Age-Reversal & Nutrition*. This course is open to Level 2 students, who have demonstrated mastery of the laws, the ways and the methods of the world we inhabit. In that course, you will delve deeper into the mechanics behind illnesses and examine the substances that aid you or keep you from attaining the youthful appearance so many of us desire.

Science has proven that sickness has an electromagnetic frequency that is very low and travels long distances. When viewed on devices that measure and illustrate frequencies, the **vibration of sickness** is red in color. Anyone who knows about measuring the pH of water knows that red is the color of **acidity**. As Nobel laureate Dr. Otto Heinrich Warburg proved with his award-winning research, sickness can ONLY exist in acidic environments. Raise the pH

The mind is the greatest determining factor in your body's electromagnetic frequency. If you want to change the vibration of your body, you have to understand the importance of the mind.

of the environment to alkaline levels and sickness starves to death. Medically, Warburg's findings were revolutionary but there was one thing that hadn't been taken into account, THE MIND.

Contrary to popular belief, eating a clean diet that is full of antioxidant fruits and vegetables and/or owning a water ionizing machine is not enough. There are plenty of people who are eating and hydrating well and yet they are in the midst of battling cancer and have died of other illnesses.

This fact can be proven even within the medial realm. Doctors can confirm that it does not matter how healthy a person is or how perfect one's diet is when stress is prevalent in one's life. It has become known that **stress** alone can kill you faster than anything else. And stress, as you will come to understand, is a phenomenon of the MIND!



Yet, before you go off thinking that simple optimism and a can-do attitude will do the trick, let me stop you right there. Knowing the truth about stress and attitude is NOT ENOUGH to keep you healthy, disease-free and young. There are plenty of people who have great diets,

It didn't take one thing to make you sick, put on weight or age faster; it took many things over long periods of time - after all, the body is a very resilient organism. However, if you keep adding to it little by little, it all will catch up to you eventually and by then it's usually too late to do anything about it.

water ionizers and are optimistic thinkers, and yet still cannot keep their health or youth.

So what else is there to know?

Well that may be true in some cases where the conditions are too far gone, but for the most part and for most people, anything that can be DONE can also be UNDONE. Living proof of this truth are the students of Thought Mechanics®. Reaching optimum levels of health and vitality requires an all-encompassing approach alongside a shift in one's diet, level of activity, and way of thinking, feeling and understanding. Thought Mechanics® will help you raise the vibratory frequency of your body to a level, where sickness and old age can no longer affect you as before.

Whether we like it or not, we live in a society that is predominantly geared toward physical appearance; looks seem to be EVERYTHING, especially in business. People consciously and unconsciously want to do business with energetically and physically attractive people, because at the end of the day, sex sells. I'm sure you're quite familiar with this phenomenon. (If you want to learn more about the ways relationships and sexual energy can help you manifest anything you want or could be keeping you from living the life you desire, enroll in the course *Science of Sex, Intimacy and Relationships*, which is available to Level 2 students.

Youth and beauty is tantamount to success in business whether it's in real estate, cinema, music, fashion, sports, sales or even politics (just think of JFK, Barack Obama, Canada's Prime Minister Justin Trudeau). In 2015-2016, the most followed teachers and veterinarians on the internet were two young men, who looked more like fitness models. Due to their good looks, their



businesses boomed and both of them were signed by top talent agencies to professionally manage their soaring PR. They weren't necessary better than any other professional in their industries, but credentials and expertise are not necessarily the traits that society cares about. What they care about is how the person speaking, selling, teaching and talking to them looks.

Before you start shaking your head in vehement disbelief, take a moment and reflect on it.

Youth is a powerful tool, IF you can harness it, so don't listen to those supposed "gurus" who speak about remaining youthful and healthy when they continue to get older and sicker every day.

Just because you don't agree with society's obsession with youth doesn't mean that this is not the way it is. Consequently, do not foolishly deny its power or importance, for your own sake.

Don't be that person who works themselves to the bone in order to get all of the material things that they desire, only to discover that they've wasted away all of their health and youth in the process and now cannot even enjoy the fruits of their own labor. Imagine how much more Steve Jobs or Michael Jackson could have done with their lives and careers, if only they had had the health to do so? Imagine what they would have given or paid to have had that opportunity?

It feels good to be young and healthy, why else do you think people covet it so much? It's a universal symbol of vigor and competence, even in the animal kingdom. And lest we forget, humans **are** part of the animal kingdom, though we don't always like to admit to it. Just because we have iPhones doesn't mean that our natural instincts have evolved beyond their primitive states. Our subliminal animalistic nature still beckons us to constantly be in search for a potential mate, even if we consciously don't realize it. And this inevitably spills over into every aspect of our lives.

Remember, you're not reading this to learn age-reversal and nutrition from a guru, who is old and unhealthy. You're about to learn these revolutionary teachings from a man who has mastered them for the world to see and has taught countless others to do the same. No plastic surgeon or doctor on Earth can give you results like the ones Thought Mechanics® has in store.



Specifically the Level 2 course *Advanced Age-Reversal & Nutrition* will lay out a clear and easy path to follow in order for you to get your health and youth back up to optimum levels.

So if you are serious about significantly improving the quality of your life by looking great on the inside and out, then this program has the answers you need to stop painting bandaids over open wounds and finally become the best version of **YOU!**