

➤➤➤ INTRODUCTION

I know what you're thinking: "Grow younger?! Me?! Ha!" Well, think again, friend! In these pages, you'll find thousands of tips, tricks, tonics, and proven scientific findings that actually will make you feel, look, and act years—even decades—younger than your birth certificate says you are.

➤ LIVE BETTER, SMARTER, AND HAPPIER!

It's never too late to start turning back the clock—and you can actually have a lot of fun doing it. This book is crammed full of super solutions for improving your health, boosting your happiness, and lengthening your life. For instance, you'll discover how you can look and feel years younger by doing everyday household chores, get a whole new burst of enthusiasm and purpose by reconnecting with old pals, and make your stress level plummet simply by pitching some unwanted junk. You will also learn how to:

- Develop healthy habits that will keep your weight down and your energy up—and could extend your life by as much as 8 to 10 years (Chapter 1).
- Relieve aches and pains using safe, natural remedies, so you can stay healthier, more active, and younger—physically, mentally, and emotionally (Chapter 2).
- Erect an inner fortress to fend off or alleviate the effects of chronic conditions ranging from asthma to type 2 diabetes, heart disease, and stroke (Chapter 3).
- Help your brain keep your body young by maintaining a happy, upbeat attitude; bidding bye-bye to stress and anxiety; and keeping your cogitating mind clear and razor-sharp (Chapter 4).
- Eat your way to a younger you by packing your diet with delicious anti-aging foods (Chapter 5).

“You're never too old to become younger.”

—Mae West
(1893–1980)

- Look your youthful best—from the top of your head to the tips of your toes—your whole life long (Chapter 6).
- Keep your joints jumpin', your mood up, and your libido lively—simply by moving your body every chance you get, just as the longest-living people on the planet do (Chapter 7).
- Build and nurture one of the most youth-enhancing marvels of all: a network of loving and supportive friends, neighbors, and family members—human and otherwise (Chapter 8).
- Devise a savvy strategy for retaining your physical, financial, and emotional independence—right up until the final curtain falls (Chapter 9).



And that's just the beginning! In every chapter, you'll find fantastic features, like **Tick-Tock Turn Back the Clock**, which delivers timely tips and dynamite discoveries that'll help you rewind your biological timepiece. For example, just 20 minutes after you smoke for the last time, your blood pressure and heart rate should return to normal, or nearly so (page 36). And regular ballroom dancing—the kind that requires you to move in sync with a partner—can reduce your risk for dementia by 76 percent (page 144).

Mind Over Myth demolishes rampant misconceptions that can lead you down paths that at best simply waste your time and money. Sneak preview: You often hear that in order to see any beneficial results from physical activity, you have to exercise long and hard. The truth of the matter is that all it takes to stay healthy and grow younger is 30 minutes a day of moderate physical activity, like you get from taking a brisk walk or washing your car. Plus, you don't have to get your whole half hour at one time. Two 15-minute or even three 10-minute sessions will do the trick just fine (page 238).

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 : **MIND OVER MYTH** :

Centenarian Secrets present highly helpful nuggets of knowledge that have kept legions of folks charging along in fine fettle well into their golden years—and can do the same for you. For example, engaging in sex at least several times a week can make you look four to seven years younger—and live longer, too (page 291). And here's good news for you ladies: Studies show that drinking as little as one cup of tea per day may preserve your bone density well into your senior years (page 183).



Fountain of Youth offers up easy-to-make formulas that perform youth-enhancing feats of all kinds—from soothing tired feet and achy muscles to enhancing your good looks and helping you kick bad habits. Two cases in point: The Nourishing Facial Scrub on page 199 will make your skin look softer, livelier, and younger than you ever thought possible. And Cravin'-Kickin' Oil Mix (page 39) will not only help you stop cigarette cravings cold, but will also help detoxify your system and heal the pre-

Fountain of Youth

mature aging and other damage smoking has done to your body.

Last, but far from least, **Rejuvenating Recipes** are packed with both anti-aging power and delectable flavor. Just to whet your appetite, Sour Cherry Salsa on page 50 is a delicious (and versatile) way to relieve the debilitating pain and stiffness of arthritis. And Sweet-and-Sour Onions (page 208) pack a potent load of compounds that keep your skin looking younger and prettier longer.

Rejuvenating Recipe

So what are we waiting for? Hop on the Grow Younger Express and take a fun-filled journey to a healthier, more beautiful, more youthful you!