

Diabetes Freedom

Stay Young Forever



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Growing old: what are the consequences?

Since the 1950s, middle age has become unpopular. Any respect and privileges for our elders have been forgotten. The baby boomers made youth into an unbeatable asset, and the rest of society followed suit.

The result is that growing old is now almost considered not as a natural event, but rather as a disease.

Paradoxically, the overall age of the population is increasing (the famous baby boomers amongst them), and we're living for longer and longer; in the US, life expectancy is 78 years old, and 82 for women.

So, there are more and more of us who want to fight the ravages of time, and there are more and more of us who are growing old.

The result is that we accept the fact that the years are going by, provided that we can neither feel nor see their effects. This is the point where not all of us are equal; some people are going to live longer without suffering from joint problems, or losing their hair or even their independence.

Some people will live to be very old, but will suffer from a number of age-related health issues.

So, we want to grow up, but we also want to keep looking young and hold on to our good health.

What are the visible signs of aging?

In women, apart from their skin becoming loose and wrinkled, there is a noticeable loss of muscle and bone density which can lead to more fractures.

In men, hair loss, losing muscle, and joint and sexual problems are most prevalent.

In both men and women, aging also leads to a loss of sight and hearing, a less effective immune system, memory and concentration problems, and an increased risk of cancer.

Realistically, we need to do a few things to make sure that aging isn't a problem:

- 1:** Accept aging (we can't reverse time yet)
- 2:** Reduce the damage caused by age
- 3:** Lead a healthy lifestyle, meaning that you can grow old in good health.

What treatments are available to prevent aging?

Whether you haven't taken care of your skin, or you've spent too much time in the sun, or if life has taken its toll on you, it's possible that your face will reflect your age a bit too reliably, or even make you look older.

Wrinkles, sagging skin, and blemishes tend to give your age away, and can even artificially age someone who has spent too much time in the sun.

If this is the case, all is not lost; there are in fact techniques which can enable you to do a complete U-turn without having to go under the knife of a cosmetic surgeon.

Cosmetic surgeons actually do offer a wealth of non-invasive (or not very invasive) anti-aging techniques.

Fighting sagging skin, removing blemishes from aging, filling in wrinkles and any parts of your face which are too hollow, making your breasts firmer, getting rid of the shadows under your eyes... there are so many things that cosmetic surgeons can do nowadays at a much lower price than traditional plastic surgery.

Botox injections, hyaluronic acid injections and Mesolift are the most common and least invasive techniques with a needle.

There's also a technique called lipofilling, which is a filling technique using the patient's fat.

Amongst the most effective non-invasive techniques, laser skin resurfacing has had a lot of success. With this, you can get rid of the superficial layer of the skin – the epidermis (the layer which looks old and damaged) – and stimulate the cells to regenerate for younger skin.

Chemical peeling is based around the same principle. After a chemical peel, the dead skin peels, leaving a younger covering of skin in its place. The level of intensity depends on the product's dose (glycolic acid and trichloroacetic acid up to 15, even 18%, depending on your requirements). You can undergo several peelings a month, depending on the effect you're looking for and the depth of the wrinkles you want to treat.

It's better to do this treatment in winter and protect your skin from the sun.

Each person's skin may react differently, and it's essential to talk with a dermatologist who is specialized in aesthetics, to work out what treatment is suitable for your skin.

Injections or applying products can be an immediate option if you want to make your face look more youthful. However, you could also work on your skin's youth by transforming it from within, with the help of a number of dietary supplements which aim to provide nutrients for the skin and promote cell regeneration.

These dietary supplements for beautiful skin aren't hard to find. It's important to choose the product carefully, to make sure of the quality of the product you're going to take. The elements displayed on the list of ingredients should be as natural as possible.

The fight against age: prevention

As you get older, there are different things which will bother you:

- At the end of the day, the lines on your face are more obvious, your wrinkles are more visible, and when you wake up, they're angry, maybe even swollen.
- Sleep is less restorative, and not as deep as before. Sometimes insomnia even creeps into your life.
- You get sick more often, catch everything that's going around, and spend a lot more time getting better.
- Your general energy levels and strength are lower: you have trouble doing things which you did before without thinking. If you've recently lost all your energy, this is one of the signs that age is starting to take its toll on your life.

There are lots of techniques which can be easily implemented to prevent the negative aspects of aging. Here are some of the essential steps.

A/ Doing exercise

A sedentary lifestyle is one of the main causes of accelerated aging. The cardiovascular system regains its vitality when it's stimulated, as do the muscles – not the other way around.

It's essential to do exercise for half an hour at least three times a week. It's easy to see that when you ask people how old they are, those who "don't look their age" are generally sporty and have a particularly healthy lifestyle.

Doing exercise doesn't necessarily mean signing up to a gym and going there every day. It means walking as much as you can every day, going swimming, playing with your kids and grandchildren. Physical activity has to become a part of your life at all times, from the moment you wake up to when you go to bed.

Besides, there's nothing like doing 15 minutes of gentle exercise when you wake up, to start the day off and loosen up painful joints.

You should also consider doing strength training on a regular basis. It's useful for gaining muscle mass, but also for firming up your skin. In addition to this, strength training is, somewhat surprisingly, a great way of taking care of your brain.

B/ Change your lifestyle

What's the perfect recipe for dying prematurely? Drinking, smoking, and eating too much sugar.

- Do you want to repel the advances of time? Then stop smoking immediately. Not only does it aggravate your skin and accentuate natural deterioration, but tobacco also hardens your arteries and prematurely ages your organs. As well as the cancer risk, it also makes it more likely that you will suffer from respiratory impairment, which is, in itself, responsible for a large reduction in physical activity.
- Alcohol is equally debilitating for your organs, and speeds up aging in both men and women. So, you should limit your alcohol consumption to red wine (because of its polyphenols), without going over a maximum of one glass per day, with at least one or two alcohol-free days per week.
- Sugar not only makes you gain weight, it also leads to the arrival of type 2 diabetes, which attacks your nerves and arteries. Moreover, if we're talking from a purely aesthetic point of view, consuming sugar is a little-known cause of wrinkles. The absorption of sugar, whether it's cooked or not, creates a phenomenon, glycation, which hardens collagen fibers in your skin, and accelerates the formation of wrinkles. Glycation also leads to loose skin at a faster rate than usual. To sum up, the first step towards wrinkle-free skin could be stopping your sugar consumption.

C/ Take care of your skin

A lack of sleep is already difficult to deal with when you're young, but the longer it carries on, the more difficult it becomes to catch up after a sleepless night.

Worse still, a lack of sleep lowers testosterone in men, and can make them go into male menopause prematurely.

Not sleeping enough is also a driving force behind weight gain, which in itself wears down your joints and accelerates the body's overall aging process. Weight gain associated with age carries a strong risk of type 2 diabetes or high blood pressure, two conditions which can accelerate the natural aging process.

In order to get a good night's sleep, you should sleep in complete darkness, in silence, and with no electronic devices close by. It may also be useful to drink relaxing plant infusions, such as chamomile or valerian.

Conclusion

The youth of the 1960s and 70s are now senior citizens who aren't ready to take on the role of the elderly. They want to carry on getting the most out of life, for as long as possible, and remain as mentally and physically independent as possible.

In order to do this, more and more of them have become interested in anti-aging treatments, and radically changing their lifestyles so that they can preserve their youth.

At the same time, cosmetic and aesthetic treatments have developed at a rapid pace, and it's possible to push back or even prevent the ravages of time, if you're willing to spend a little bit of money.

Cosmetic medicine and dietary supplements are an effective way of limiting the effects of time.

However, it's essential to combine these measures with fairly radical lifestyle changes, so that the treatment and nutrition last in the medium term.

Healthy, light diets, daily exercise, and a fulfilling social life are three pillars you should base your life around if you want to preserve your youth for as long as possible.

We're not talking about refusing to deal with reality: yes, the years are going by, and they're leaving their mark on you. However, you can do things to make sure that these marks reflect the best bits of your life, not the worst. Let's face it, it's always nice to hear gasps of astonishment when you tell people your real age to people who thought you were 10 years younger!

So, combine these anti-aging techniques with a healthy lifestyle to get the best out of your years, and stay in great physical and mental health for as long as possible.