

Top 21 Anti-Aging Secret Success Tips

FITNESS AND NUTRICIAN TIPS THAT WILL
ADD YEARS TO YOUR LIFE!

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This eBook is for educational and informational purposes only and is not intended as medical or professional advice.

Always consult your doctor before making any changes to your fitness, diet or nutrition program.

No health claims are made for this program. This nutrition and exercise program will not help cure, heal, or correct any illness, metabolic disorder, or medical condition.

The author is not a medical doctor, registered dietitian, or clinical nutritionist; the author is a fitness and nutrition consultant.

If you have any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional for your special nutrition program.

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The user assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described in this course.

Introduction

This eBook was created due in part to an overwhelming request from our customers and after performing research and discovering there was a needed explanation as to what men should be implementing into their fitness and wellness programs for optimal performance and success.

The Top 21 Anti-Aging Secret Success Tips revealed in this eBook will assist you in achieving your anti-aging goals. These strategies can and will optimize your life and assist you in achieving all of your goals and more.

Most of us are not ready to grow old! Most of us want to maintain a lean and toned youthful look! My guess is that many of us are welcoming wrinkles, body aches, memory loss, and perhaps even escalating health risks such as heart disease, osteoporosis or cancer. I would be surprised to learn that there are men who are actually looking forward to a loss in sex drive. Most people, even those with an aversion to eating healthy and participating in daily exercise, still come to a point in their life when the fear of disease or loss of activities are a cause enough to make major changes.

So, how do we flip the hourglass on its side and turn time in our favor? Feeling and looking younger is more within your control than you might imagine. How you look reflects on how your body's systems, organs, tissues, and how cells are functioning. Quite often the difference between a body that is rapidly aging and one that can sustain a youthful appearance is made up of simple daily decisions. All that we've assumed as the inevitable consequences of aging have more to do with the lifestyle choices we make than from the natural aging process itself. The exercise and dietary choices you are making each day are your best preventive tactics in your anti-aging arsenal.

About OxLabs

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OxLabs is a Sports Nutrition company specializing in products created for active and athletic men. OxLabs products support anti-aging, energy level, athletic performance, sexual health, and immune function.

OxLabs.com is a valuable educational resource with articles, information, and discussion related to men's health, fitness, and successful life strategies. Whether you are new to the health and fitness community, or have a lifetime of experience our website can be a great resource for you.

Perform & Advance Always!

About Dave DePew

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Dave DePew is OxLabs Chief Advisor as well as a Master Fitness Trainer and Licensed Sports Nutritionist. Dave's resume is among the best in the fitness and nutrition industry.

Dave is one of America's most sought after fitness training, strength coaching, sports performance and nutrition experts. Dave is well known in the San Diego area for his Fitness Boot Camps as well as his Fitness & Nutrition Hour Radio Show.

In addition to providing articles and information to OxLabs, Dave oversees the content of our contributing health and fitness professionals.

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Top 21 Anti-Aging Secret Success Tips

“Fitness & nutrition tips that will add years to your life!”

1. Slow Down Aging and Lessen the Risk of Disease by Avoiding These Foods:

- Sugar and refined carbohydrates
- White flour
- Homogenized milk and cheese
- High amounts of caffeine
- Micro-waved food
- Fluoride
- Artificial sweeteners
- Alcohol
- Processed foods
- Artificial colorings
- Man made additives
- Monosodium Glutamate (MSG)
- Preserved meat
- High levels of red meat
- Meat from animals on unnatural diets
- Meat and eggs raised by methods using many toxins/hormones
- Seafood that are bottom dwellers
- Foods with high levels of mercury
- Margarine
- Olestra
- Hydrogenated oils
- Fried foods
- Puffed grains
- Most soy products
- Genetically Modified Food (GMO's)
- Trans fats
- Soft drinks and drinks with sugar

Action Item:

- Go through your cupboards and as soon as possible get rid of foods that contain the above.
- When grocery shopping and eating out start to cut down and or eliminate foods containing the above.

2. Get an Annual Medical and Dental Examination

One of the best decisions you can make in regard to anti-aging is to have an annual medical and dental examination.

As much time and money we put into our homes, cars, hobbies, careers and businesses, it seems a lot of people do not put a fraction of that into having an annual examination.

Most of the time we go to the doctor only when something is wrong. Getting a routine medical and dental examination is vital for anti-aging.

An annual examination can detect problems early on, while treatment is still an option, or while a diagnosis can be easily made. Putting off an annual examination can lead to serious medical issues, because many illnesses and diseases have no physical symptoms early on. This is why it's so important to stay on top of your health, and make sure that you're having at least annual examinations. It can help to treat a problem if caught early enough, and can even avoid the problems from turning into something more serious.

Sometimes a regular physical can detect warning signs for more serious disorders that without treatment could cause much more serious diseases or problems. To give you an example, a physical will often reveal high cholesterol or high blood pressure. Both of these conditions can be treated, but if left too long without treatment, can become even more of a concern.

Action Item:

- Find out the last time you had an annual physical and dental examination.
- If you haven't had an examination for more than a year schedule one now. Sometimes it takes a few months to get an appointment. So call right away.
- If you have had an examination review your plan and implement into your daily life what was recommended.
- If you do not have insurance and or funds check with your local community organizations for assistance.

3. Use More Alternative Medicines/Modalities When Appropriate

Alternative medicines/modalities are gaining popularity as most are considered to be natural, safe and effective combining natural medicines and therapies.

Herbs, vitamins and minerals, homeopathy, detoxification, ozone therapy, and natural hormonal replacement treatments are used in order to optimize the body's innate ability to heal itself. Hence the overall effect is anti-aging, refreshing and wellness enhancing.

Action Item:

- Research what alternative medicines/modalities you might be interested in or need.
- As with any recommendation please consult with a professional in that area of practice.

4. Reduce Your Stress Level

Life is full of daily issues, ups, downs, positive and negative situations, deadlines, frustrations and demands. The sad thing is that stress has become commonplace and a part of life. Some stress can be good for us in small doses as it can assist us in handling pressure and motivate us. But when you're constantly running in emergency mode, your mind and body pay the price.

If you frequently find yourself feeling overwhelmed, it's time to take action to bring your nervous system back into balance.

When you're under stress your body releases stress hormones, which can suppress the immune system and accelerate the aging process.

Prolonged elevation of these stress-induced hormones disrupts the repair of skin cells making you more susceptible to the aging process.

The result is premature lines and wrinkles. If you are stressed it shows on your face.

Some health problems caused by stress are:

- Pain of any kind
- Heart disease
- Digestive problems
- Sleep problems
- Depression
- Obesity
- Auto-immune diseases
- Skin conditions, such as eczema

The more you can keep stress at a distance the more fit, energetic and youthful you will feel.

Action Item:

- Involve yourself in activities that make you happy. These can be relaxing or physical activities. Just make sure you are not adding activities that will add stress to your life.
- Listen to music more often and lower your intake of news and television.
- Make a point to do things that you have been putting off with your friends or relatives.

5. Develop a Fitness Plan and Stick to It

Before you start any exercise program you should develop a plan consisting of your goals, exercises you will be performing and the days you will workout.

Most people have an idea of the results they want they want to achieve, but do not always have a realistic plan for accomplishing their goals.

It can be very frustrating in that you want to be fit, you dedicate the time and money and then come up short due to a lack of an organized and scientific plan.

Developing a personalized plan of action can assist you by allowing you have a vision of the goals you what to achieve.

Action Item:

- Define your fitness and nutrition goals.
- Get a fitness trainer if need be.
- Find an accountability partner

6. Incorporate Fitness into Your Every Day Life

Everyday you need to commit to doing at least 20 to 30 minutes of activity. Performing 20 to 40 minutes of combined cardio respiratory activity and resistance training helps to reduce body fat.

Exercise will give your more energy, build muscle mass, increase blood flow to your skin, prevent high blood pressure, reduce anxiety, strengthen bones and raise your metabolic rate so you lose more weight more quickly. All of these are great anti-aging benefits.

Action Item:

- Perform some type of exercise daily.

7. Perform Resistance and Cardio Training Together

Resistance training provides the greatest long-term benefit to reducing body fat, with cardio training providing the greatest initial benefit.

Cardio training, when performed in intervals, not only helps you to tap into body fat storage, but the intensity helps you to burn more body fat even after the completion of your exercise session.

Increasing your weight and the time of your reps while resistance training will create more muscle and will burn more calories.

Action Item:

- Implement activities like jogging, running and calisthenics with resistance activity such as dumbbells, bands or medicine balls for a fun and complete total body workout.

8. Incorporate Pilates, and Stretching & Balance Into Your Fitness Program

Pilates is based on Yoga and Aerobics. Pilates helps to strengthen muscles, improves breathing patterns and creates a balance between body and mind.

Pilates requires concentration and patience.

Pilates requires a high degree of concentration which involves intense focusing making one forget about their worries and reducing mental stress.

Action Item:

- Perform Pilates 2 to 3 times per week.

9. Reduce Food Portion Sizes

Cutting back on unnecessary calories stacks the deck in favor of living longer. You need to eat smaller meals and eat more frequently. Eating smaller, more frequent meals every 2-3 hours will increase your metabolism and reduce body fat storage.

People who eat smaller meals (6-8) more frequently with pre and post workout shakes tend to drop as much as 4% body fat in the first month of their fitness program.

Make sure that these are healthy non-processed meals containing balanced amounts of protein, carbohydrates and fat.

Practice portion control and make every bite count.

Small frequent meals will reduce your risk of age related diseases such as heart disease, diabetes, cancer and memory loss.

Do not confuse reducing calories with malnutrition. Focus on lowering your intake of foods containing fat and sugar but continue to eat foods loaded with nutrients including fruits, vegetables, whole grains, legumes and low fat milk products.

Action Item:

- Reduce your portion sizes.
- Reduce fats and sugars.
- Increase fruits, vegetables, whole grains, legumes and low fat milk products.

10. Eat First Thing in the Morning and Often During the Day

Starting every morning off with a healthy and complete breakfast is important for proper nutrition which assists anti-aging.

Eating within an hour of waking is vital to breaking the fast your body goes into every night.

While at rest and within 2 hours after your last meal of the day your body shuts down your metabolism and starts to store food.

In order to communicate with your body that it is healthy, well fed, and not in need of extra bodyfat storage you need to restart your metabolism with a healthy breakfast and small meals every 2 hours throughout the day.

Action Item:

- Eat within an hour of waking and every 2 hours throughout the day.

11. Eat More Fruits and Vegetables

Typically we do not eat enough fruits and vegetables.

Adding small amounts of veggies at each meal will go a long way to improving your overall health and increase your weight loss success.

Meals that have fresh fruits and vegetables lower disease rates, boost energy and reduce the risk of weight gain.

Fresh produce facts:

- Olives, coconuts, fresh fruits and vegetables have no fat, cholesterol or sodium.
- Fresh fruits and vegetables are fiber-rich. Fiber-rich foods lower a person's risk for developing age-related diseases such as heart disease, cancer, diabetes and hypertension and are lower in calories.
- Fresh fruits and vegetables are nutrient-packed, providing ample amounts of calcium, iron, magnesium, vitamin C, beta-carotene and folic acid, and are low in calories.

Action Item:

- Eat a minimum of five (5) to eight (8) servings of fruits and vegetables per day (two at every meal and two as snacks).

12. Eat More Fish

Fat from fish is more healthier than from red meat.

So, get your fat from fish. The fats in fish, called omega-3 fatty acids, lower heart-disease risk, stimulate the immune system and reduce the incidence of depression.

In a study published in the American Journal of Clinical Nutrition, researchers from the University of Barcelona found that "fish-lovers" have a significantly reduced rate of colorectal, esophageal, stomach and pancreatic cancers.

Even small amounts of fish were found to lower risk for cancers of the digestive tract. The researchers speculate that the fatty acids found in fish may help inhibit the growth of cancer cells.

Action Item:

- Eat more fish and less red meat.

13. Consume Essential Fats

The body does not make good fats.

One must select foods that have the essential fats our body needs or take supplements.

Essential fats can be found in the following:

- olive oil
- canola oil
- flax oil
- sesame oil
- coconut oil
- fish oil
- primrose oil
- and many types of fish and raw nuts & seeds

Action Item:

- Increase essential fats into your nutrition.

14. Drink at Least a Gallon of Water Per Day

Every day you should aim to drink a gallon of water per day to replace the water you lose through sweating and urination.

Water helps provide proper digestion and eliminate toxins.

A large glass of water before eating is a great way to fill you up and prevent you from overeating.

Drinking cold water will cause you to burn more calories as your body will need to heat this water up to your body's temperature of 98 degrees before it can leave your stomach.

To hydrate skin from within you need water. Without sufficient water your skin will dehydrate and essential anti-aging nutrients cannot be delivered to your system.

If you want to look great longer you need to make sure you get plenty of fluids and drinking lots of water each day is an essential part of your anti-aging routine.

Action Item:

- Drink a gallon of water per day. This equals about four (8) large glasses or 128 ounces per day.

15. Drink Green Tea Daily

Drinking green tea is great for anti-aging.

Green tea is a strong antioxidant. Recent research has proven what many Eastern cultures have known for thousands of years, that drinking green tea is helpful in fighting cancer, building your resistance to heart disease, arthritis, tooth decay and chronic illnesses as well as contributes to burning body fat.

Green tea is healthier than coffee and can still provide a pick me up.

Green tea contains catechins, which fight viruses and slows aging.

Epigallocatechin gallate (EGCG), an antioxidant found in green tea, is said to be 100 more times more effective than vitamin C and 25 times more effective than vitamin E at protecting cells.

To get the wonderful anti-aging effects of green tea in concentrated form take a high strength green tea powder.

Action Item:

- Drink green tea daily.

16. Increase Fiber in Your Diet

Eating cereal in the morning does not provide enough of the required daily fiber you need.

Many of the common servings of foods that contain dietary fiber are also very high in sugar.

The key is to select foods with little or no sugar, but that are high in fiber. Foods that are good sources of fiber are also typically low in fat.

Vegetables are always a great source of dietary fiber. Cooking vegetables doesn't change the amount of sugar, but much of the heating process will destroy the fiber. It is best to have your vegetables raw or slightly steamed.

Fruits are a high energy source as they contain sources of fiber and energy rich carbohydrates. The carbohydrates from fruits are in the form of fructose. While fructose doesn't spike insulin as easily as other forms of sugar, it is still important to consume most fruits early in the day or immediately following exercise.

All legumes and beans are excellent sources of high fiber and a great source of healthy fats.

As a rule most breads are not great sources of fiber. Breads tend to be very tasty, but low in fiber and higher in sugar and other moderately glycemic carbohydrates, which are not good for you.

Pasta is rarely a good source of fiber, but some wheat pastas can make a great substitution. Wheat pasta has as much as four times the fiber content white flour pasta. Rice is not a great source of fiber and even in small amounts it can spike insulin unless it is consumed immediately after exercise.

Juices can be a great source for getting fiber into the diet as long as they are 100% artificial-free and contain 15 to 20% of the pulp or skin. Most of the fiber is in the pulp or skin of the fruit and without the fiber the juice provides additional calories with less overall benefit.

Nuts and seeds can provide some dietary fiber, but their real value is in the healthy fats that they provide.

Action Item:

- Review your nutrition and increase your fiber intake.

17. Take a Multivitamin and Antioxidants Daily

Food cravings are thought to be a sign of nutrient deficiency. A way to correct these deficiencies is to take a quality basic multivitamin and mineral supplement.

With the correct amount of nutrients in our system, the mind and body work as they should and are less likely to trigger cravings.

As we age, our bodies' process nutrients less efficiently, resulting in the need for us to increase our nutrient intake. Vitamin B is essential for keeping levels of homocysteine low in our blood and if allowed to rise, contributes to heart-disease risk and possibly memory loss.

Antioxidants combat free radicals, oxygen fragments that attack and damage cell membranes, life-sustaining proteins and even our cells' genetic code preventing disease and premature aging.

Antioxidants also stimulate the immune system and protect the nervous system and brain from the oxidative damage associated with age-related memory loss.

Men, in particular, can benefit from the immune-enhancing effects of antioxidants: A study published in this month's Journal of the National Cancer Institute found that men who consumed vitamins C and E had lower amounts of particles associated with the development of prostate cancer.

Antioxidants are a group of vitamins, minerals and carotenoids that work against the damage caused by free radicals that weaken the skin's structure.

For maximum anti aging protection eat fresh vegetables, fruit and whole grains. For younger looking skin make sure you get plenty of vitamins C and vitamin E as they restore collagen in your skin.

You also need omega 3 essential fatty acids this will maintain the structure and fluidity of your cells and help moisturize the skin from within. An essential part of your anti aging diet.

Action Item:

- Take a daily multivitamin as well as antioxidants.

18. Keep a Positive Attitude and Work on Personal Development

The fountain of youth is closer than you think. Actually it's contained in your thoughts. Remember the old adage, "You are as old as you think and feel." This is so true.

Having a positive attitude can improve your health and happiness by strengthening your immune system and increasing your level of optimism, both great anti-aging goals.

An attitude of gratitude goes a long way in making one happy.

Not knowing where you are going in life can cause stress.

Developing a Life Success Plan will allow you to define your life vision, mission and purpose.

Action Item:

- Make a gratitude list.
- Define your life's vision, mission and purpose.

19. Get Plenty of Rest

Most people do not get enough sleep at night. To slow down the aging process sleep is one of the most important things one needs to do. You will have a longer and healthier life if you get enough sleep. You will look and feel better.

Sleep heals and restores. While asleep cells regenerate, the immune system is restored, and healing activities take place.

Eight (8) hours of sleep are required per night. More or less may be required depending on your lifestyle and needs. If you are constantly tired you are not getting enough sleep and or you might have sleep apnea.

Action Item:

Incorporate the following into your life for better sleep:

- Do not eat any within two hours of going to bed as the body will be digesting food leaving you feeling uncomfortable which could lead to indigestion. Also your metabolism is slower when you sleep and eating right before bed can cause weight gain.
- Listen to quiet music or meditate instead of watching television as television can make it harder for you to go to sleep.

20. Stay out of the Sun

Sunlight affects the skin by causing premature skin aging, skin cancer, and a host of skin changes.

Exposure to ultraviolet light from sunlight is responsible for over 90% of the symptoms related to premature skin aging. Many skin changes believed to be due to aging are actually a result of prolonged exposure to the sun.

Skin cancer is the most common cancer. It is estimated that over 1 million people get skin cancer per year in the USA. The good news is that skin cancer is preventable as over 90% of all skin cancers are caused by exposure to the sun's rays. Reducing exposure to sunlight helps prevent skin cancer and also helps prevent wrinkles and dark spots on the skin.

There are some benefits of sunlight exposure that include vitamin D production and improved mood.

Action Item:

To reduce the risk of cancer from sunlight remember the following:

- Avoid being in the sun between 10 a.m. to 4 p.m. if possible.
- Surfaces that reflect light including water, sand and snow intensify sunlight.
- Use a sunscreen with an SPF of at least 30.
- Don't forget to protect your eyes by wearing UV protection sunglasses.

21. Quit Smoking and/or Reduce Your second Hand Smoke Intake

One of the most important anti aging tips of all is get tobacco out of your life. It's as simple as that. You may not be able to completely reverse the damage smoking has done to your skin but you will stop the damage from getting worse.

With the right anti-aging skin care, proper nutrition and a good multi-vitamin skin supplement, you should begin to look younger and healthier than you have for years.

So, do your skin and lungs a favor and quit smoking now. Kick start your smoking cessation program with nicotine replacement therapy as you are more likely to succeed with a smoking cessation program than going cold turkey.

- Each cigarette reduces our life by 11 minutes.
- Research suggests people who smoke have premature aging symptoms such as graying hair, wrinkles and loose skin.
- Cigarettes increase the risk of all types of cardiovascular and pulmonary disease and many types of cancer.

Smoking accelerates skin aging by encouraging the destruction of collagen. Reduced levels of collagen are one of the primary reasons your skin ages so a smoker's skin ages much faster.

The telltale signs are dull, grayish, dry skin, increased wrinkling around the eyes and the puckering wrinkles around the lips from drawing on cigarettes.

Action Item:

- If you smoke, stop. Get help if need be.
- Reduce your second hand exposure to smoke.

Conclusion

Thanks for taking the time to read our eBook.

Hopefully, you were able to glean some word of wisdom and or tidbits to assist you in slowing down your aging process.

You should check out our discussion board at <http://www.oxlabs.com> for additional information and discussion on anti-aging.