How To Look And Feel 10 Years Younger... In Just 10 Days

FREE!

Written by Jeff Reagan
Patriot Health ALLIANCE
Do you look in the mirror and feel like you see new grey hairs and wrinkles popping up each day? Maybe you feel like you look tired and worn out, like you’re aging faster than you should.

If you get a nasty jolt when you see photos of yourself a few years ago compared to how you’re looking now, it’s time to put a stop to the runaway freight train of aging.

This report is going to reveal some simple yet highly effective ways that you can completely transform your face, hair and body in just a short time.

All you need to do is show yourself some love and care. You will be surprised how fast your face starts to look brighter, your hair gets shinier, and those hard-line wrinkles get a little bit softer.

This anti-aging routine doesn’t involve any expensive creams or serums, and no scary injections or surgery. No pills to pop, no expensive superfoods, and no out-there exercise equipment.

Essentially, we are getting back to basics. It may not be sexy or advertised on TV, but simple and natural self-care measures will go an awful long way in getting you looking fresh and youthful again.

Being smart about what you put in your mouth and putting some consideration into your everyday routines is all you need to do to make some major change.

We will be teaching you a series of simple swaps so you can move away from toxic industrial foods and products and easily replace them with wholesome natural alternatives. The good news is the healthier options are often more affordable, too.

**Let’s get right into the nitty gritty with a dietary regime that will help you push back the clock.**
While you’ve likely heard the above statement many times before, we want to encourage you to really think about it for a minute.

When you put something in your mouth, it starts being digested by the enzymes in your saliva. At this point some substances already absorb into your bloodstream through the thin lining of your mouth and gums. Most of the food travels down your esophagus where stomach acid further breaks it down, after which it is squeezed along and processed by the intestines.

The gut is an incredible system, full of complex mechanisms and hard-working friendly bacteria that literally turn the food you eat into the potential for you to keep on living. That’s amazing!

All of the fats, proteins, carbs, vitamins, minerals and phytochemicals that come from your meals are extracted in your gut, and your body puts them together again in different arrangements, so that they can literally BECOME your cells, organs, blood, skin, hair, eyes, etc.

Those molecules and electrical charges that come from your food are also translated into your moods, thoughts and emotions. These things don’t come from thin air – they are created from the building blocks that you feed into your body.

In an abstract way, you can imagine that eating a greasy brown cheeseburger with the usual flaccid deep-fried accompaniments and a soda or beer on the side, will result in different organs, blood, skin and emotions than dining on a plate brimming with fresh green leaves, whole protein, colorful veggie toppings, nourishing nuts and seeds, topped with a healthy fat and washed down with some green tea or lemon water.
If you think about the concept that your body is literally a collection of building blocks made from what you eat over time, it seems obvious that the person built from the cheeseburger will look, feel and behave very differently than the person built from the fresh, whole foods meal.

The second person will likely look, feel and behave younger, lighter and happier than the person weighed down and aged prematurely by toxic nutrient-poor processed foods.
How to Get Younger With Food

All of the cells in your body are entirely replaced every 7 years. They are constantly being renewed, repaired and replaced every moment of every day, but 7 years from now, you will have essentially an entirely new body from what you have today.

You can start “getting younger” right now by laying down a few beautiful healthy cells made from fresh whole foods. We want to encourage you to make that change now, and keep the ball rolling with a smart ancestral nutrition lifestyle. You can make the decision today to start looking younger very soon, by feeding your body the right raw materials.

The ancestral nutrition theory is based on a smart selection of regular modern foods that mimic the food groups of our pre-agricultural, hunter-gatherer ancestors. The following seven fundamental characteristics of hunter-gatherer diets will help to optimize your health, keep you looking youthful, minimize your risk of chronic disease, and lose weight.

1. **Higher protein intake** – Protein comprises 15 % of the calories in the average western diet, which is considerably lower than the average values of 19-35 % found in hunter-gatherer diets. Meat, seafood, and other animal products represent the staple foods of modern day ancestral diets.

2. **Lower carbohydrate intake and lower glycemic index** – Non-starchy fresh fruits and vegetables represent the main carbohydrate source and will provide for 35-45 % of your daily calories. Almost all of these foods have low glycemic indices that are slowly digested and absorbed, and won’t spike blood sugar levels.
3. **Higher fiber intake** – Dietary fiber is essential for good health, and despite what we’re told, whole grains aren’t the place to find it. Non-starchy vegetables contain eight times more fiber than whole grains and 31 times more than refined grains. Even fruits contain twice as much fiber as whole grains and seven times more than refined grains.

4. **Moderate to higher fat intake with balanced Omega-3 and Omega-6 fats** – It is not the total amount of fat in your diet that raises your blood cholesterol levels and increases your risk for heart disease, cancer, and type 2 diabetes, but rather the type of fat. Cut the trans fats and the Omega-6 polyunsaturated fats in your diet and increase the healthful naturally-occurring saturated, monounsaturated and Omega-3 fats that were the mainstays of Stone Age diets. Recent large population studies known as meta-analyses show that saturated fats have little or no adverse effects upon cardiovascular disease risk.

5. **Higher potassium and lower sodium intake** – Unprocessed, fresh foods naturally contain 5 to 10 times more potassium than sodium, and Stone Age bodies were adapted to this ratio. Potassium is necessary for the heart, kidneys, and other organs to work properly. Low potassium is associated with high blood pressure, heart disease, and stroke – the same problems linked to excessive dietary sodium. Today, the average American consumes about twice as much sodium as potassium. We recommend dropping the table salt and replacing it with a balanced natural salt such as Pink Himalayan or Celtic Grey.

6. **Net dietary alkaline load that balances dietary acid** – After digestion, all foods present either a net acid or alkaline load to the kidneys. Acid producers are meats, fish, grains, legumes, cheese, and processed salt. Alkaline-yielding foods are fruits and veggies. A lifetime of excessive dietary acid may promote bone and muscle loss, high blood pressure, and increased risk for kidney stones, and may aggravate asthma and exercise-induced asthma. If you
balance acid-producing foods with plenty of alkaline-yielding foods, the system stays in balance and you remain youthful and healthy.

7. **Higher intake of vitamins, minerals, antioxidants, and plant phytochemicals** – Whole grains and processed fortified foods are not a good substitute for real food, such as grass produced or free ranging meats, fruits, and veggies, as they contain no vitamin C, vitamin A, vitamin K2 or vitamin B12. They also have much less omega 3, and more omega 6. Many of the minerals and some of the B vitamins whole grains and fortified foods do contain are not well absorbed by the body.
The great thing about eating in an ancestral way is that you get to eat a variety of so many amazing and delicious foods. Below is a list of the main categories of foods that are recommended to eat.

- **Meats** - Beef, Bison, Chicken, Turkey, Pork…. You name it, you can have it! Look for grass-fed, pasture-raised meats whenever possible. If you are having trouble finding grass-fed meats locally, Tropical Traditions and US Wellness Meats are both great online resources. You can also use websites such as FarmMatch.com and EatWild.com to hook up with local farmers and suppliers of high quality products.

- **Seafood** - Fish, Shrimp, Crab, Lobster, Mussels, Clams….again, you name it, you can have it! Look for wild-caught seafood whenever possible, except in the case of shellfish, where farmed options are usually better.

- **Eggs** - Pastured eggs are your best option, because they come from chickens that are allowed to roam freely and eat a natural diet.

- **Vegetables** - Vegetables are going to make up a good deal of your daily food intake and will provide you with fiber and nutrients. Some people limit starchy vegetables such as potatoes if trying to lose weight, but you will quickly find what works best for you and your body. Stick with organic whenever you can!

- **Fruit** - All fruits are allowed, but the best options are low-sugar fruits like berries, citrus and green apples. Some people like to limit fruit intake if trying to lose weight, but see what works best for your body. Again, organic is best, especially if you are consuming the skin.

- **Nuts and Seeds** - Nuts and seeds are a great way to add protein and fat to
your diet (in moderation). This includes things like almond flour, almond butter, macadamia nut butter, etc.

- **Animal Fats** - Lard, tallow and duck fat provide you with saturated fats and omega-3 fatty acids, and are great for high heat cooking and are a much better option than processed and chemical filled oils. Make your own or buy high quality fats made from pastured animals.

- **Healthy Oils** - Virgin coconut oil, olive oil, avocado oil, sesame seed oil, red palm fruit oil and macadamia nut oil are all minimally processed oils that provide healthy fats that your body needs to function properly. These are great for making sauces and dressings. Coconut oil, grass-fed butter and red palm oil are ok for cooking.

Note: Some people have sensitivities to foods that are considered “allowed” on an ancestral diet, such as nightshades, eggs, nuts, potatoes, etc. This is why it is important to tailor the diet to work for you. Seek the advice of a doctor or nutritionist to see how to best adjust the diet for your needs.
Clever Anti-Aging Superfoods

If you’re ready to take your nutritional game to the next level, here are some incredibly nutrient-dense foods that will massively upgrade your diet.

• **Broth** - Any real-food expert worth their weight in kale will emphasize the importance of consuming bone broths on a regular basis. The benefits are numerous, and include providing collagen to keep wrinkles and cellulite at bay, healing the gut lining to improve digestion and tame autoimmune disease and allergies, and lubricating joints so that they stay supple and flexible. What’s not to love! Bone broth is basically the ultimate anti-aging food. The easiest way to make bone broth is with a slow-cooker or crock-pot. Simply fill it up with pastured organic bones and trimmings from any animal or fish. Add enough water to cover the bones and finish with a few tablespoons of apple cider vinegar. Leave the pot on “high” overnight, then turn it to “low” in the morning and leave it simmering until the evening, for a total of 24 hours. Then strain the broth. You can drink a cup or 2 daily as a comforting hot beverage, or freeze it and add a serving to soups, stirfries and other dishes.

• **Organ Meats** – The heart, brain, organs and glands of animals are literally the richest source of nutrients on earth. Although these foods are often intimidating, there are many recipes available that make them tasty and more edible. Liver is one of the easiest ones to start with – you can hide it in homemade meatballs or soup. Skin is also technically an organ – you can begin by eating the skin of organic pastured chicken.

• **Fermented & Cultured Foods** – One of the most precious secrets of eating like our ancestors is the re-introduction of fermented and cultured foods. Every single traditional culture incorporates at least a few of them. Some examples are kefir, kombucha, kimchi, sauerkraut, tempeh, sour cream, yogurt and apple cider vinegar. These foods offer up a wealth of friendly bacteria to help balance the gut for better digestion, strengthened immunity and even a more stable mood. Fermented and cultured foods are certainly an important key in the nutritional approach to staying youthful.
What Not to Eat on an Ancestral Diet: Foods That Accelerate Aging

What you will find about eating an ancestral-style diet is that many of the foods that are avoided are also foods that many people have allergic reactions to. This makes sense because the premise of this way of eating is that our bodies were never designed to consume those foods in the first place! Allergenic foods also start an inflammatory cascade in the body which ends up aging us – that’s exactly what we are trying to avoid.

Below is an overview of what foods are recommended to remove from your diet:

- **Grains** - Wheat flour, breads, pastas, corn, rice, oatmeal, tortillas, etc. contain both lectins and gluten, which causes inflammatory issues and digestive problems for many people.

- **Legumes** - Things like lentils, beans, peas and peanuts all contain phytates and lectins which can cause inflammation for some people. Peanuts are actually considered a legume and not a nut, so you may want to avoid them if you are trying to heal your gut.

- **Dairy** - Many individuals have trouble digesting the main sugar, lactose, in milk and milk products. Lactose can wreak havoc on their stomachs. Some people can tolerate ghee, which is clarified butter with all of the milk solids removed. There are some people who have no trouble at all with dairy, and they choose grass-fed dairy products whenever possible.

- **Refined Sugar** - Sugar is nutrient deficient and can cause all sorts of problems such as weight gain, tooth decay, digestive problems and disease. It takes up room in your body that could be used for healthy, nutrient-dense options such as proteins and vegetables, so throw out that bag of sugar!
• **Alcohol** - Beer or any alcohol that contains gluten should be avoided. If you are going to have an occasional alcoholic beverage, your best options usually are 100% agave fruit tequila, organic wine or a gluten-free cider. Alcohol in any form is hard on your liver and usually contains some form of sugar.

• **Processed Foods** - This means all soda, candy, packaged snacks and chemical-filled foods. If it comes in a wrapper, bag or box, and has a long list of unrecognizable ingredients that you cannot pronounce, chances are you shouldn’t be putting it in your body.

• **Trans-Fats** - Any highly refined and processed fats such as vegetable oil, canola oil, sunflower oil, margarine, along with others, should be avoided.

• **Soda and Energy Drinks** - Don’t fill up on chemical-filled liquids that contain empty calories (that means even diet soda is out!). Focus on drinking water as your primary drink of choice. You can also make a wide variety of delicious herbal teas, either iced or hot. Probiotic drinks such as kefir and kombucha are also safe and recommended. If you wish to drink coffee, keep it to a couple of times a week, and stick with organic coffee that you grind fresh from the bean yourself.
Now that your head is spinning with anti-aging nutritional wisdom, how about going for a good nap to let it all sink in.

Sleep truly is one of the most important keys to staying vibrant and youthful. Most of us probably know this, but struggling with getting good sleep is a common problem.

3 little-known factors that can make or break your sleep

1. Magnesium

   According to Marek Doyle, a nutritional medicine practitioner who writes for the Huffington Post, magnesium is rarely mentioned in conventional recommendations, but it effectively cures 90% of his insomnia patients within 24 hours.

   Magnesium plays a vital role in over 325 basic reactions in human biochemistry, but in regards to sleep specifically: Magnesium is vital for the function of GABA receptors, which exist across all areas of the brain and nervous system. GABA is a calming neurotransmitter that the brain requires to switch off; without it, we remain tense, our thoughts race and we lie in bed staring at the ceiling.

   How do you know if you’re short of magnesium? (it’s estimated that at least 80% of us are). If you have trouble falling asleep, wake easily, or wake at odd times. Also any of the following issues indicate a lack of magnesium:

   If you get cramps regularly, find that fluids pass through you easily, have cold hands and feet, experience tightness in the neck and shoulders or notice twitches in small muscles (the eyelid, for example)
There’s no harm in trying it, and certainly a lot to gain. So what’s the best way to replenish your magnesium? Oral supplements are often poorly absorbed, so we recommend a magnesium bath, lotion or spray. The lotion is the easiest, fastest and least fussy.

2. **Calming Essential Oils for Better Sleep (Knock yourself out naturally)**

   This essential oil blend contains the most naturally relaxing sedative oils which will help calm your thoughts and prepare your body for sleep.

   Here is the recipe:
   (Combine in an amber or blue glass bottle)
   • 25 drops Serenity blend
   • 20 drops Ylang yang
   • 15 drops Vetiver
   • 15 drops Marjoram

   Apply several drops of the blend to the bottom of each foot before bed. The soles have the largest pores to allow oils to safely and rapidly enter the bloodstream.

3. **Blue-blocking Lenses**

   You may have heard that the blue light from TVs and devices tricks your brain into thinking it’s daytime and keeps you awake. This is absolutely true. However the problem is that most experts recommend not using your phone past 9pm, or not watching TV two hours before bedtime, etc. It’s very difficult to realistically apply this restrictions in our modern lifestyle.

   Luckily there is an easy way to circumvent blue light exposure while still being able to use devices (in moderation) in the evening. Grab yourself some orange or yellow-lensed glasses and you will be effectively blocking the blue light that inhibits your natural melatonin production.
It takes 3-4 hours of no-blue-light exposure for melatonin production to kick in, so try to wear your orange or yellow specs from the time the sun goes down.

A few other solutions to avoid blue light exposure include using beeswax candles, low-blue light bulbs, or salt lamps as it gets closer to bedtime or on evenings when you don’t want to wear your glasses! These all emit warm-spectrum light that won’t shut down your melatonin production.

You should also be sure to get bright natural light as soon as you can upon waking in the morning to signal your brain that it’s awake time. This helps regulate your circadian clock and set you up for a more solid sleep the following evening.

4. **Anti-wrinkle pillows**
   Another way to help avoid aging effects from sleep is to use an anti-wrinkle beauty pillow with a silk pillowcase. This will help prevent the wrinkles that form on the face, neck and chest from staying in the same position for 8 hours every night.

   Think about it this way: if you can get smile lines or frown lines from making facial expressions, you likely spend a lot more time sleeping than you do smiling or frowning. Examine the side of your face that you tend to sleep on, and you’ll see that the lines on that side are likely deeper. Anti-wrinkle pillows incorporate support under your chin and temple, but avoid putting pressure on your eyes and cheeks.

   A silk pillowcase also helps prevent lines from forming in your skin and protects your hair from tangling, breaking or being pulled out while you sleep.
Imagine a young, healthy person. This is the “ideal you”, the one that is smiling, walking confidently and handling everything that comes along with grace and ease.

Then imagine the typical, everyday you. Is he or she stressed, harried and overwhelmed? In other words, aging rapidly?

No one is going to step in and stop the madness for you; you have to do it for yourself. And here’s where good self-care comes in. It’s a simple concept based on small gestures that you make toward yourself. It’s like your right-now self being considerate toward your future-self.

Your partner and family and friends can support and take care of you to a certain extent, but there are certain things you can really only do for yourself. And those things can be pretty fundamental.

Only you are going to make sure you eat enough good nutritious food, drink enough water, get some movement into your day, and get to sleep on time. These are things we have to be responsible for as adults, but too often these hugely important priorities get pushed aside by all the other “STUFF” flying around in our day.

Then there are the other “less vital” things that can still have a huge impact on how you feel and behave. Only you are going to go get that haircut that is going to score compliments and put you in a great mood. Only you can decide to take 7 minutes in the evening to enjoy a lovely lavender bath, or sit still for 10 minutes to breathe deeply, practice gratitude and meditate, or ensure that you have time for satisfying and rejuvenating intimacy with your partner. No one else is going to tell you do these things, or help you make the time for these things. You have the
power to make every day a good day.

These small gestures will do wonders for your relationship with yourself and with everyone around you. The cumulative effect is to make you feel happier and more confident, which will certainly leave you standing up straighter, smiling more and looking like that ideal, youthful you that you are aiming toward.
Personal Care for Looking Younger

Consuming the right nourishment, resting well and supporting a positive mindset will take care of the inside. But what about the outside? Should you keep buying and applying all those heavily marketed anti-aging products that come from a lab?

In our opinion, the answer is a resounding “no”. There are so many natural alternatives that support glowing health and youthfulness without burdening your body’s detoxification system with a gamut of nasty chemicals.

Hair
Wiry, dry and fly-away hair is a common side effect of aging. Wouldn’t it be a shame to spend five times the money on some sort of as-seen-on-TV “shampoo for aging hair” only to discover the harmful effects of its toxic ingredients present a whole other issue? The best way to avoid all of this misleading marketing-driven mess is to use natural cleansing agents that help you regain the shine, thickness and manageability of younger hair.

These food-based cleansers actually nourish the hair and scalp rather than stripping it of oil. You probably already have them in your kitchen, and they cost pennies per use. Here are some awesome natural shampoo alternatives to try.

Baking soda: Mix 1-3 teaspoons of baking soda in a glass of water. Pour the mixture in sections over the back, top, sides and front of the hair. Rub gently and allow to soak for a couple of minutes until the hair feels slippery, then rinse well. This is a clarifying wash which may dry out the hair if used too often. Use a tablespoon of raw apple cider vinegar or kombucha mixed into a cup of water as a conditioning rinse.

Rye flour: Purchase fine-ground organic rye flour. Mix 1-2 tbsp in a glass of water
and use the same procedure as above. Rinse very well. Allow the hair to dry and comb out any extra flakes if you didn’t rinse well enough. This is a nourishing wash providing vitamins that are often synthetically added to shampoos.

Raw honey and aloe gel: Mix 1 tbsp of each ingredient with a little hot water to dissolve. Apply to the hair like shampoo, let sit a few minutes, then rinse well. This is a gentle wash for fine hair or dry scalp.

Egg: Simply beat an egg (free-range organic eggs contain the most nourishing vitamins) and apply to the hair. Use cooler water when rinsing to avoid the egg solidifying on the scalp. This is a high-protein treatment to help strengthen the hair and add shine.

Many people find that avoiding commercial shampoos helps stop hair loss, and greatly improves hair color and texture. Some say kombucha rinsing even helps grey hairs turn back to their original color. If you experiment with different natural cleansers and keep a record of what works best for you, you will be able to achieve your best, most youthful hair ever.

Face
The main thing you should be using to clean your face and maintain the quality of your skin is not water, not soap, not cleansing gel, but oil! Pure, unrefined, organic oils, such as coconut oil, apricot kernel oil, castor oil, olive oil or hazelnut oil.

Expert research shows us that applying oil to the skin does nothing but cleanse and nourish a healthy complexion.

When we wash with mainstream soaps and cleansing agents, the protective layer of the skin, called the acid mantle, is often damaged and dried out, and sebum is removed. The skin is left effectively stripped of its natural oils due to cleansers that are too harsh for delicate facial skin and don’t take the skin’s natural pH level
into account. This encourages the formation of wrinkles and perpetuates poor skin tone which is a hallmark of aging.

Here are some of the best oils you can use for oil cleansing:

Normal to dry skin – Try argan or shea oil, which are gentle and nourishing. You could mix a small amount of these ‘superfood’ oils with a more affordable oil, such as the oils you use in your kitchen. Look for extra-virgin cold-pressed oils that still have their antioxidants intact. Olive or walnut oils are great for the face.

You can even come up with your own combinations, such as half coconut oil and half olive oil mixed up in a blender to make a luxurious and creamy cleansing blend. Adding small amounts of essential oils such as frankincense and lavender will also help balance and feed the skin.

Oily skin – use castor oil or rosehip oil with a drop or two of tea tree or peppermint essential oil added. These oils have astringent properties that helps calm the oil production of the skin.

It’s a great idea to finish this routine with a toner made of one part raw apple cider vinegar mixed with ten parts distilled or filtered water. Simply apply this to a cotton ball and smooth over the face. This will help tighten pores and balance skin tone.
How to Do Oil Cleansing for Your Face

Many people have varying methods for oil cleansing, and you might need to do a little bit of experimentation to find the perfect way that works for you.

**Step 1:** Grab a soft, clean washcloth and wet it thoroughly with hot water (not hot enough to be scalding). Then wring it out well, and place it over your face. Let it sit for about 20 seconds.

**Step 2:** Grab your oil of choice and apply a small amount all over your face, massaging it into the skin with gentle circular motions. Wait about 30 seconds. During this time, rinse your washcloth and get it ready with hot water again.

**Step 3:** Gently wipe the excess oil away with the hot washcloth.
Some oil cleansers recommend applying the oil to a dry face first, then laying the hot cloth overtop. This is just another method that you can try until you find what works best for your skin.

Adding essential oils such as lavender, frankincense and helichrysum support the smoothing of scars, even out discoloration and discourage the formation of wrinkles.

**Skin**
The best way to nourish and moisturize dry or wrinkled skin is to apply a generous amount of a natural oil such as coconut or shea butter to the skin. The timing is the key. After you have showered and towel-dried, apply the oil. There is still moisture in the skin from the shower, and the oil helps lock it in. The pores are still open from the hot water, so the oil is well-absorbed. You will find your skin is dewy and smooth but not overly oily.

Ayurvedic dry-brushing is also an excellent practice for improving skin texture and reducing cellulite. Simply buy a natural Tampico bristle brush – a large one for the body and a smaller softer one for the face (if you like). Use short, brisk strokes to stimulate the skin and increase blood flow. Concentrate on areas such as the backs of the arms, the inner thighs and the buttocks, which tend to collect the most cellulite. This practice helps firm and tone the skin so that its structure improves and looks younger.
Let’s face it – the effort to slow or reverse aging is essentially an effort to improve overall health. And a guide on overall health wouldn’t be complete without a section on exercise.

However, we’re not talking about slaving away for hours, sweating buckets and wearing yourself to the bone. This is exactly what you want to avoid, since over-exercising can perpetuate a stress response and hormonal imbalance.

Instead, we are going to recommend a smart, high-efficiency workout regimen that maximizes the body’s natural abilities and builds strength, endurance, balance and flexibility all at once.

There are three essential movement types that you should incorporate into your anti-aging routine. These are:

1. **Restful movement** – This includes any low- to medium-intensity physical activity that you really enjoy and which makes you feel happy and relaxed. It can be things like stretching, yoga, swimming, walking, playing with your dog or a round of Frisbee in the park. This type of movement should be practiced the most often, say 4 days a week for at least 30 minutes. This should not be difficult, since it’s essentially taking time for yourself to get your blood flowing and clear your mind. This is very important for stress relief and is a great opportunity to get out into nature.

2. **Strength and balance** – This is weight-bearing exercise which helps stabilize your core and build bone density and muscle mass. At its most basic, this involves simply lifting heavy things. Whether this is your children or grandchildren, your own body weight in simple calisthenic-style movements, or a range of kettlebells, these movements are vital for maintaining strength
as you age. Interval workouts such as tabata are an excellent way to get this type of movement in quickly and efficiently. You should practice this type of movement two times per week.

3. **Intensity and endurance** – Once a week you should spend about 15 minutes doing truly intense exercise that leaves you sweating and breathless. The best way is to do sprint intervals of your favorite type of movement, whether this is running, cycling, swimming or rowing – it’s up to you. Just go hard for a short period, then rest for a short period, and keep repeating that cycle. This type of exercise improves your heart and lung capacity and stimulates the production of human growth hormone, which is an excellent natural anti-aging substance.

You don’t need an expensive gym membership, fancy outfit or complex equipment to maintain a youthful, fit and flexible physique. Just try to get your heart rate up a few times a day and focus on moving your body.
It’s so exciting when you find out that you really can build lasting beauty and youthfulness from the inside out, without spending piles of cash on toxic cosmetic products or risky procedures.

We recommend that you take a couple of “before” photos now, before you get started on your 10 day youthfulness mission. While it will likely take more than 10 days to completely overhaul your daily routines and habits to align them fully with our ancestral guidelines, you will definitely see results within a week or so if you make a concerted effort to incorporate some of the changes we have suggested into your lifestyle.

Take some “after” photos following the adoption of your smart new habits, and you will surely notice an improvement. You’ll be reshaping not only your body but your mind and attitude toward life as well. Positivity and gratitude will go at least as far as the right food and exercise practices to help you look and feel more youthful.

Here’s to you, 10 years younger!
How To Look And Feel 10 Years Younger...In Just 10 Days