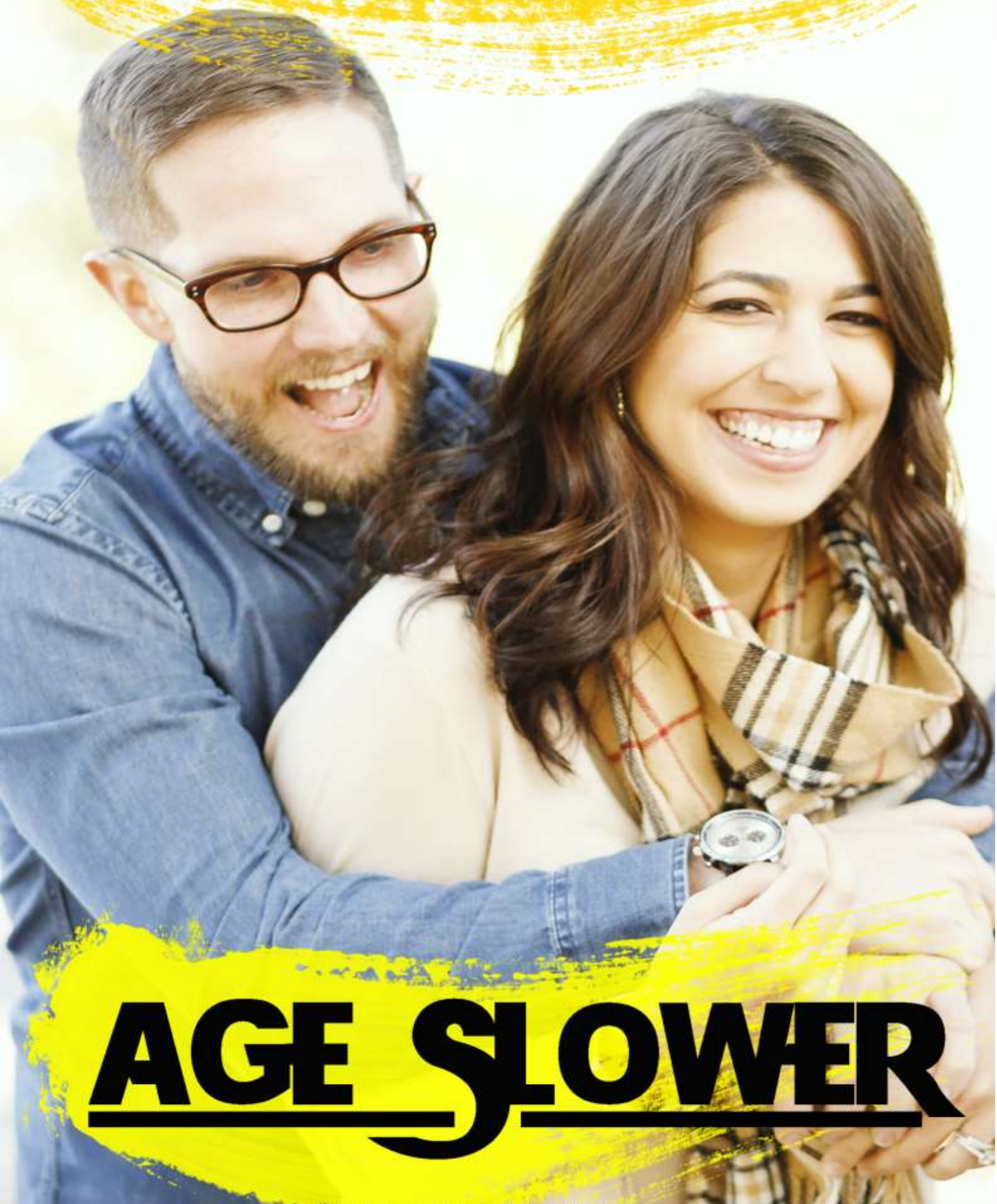


Anti-Aging Tips to Protect Your Brain,  
Your Looks and Your Health



**AGE SLOWER**

# **Age Slower Cheat Sheet: All the** *Powerful Strategies You Need to Age Slower and Stay Younger*

You've read the book and now you have a good idea as to how to keep your body and mind young, healthy and nimble as you age. It comes down to many things, but most important of all is the way you feel about yourself and the way you approach aging mentally. If you keep pushing yourself, keep challenging yourself and look after yourself, then you can enjoy a full and healthy life at any age.

But it also comes down to the details. The strategies, tricks and techniques you can use to slow down aging and look better. Here are some of the most important for your easy reference.

## ***Have a Berry Smoothie***

Berries are one of the very best sources of antioxidants and a smoothie provides a convenient and tasty way that you can easily get them in your diet.

## ***Eat Fish, Meat, Soybean***

Not only are amino acids important for your health and longevity generally but increasing your intake of these sources will provide you with cysteine – an important building block in glutathione – one of the most important antioxidant often considered the 'master' antioxidant.

## ***Avoid Windows***

Sit by a window in your office? This blocks UVB but not UVA rays from the sun. That means it can still deeply penetrate and damage the skin cells, which is one reason that we often have more freckles on one side of our face.

### ***Ionize Your Water***

A water ionizing filter can help to reduce the free radical activity of your water and thus help you to look younger longer, while also avoiding the onset of cancer.

### ***Consume Caffeine***

Caffeine has been shown to help reduce the likelihood of age-related neurological decline and protects the neurons against oxidation.

### ***Play Chess***

One of the most notable ways that cognitive function declines as we get older is in 'fluid intelligence'. While knowledge (crystalized intelligence) actually increases, the ability to store information and reason abstractly is impaired.

This is due to a reduction in working memory but you can keep this alive and well by supporting it with activities that challenge the brain to store information and plan ahead. Chess is perfect for this!

### ***Keep Learning***

Even more important is to keep stimulating the brain by learning new things, taking on new challenges, experiencing new places and even interacting with as many people as possible. This keeps the brain plastic meaning you'll more easily learn new things and meaning you'll be less likely to see impairments in brain function over time. This is how to disprove the saying 'you can't teach an old dog new tricks'.

### ***Meditate***

In the short term, meditation will help you to prevent the negative side effects of stress on the brain. It also enhances brain plasticity and learning.

### ***Sleep***

Sleep is incredibly important for the brain *and* the body. Over time, a lack of sleep will cause cumulative damage that can add up and cause a lot of negative effects we associated with old age.

### ***HIIT***

HIIT is 'High Intensity Interval Training'. This is exercise that involves alternating between periods of intense activity and periods of relative calm and recovery. This has been shown to help support the mitochondria and thereby encourage greater efficiency. This can give you the vigour and youthful energy of a much younger person even in old age, as well as further prevent oxidative damage!

### ***Mobility Exercise***

It's also a good idea to consider mobility exercises as a way to stay mobile and limber and to avoid many of the aches and pains that we consider 'normal' as we age. These are not normal and in fact it is very important to keep yourself flexible and healthy as you get older. Yoga can help, as can gymnastics. Read the book *Becoming a Supple Leopard* for more.

### ***Weight Training***

Weight training is generally a very good idea as you get older too. This keeps the muscles *and* the bones stronger, preventing the weakness that can lead to accidents, falls, breaks and other problems.

Not only that, but weight training can also stimulate the production of testosterone in men and has been shown to further support brain function.

### ***Diet***

Eating the right diet is highly important for maintaining your youthful looks and your healthy cells and organs. Vitamins, minerals, enzymes, amino acids... they're all responsible for countless important functions in the body. When you don't get these, you will find it adds up to cumulative damage that can become obvious in old age.

Make sure you eat a healthy and balanced diet and you should be able to avoid these negatives.

### ***Stress***

Stress similarly can cause serious problems over time as it wreaks cumulative damage on your body and mind. If you live a very stressful lifestyle and are constantly putting out fires in your workplace, consider the impact this is having on your long term health.

### ***Groom***

Grooming yourself as you get older will help you to look younger and feel healthier. This changes the way you feel about yourself, as well as the way that others think of you!

Women can use makeup in order to look younger (see the book), while men in particular need to remember to trim nose hairs and eyebrows as they start sprouting more hair. Dress for your age and you will find ways to 'work' a more mature look that makes you feel a million bucks.

### ***Moisturise***

Moisturising is important as you age to keep the skin looking youthful and hydrated. Look for a moisturising cream that has a little sunblock in it as mentioned, to help prevent damage to the cells over time as well.

Moisturise your hands too! Hands are often what give away our true age, even if we look otherwise young.

### ***Lifestyle***

Drinking lots of water is very important as you get older and will help you to keep you healthy and prevent cumulative damage once more. Avoid smoking and drinking in large amounts, avoid sunbathing... generally maintain a healthy lifestyle now to look and feel amazing later!