

Flame out to fabulous

5 secrets to feel and look younger

No need for Botox ladies! Want to turn back the clock? Feel lighter, brighter and more energetic? Wake up happy and ready to move through another beautiful day?

Our “Power Years” (aka those after 45) can be your best years!

This short guide will show you how to keep disease at bay, feel better and younger!



1 Avoid Inflammatory Foods

Inflammatory foods are one of the leading causes of what is commonly referred to as “lifestyle diseases.” Conditions such as diabetes, arthritis, heart diseases, Alzheimer’s and even some cancers are directly linked to them.

Inflammation is the process by which your body protects itself from outside threat. When we eat foods that the body is not able to digest or has difficulty doing so, it promotes inflammation. This triggers a series of action that can lead to disease.

Inflammatory foods to cut back on or avoid are:

- Sugar - In all its forms (brown, sugar cane, beet sugar, maple syrup, white, etc.)
- Trans fats, lard, canola oil, sunflower oil, margarine, safflower oil, peanut oil
- White carbs - white bread, white rice, white pasta, potatoes
- Processed and fried foods
- Alcohol in excessive quantities (no more than 6 glasses of wine (or its equivalent) per week for women, 12 for men) * 5 ounces is considered a glass (or 1 beer / 1 ounce hard liquor)



2 Get Moving!

One of the most common myths of aging is that your body will deteriorate, it's just what happens, that it's unavoidable. The truth is that it is not aging that causes your body to stop functioning well, it is neglect.

According to Scott Trappe, Director of the Human Performance Laboratory at Ball State University, “exercise may slow the aging process to a crawl.” Now that is one BIG reason to start moving more!

This is not about running a marathon. The objective is just to use your body every day. There is a huge difference between exercise and activity. Exercise is an organized form of movement. Activity is simply engaging your body.

What you need to do:

- Move every day - walking, cycling, carrying groceries, gardening, housework, taking the stairs whenever possible
- 30 minutes of aerobic activity per week
- 30 minutes of resistance training per week

There are so many online resources to help you keep active, explore, and stay on track. Source out your local options: gardening and walking clubs, trail walking, YMCA, community centers, etc.

While we are currently in socially distanced times, we can still walk and do some activities with friends outdoors.

And bonus for group activities – a 2018 study in the journal Mayo Clinic Proceedings found that playing tennis regularly, added nearly a decade to people's lives (gym goers got a bonus of only 1 ½ years).

To get started:

- Start small and remain consistent
- Enroll a friend, neighbour or spouse – accountability is key!
- Reward yourself (especially if this is a new habit for you!) but in a healthy way, such as with a spa appointment, a new book or clothing item you've been eyeing



3 Connect with Others!

Being connected is a cornerstone to staying healthy and aging well as it gives us purpose and allows us to spend time with others and receive the support we need.

To get started:

- Take up a hobby – explore joining a group that shares the same passion as you
- Join a book club
- Get online – from learning a new language to gardening, everything is now offered online and is a great way to be part of a new community



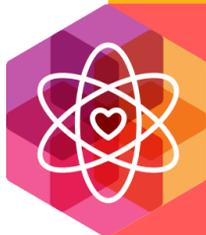
4 Get Your Beauty Sleep

As many as 40% of us enjoy less than 7 hours of sleep per night. There is crucial healing during our shut-eye time, including the critical flushing the brain does of amyloid plaques (build-up of these can lead to Alzheimer's).

It's pretty much unanimous among health professionals that we should all be consistently getting 7 to 8 hours of sleep per night. Not only will you slow down aging, but you will boost your immune system, reduce your cortisol levels and have so much more energy!

If this is a challenge for you, try the following:

- Aim to go to bed at the same time every night and to wake up at the same time every morning
- Stay away from electronic devices for at least one hour prior to bed time
- During that time, dim the lights, play calming music and enjoy a bath with Epsom salts (the magnesium will relax your muscles)
- Explore Yoga Nidra, a powerful practice to do in bed
- Stay away from anything too exciting, like an intense TV show, before bed



5 Find Your Purpose

What I see in my practice is not a lack of motivation but a lack of purpose. While we all have good days and bad ones, having a strong sense of purpose will help keep you focused and going on not so good days.

We are not necessarily talking about Mother Theresa scale purpose here, but rather, knowing what contribution you want to make in this world. This can be family-based, educational or community based. The critical thing is that it is about making a contribution bigger than yourself.

Wondering where to start? Ask yourself these questions:

- What do I care about?
- What makes me really happy?
- What triggers me?
- What have I always wanted to do, but pushed back because of kids, career or fear?

There is a lot of research that substantiates the critical role of purpose in longevity. Women in politics, arts, business and so much more are making incredible contributions way past the typical “productive years” because of their purpose. *It's pure fire for your soul.*

I would love to hear from you!

To know more about how I can help you defy the potential harmful damage of time, schedule a time here.

[Schedule a Time](#)