

# Decade by Decade Anti-aging Tips

By Stephen Cherniske

**L**et's face it. Unless you live in a glass bubble you're continually bombarded with environmental toxins and hazards. And, unless you live on a remote island, you have to deal with the stresses and strains of modern life. Inevitably, most of us get too tired or busy to take really good care of ourselves. Instead, we just get worn down, chronically fatigued and susceptible to disease.

But what if you were handed a Metabolic Plan with all the nuts and bolts you need to do something about your health and reduce stress? What if you learned how to easily incorporate exercise, a good diet, stress management and weight control into your regimen, so that you could live the healthiest, fullest life possible?

It is possible. Here are some key anti-aging tips to help you get started.

## Age 25-35

At this age you still have the anabolic advantage. The idea is to keep it as long as possible. This is where you assemble your baseline data that you'll be looking to maintain or improve for the next century.

*This is the time to:*

- Develop good habits including exercise, a healthy diet and stress management habits.
- Minimize exposure to chemicals and radiation. Remember, every sunburn increases your chance of skin cancer later on.
- Take care of your teeth and see a dentist regularly. Consider replacing mercury fillings with a non-toxic material.

*Basic Plan*

**Bones & Joints** — This is your best chance to pack minerals into your bones. The bone mineral density you achieve now will have to last up to another century of active living. Max out on veggies, watch your intake of carbonated drinks and caffeine, which leach out calcium, and take a comprehensive bone-building formula.

**Exercise** — Incorporate resistance training with hand weights or machines 2-3 times a week, and range-of-motion-stretching or yoga 2-3 times a week.

**Develop good sleep**— Health experts agree that 7-8 hours of sleep is best. Less than 6 1/2 is insufficient to completely restore the body and brain.

## Age 35-45

For most people, the balance point where anabolic and catabolic forces are roughly equal is age 35, after which, metabolism becomes progressively more catabolic. You have a tremendous opportunity to determine your own metabolic destiny and chart a new course in human potential. Be bold.

*This is the time to*

- Maintain good habits, including exercise and natural foods.
- Become immune to the workaholic virus as you strengthen family and career paths. Keep your eye on the prize—a balanced life!

*Major concerns*

**Bones & Joints**—Minerals and calcium continue to be a major focus. Proper supplementation can maintain healthy metabolism by encouraging "longevity signals" between brain and body. Women, especially, need to make sure they continue to do weight-bearing exercise.

**Exercise**—Stay active and strong. It's not too late to turn your life around if you're overweight or unfit. Continue resistance training and range of motion stretching or yoga 2-3 times a week.

## Age 45-55

There's no better time to start growing younger in the decade of greatest metabolic change. You're at an important crossroads, and your health can go either way.

*This is the time to*

Make a conscious decision to take the anabolic path to a more youthful body and mind. It isn't painful or arduous. It simply requires knowledge and perseverance.

*Major concerns*

**Cardiovascular health** — Your heart has already pumped about 50 million gallons of blood, and to make it last as long as possible, you have to keep your blood vessels clean and flexible. Decrease meat and dairy fat and increase fresh fruits and vegetables.

**Bones & Joints** — Give nature a hand by providing greater amounts of glucosamine and chondroitin. You can also make these structural proteins yourself by doing range-of-motion exercise along with weight-bearing exercise such as walking, jogging, cycling or weight lifting.

**Teeth & Gums** — Alveolar bone loss starts showing up during this decade. Be vigilant about flossing, brushing and getting your teeth cleaned twice a year.

## Age 55-65

Even though you may be a grandparent or are thinking about retiring, it's entirely possible to have the strength and stamina of a 30-year-old. Are you willing to work for it?

*This is the time to*

- Create a support system if you haven't already.
- Maintain good cardiovascular health.
- Continue healthy eating and exercise habits.

*Major Concerns*

**Cardiovascular Health** (see age 45-55)

**Memory and Cognition**—You may notice that you're misplacing your car keys or forgetting things more frequently. Eat more blueberries! They've been shown to protect and restore brain function. Ginkgo biloba effectively improves cerebral circulation and glucose metabolism. Find time for activities that utilize thinking skills—crossword puzzles, chess or playing a musical instrument—all help keep your mind sharp. Use it or lose it!

**Nutrition/Hydration**—In addition to your 8-10 glasses of water each day, get 5 glasses of fresh fruit and vegetable juice per week.

## Stephen's Recommended Supplement Strategy

To ensure good health and longer life, consider making the following Oasis™ Products part of your daily regime:

### 25-35

PLUS 5 MetaBerry, MetaGreens and Hilltop Gardens Active Aloe Concentrate, 30-Day Renewal System, Bone & Joint,

### 35-45

PLUS 5 MetaBerry, MetaGreens, Hilltop Gardens Active Aloe Concentrate, Oasis Multi, Longevity Signal Formula AM & PM, Anti-Stress, Male Formula, Female Formula, Antioxidant, Bio-Energy,

### 45-55

PLUS 5 MetaBerry, MetaGreens, Longevity Signal Formula AM & PM, Oasis Multi, 30-Day Renewal System, Super Immune, Male Formula, Female Formula, Super Immune, S4, Hilltop Gardens Active Aloe Concentrate

### 55-65

PLUS 5 MetaBerry, MetaGreens, Longevity Signal Formula AM & PM, Hilltop Gardens Active Aloe Concentrate, 30-Day Renewal System, Bone & Joint, Post Menopausal Formula, Male Formula, Super Immune

### 65-75

PLUS 5 MetaBerry, MetaGreens, 30-Day Renewal System, Longevity Signal Formula AM & PM, Super Immune, Male Formula, Post Menopausal Formula, Bone & Joint, Hilltop Gardens Active Aloe Concentrate.

To learn more about Oasis Wellness Network Products, turn to pages 28-31