

Top Six Anti-aging Secrets from a Medical Intuitive

By Sue H. Singleton, Medical Intuitive, Author, Healer

Many of our clients, students and friends ask us for help in reaching their anti-aging goals. In addition to lifestyle suggestions, I am happy to share my **latest discoveries in science-proven NEW products**, as well as time-tested remedies that are available to everyone.

Anti-aging is an “inside and out” process! Topical skin treatments are only one part of a healthy anti-aging campaign, so here are my top six secrets:

1. **It’s really true – you become what you eat!** Junk food makes the liver, pancreas and brain work much harder and its artificial ingredients confuse the body’s cells. The body does not recognize genetically modified or artificial ingredients as “food.” Sugar and simple carbohydrates leave excessive glucose in the cells and cause acidosis, which interferes with normal metabolism. The stress goes beyond the pancreas, as the entire body struggles to create healthy energy (ATP). Artificial sweeteners trick the pancreas and frequently cause weight gain instead of weight loss. Worse still, artificial sweeteners have been known to cause brain seizures, neurological impairment (mimicking Multiple Sclerosis, Parkinson’s Disease, etc.) and many other maladies. Smoking cigarettes, cigars or pipes is one of the most reliable ways to *age more quickly*, as well as to dramatically increase the risks of cancer, Alzheimer’s and cardiovascular disease.

Here is what you can do: Eat a diet rich in a variety of vegetables, fruits, raw nuts and wild-caught fish. Avoid smoking, sugar, artificial sweeteners, simple (processed) carbohydrates such as bread, pasta, cookies, cakes, pies, candy and soft drinks.

HOT TIP: Standard Process has just developed a nutritional product called **Regeneplex**, which provides a supportive nutritional foundation for the body’s tissue-healing process related to the natural effects of skin aging. This product supports healthy skin elasticity, luminance, and appearance while helping address fine lines. **Regeneplex** goes more than skin deep by supporting skin on a cellular level: It is designed to target all three layers of skin, the circulatory and digestive systems, and cellular structure and functions. It also provides support for cellular rejuvenation and is scientifically-proven via a double-blind, randomized, placebo-controlled study which demonstrated fewer wrinkles and shallower wrinkles in the study participants who received Regeneplex*. Regeneplex is available from The Way To Balance®, LLC and other licensed and authorized healthcare professionals. We trust the quality and efficacy of the Standard Process product line, so although I have only been taking it for one week, I know it is already working hand-in-hand with my other new anti-aging secret, which I reveal in Secret #3 below.



2. **Drink adequate clean water:** Hydration not only plumbs out the appearance of wrinkles, it is essential for the normal cleansing (catabolic metabolic process) in the body. A rule of thumb is to take an individual's body weight, divide it by 2 and this equals the number of ounces of water he/she should drink daily. Depending on a person's level of activity, or health conditions, this is only a guideline. Drinking too much water can actually disrupt optimal electrolyte balances (blood chemistry minerals). It is important to drink healthy spring water or provide many layers of filtration for tap water. Although many tout the benefits of distilled or reverse-osmosis water, they remove the naturally occurring minerals your body needs.



HOT TIPS: The **Zuvo Water** filtration system features many types of purification while leaving the beneficial nutrients intact. Available at many retailers and on-line. Visit www.Zuvowater.com for more information. As a natural next step, The Way To Balance's own **Ultimate Water Ring (from The Energy of Life collection)** takes clean water and creates perfectly electro-magnetically balanced water molecules, with equal electron spin rotations left and right, to create water as nature intended.



3. **Love the skin you are in!** Finally, we have found a topical skin treatment plan that provides amazing clinically-proven results, in a product with reasonably clean ingredients, and featuring natural botanicals such as Equol (plant-derived antioxidant), date seed extract, narcissus tazetta bulb and more.



HOT TIP: In controlled studies, **Yü InfiniSerum** increased healthy architectural skin components collagen (by 220%), elastin (by 190%) and TIMP1 (inhibitor of bad MMPs, by 540%). It also decreased bad MMPs (which break down collagen and elastin) by up to a whopping 1,010%! **The Yü Anti-aging Essentials KIT** includes full sizes of yü InfiniCleanse (foaming cleanser), Yü InfiniSerum (treatment serum) and Yü InfiniPlex (moisturizing complex) at a reduced price equivalent to receiving the cleanser for free. What I have noticed for myself in just 4 days of using all three products is that my wrinkles are shallower, less visible, and that my skin looks and feels moist and supple even more than 24 hours later (on the days I forgot the nighttime application). It feels pleasantly invigorating; my face feels slightly warm for about 10 minutes. I feel confident that over time the results will be even better! The yü anti-aging line is available from

TWTB and other authorized holistic practitioners. We also have FREE sample packets of the Yü Infiniserum in stock (Limit one per customer, \$3 shipping and handling if mailed).

4. **Get plenty of rest, moderate exercise and fresh air:** In order to maintain optimal health, our bodies require 8-9 hours of sleep, as part of the anabolic (repairing and rebuilding) metabolic cycle. Remember, the ideal metabolic function is 12 hours for anabolic processes, much of it while we sleep, and 12 hours for catabolic (detoxing, cleansing), much of it while we are awake and active.

HOT TIP #1: The Energy Of Life® (EOL) Metabolic Balancing Aromatherapies are a line of essential oil and crystal essence blends that Aaron and I developed, inspired by the groundbreaking work of the late Emanuel Revici, MD. Dr. Revici's discoveries regarding anabolic and catabolic processes and their critical functions for metabolism and health led him to cure patients of cancer, debilitating illness, drug addiction, and more. Our formulations include Shock-Ease, Ana-Ease and Cata-Ease, each a proprietary blend of specific essential oils, carrier oils and crystal essences, infused with Energy Of Life® energy techniques.



Use Ana-Ease during the Catabolic (awake) cycle and Cata-Ease during the Anabolic (sleep) cycle. Shock-Ease reduces stress and helps clear old shocks and upsets to the central nervous system and body. *(Full instructions come with each product).*

HOT TIP #2: Recent studies show that a balanced approach to exercise produces the healthiest and most anti-aging results. As most everyone realizes, exercise drives vital oxygenating blood flow to all parts of the body and brain, which as an “aerobic” process produces the most ATP, the critical chemical that is the energy source for the cells. However, over-exercise can create a crisis in the body wherein it needs to create energy in the absence of oxygen, which creates less ATP and more acidity. Excessive acidity produces fertile ground for cancer and other illnesses. In addition, excessive exercise may put such stress on the heart that it becomes enlarged and less efficient, ultimately increasing the risk of heart disease. Thus, as with most things in life, moderation is key, instead of either extreme.

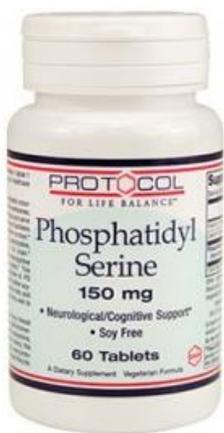
5. **Laugh more, fight less!** By enjoying what we do, and doing what we enjoy, we create more of a health-inducing and pleasure-enhancing chemical called nitric oxide. No, I am not talking about nitrous oxide, laughing gas! Nor am I talking about the industrial version of nitric oxide: just like “good” and “bad” cholesterol, there is good and bad nitric oxide. The kind we all want is the type the body produces naturally.

HOT TIP: You can increase your “good” nitric oxide levels by laughing, healthy sexual activity (YES, orgasms are GOOD for you!), ingesting plenty of green leafy vegetables, engaging in hobbies, singing, dancing, and more!

6. **Tickle your brain more, and feed it too!** The old adage of “use it or lose it” has a lot of merit. When we use our brain to think, create, do crossword or Sudoku puzzles, we increase blood flow and keep the neurons communicating back and forth.

HOT TIP: Eat wild-caught salmon, watercress and other green leafy vegetables; use more cold-pressed extra virgin olive oil and coconut oil to feed your brain. Recent studies have shown exciting results with coconut oil for help with dementia/Alzheimer’s, as well as prevention.

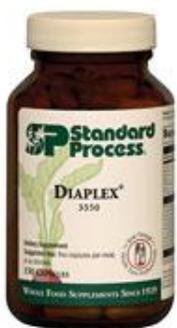
We have read several studies and have personally witnessed reversal of mild dementia and mental “fog” with the medium chain fatty acids found in coconut oil. By the mouthful (raw and unprocessed), the dosage is about 3 tablespoons daily.



Not palatable for some, we have found **Source Naturals brand Extra Virgin Coconut Oil** softgels to work extremely well, in doses from 4-12 softgels daily, depending on the person. NOTE: to allow your gastrointestinal tract to adjust, build up the dose over the course of a few weeks. Another brain power-nutrient is **Protocol for Life Balance brand Phosphatidyl Serine**, generally 150 mg. 1-2 times daily. Both are available from The Way To Balance, LLC, Emerson Ecologics, and many health food stores.



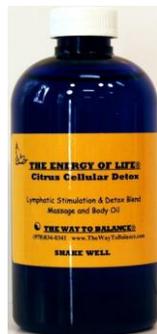
Other anti-aging tools for your tool kit:



A



B



C



D



E



F

A) Standard Process Diaplex helps balance blood sugar levels.

B) Medi-Herb Gymnema helps reduce sugar and carbohydrate cravings.

C) EOL Citrus Cellular Detox Oil helps exfoliate and moisturize the body, while stimulating detoxification of the lymphatic system.

- D) **EOL Net-Neutral Ionic Acu-Wand** provides protocols in its accompanying booklet to boost sexual libido, a mini facelift, reduce stress, better breathing, quick energy boost, and more.
- E) **EOL Cell Rejuvenator with Oxygen Catalyst** is rich in vitamins and fatty acids, has anti-inflammatory and anti-bacterial properties, speeds healing.
- F) **Jane Iredale - the skin care makeup** is natural mineral makeup that works without toxic ingredients. The line includes a full selection of foundations, eyeliners, lip colors and more. Visit www.JaneIredale.com, or select salons and spas.

Other than the Jane Iredale products, the other anti-aging tools noted above are available from The Way To Balance, LLC. *Enjoy and share your anti-aging secrets with those you love...*

* Published in the Journal of Drugs in Dermatology, (2011), Volume 10, Issue 10, with Steven H. Dayan, M.D. as the first author.

END

NOTE: The Way To Balance, LLC always encourages you to be an empowered and educated consumer, client or patient. Do your homework and look closely at your situation before seeking treatment or medication. Nothing contained herein is intended to diagnose or treat any illness or medical condition, and should never replace a consultation with a qualified healthcare practitioner.