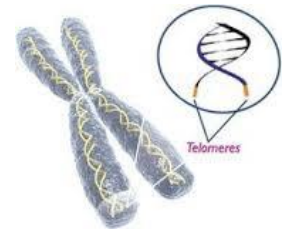


7 ways you may be speeding up your aging process and ONE KEY to slowing it down.



How well we age is directly connected to the length of our telomeres.

Telomeres are structures at the end of our chromosomes that shorten every time a human cell divides. As telomeres shorten, we age. Nobel Prize-winning science has shown that keeping telomeres long can potentially slow the onset of poor health and increase our lifespan.

Here are a few lifestyle choices that contribute to telomeres getting shorter. Don't despair...I've also included the key that will help slow down the process!

1. Smoking. Don't ever smoke. And if you do, make a commitment to your well-being and quit. Smoking is not only hazardous to your lungs and cardiovascular health, but it accelerates telomere shortening, which can lead to dysfunction and instability of chromosomes.

2. Stressing out. The more stress you have in your life, the greater risk of increasing the rate of telomere shortening. While it's difficult to eliminate all stressors, we can manage our reaction to it. Take several slow and long deep breaths when feeling stressed. Try taking 5 minutes each day to quiet your mind and be still. Take B-complex vitamins and get at least 7 hours of sleep every night.

3. Not exercising regularly. Research shows that exercise, especially short bursts of intense physical activity, could keep your telomeres long and healthy, even buffering the effects of chronic stress. Ideally we should be exercising at least 20-30 minutes a day. If you don't think you have that much time each day then do what you can to work up to that level. It is critical that we MOVE!

4. Not getting enough antioxidants. Free-radicals occur as a natural by-product of reactions in our cells. Other sources include cigarette smoke, air pollution, and exposure to UV light or radiation. High amounts of free radicals cause oxidative stress, making telomeres vulnerable. Antioxidants stop the chain reaction of free radical formation and benefit our health by boosting our immune system. Antioxidants come in several forms including colorful fruits and vegetables; vitamins A, C, and E.*

5. Skipping the fish oil. Fish oil contains long-chain omega-3 fatty acids that are well-known for being healthy for the heart. Recent evidence shows that they are also associated with slowing telomere shortening. You can get enough fish oil by eating 3.5 oz. of wild-caught salmon, lake trout, herring, sardines and tuna a couple of times per week – and by supplementing with long-chain omega-3s daily.*

6. Not getting enough of the "sunshine" vitamin. Many of us spend too much time indoors. Several discoveries have made vitamin D the most popular nutrient of the decade because of its many benefits including an association with longer telomere length. You can make sure you're getting enough by practicing safe sun exposure and supplementing with vitamin D daily.*

7. Yo-yo dieting. 98% of traditional diets don't work according to the National Health Association. We have been misled into following the "counting calorie" myth. Instead we should be following the right nutritional cleansing and replenishing regimen that can be extremely helpful for losing weight and more importantly, maintaining a healthy weight. You'll also slow down your telomere shortening.

What's the ONE MOST CRITICAL KEY to slowing your aging process? Turn on Telomerase, an enzyme that restores the length of telomeres. How? As you have seen on LiveLongerLiveHealthier.com, we have the scientific-breakthrough based formula **Product B**. And foundational product for best health and longevity ***Ageless Essentials** which provides your body with optimal vitamins, minerals, antioxidants, as well as special age-defying nutrients in easy to use packets.

For more on aging, and the most recent science, in slowing it down, contact Kent Zilliox, at 831-659-7100, 657-333-KENT (5368) or Email at: Zest4Health@gmail.com. Both Product B and Ageless Essentials can be ordered at: LiveLongerLiveHealthier.com