

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 265th Newsletter, I want to give us a chance to consider one of the most essential practices for optimal wellness, and the effects it has on people's physical, mental, emotional and even a little of our spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on this practice that you can read in full [HERE](#).

DISCOVER the latest SECRETS about Agelessness Health, Beautify, and even SEXUAL Vitality, the BLIND SPOTS that traditional MEDICINE and SOCIETY doesn't want YOU to know nor apply ...

You may have thought that "aging" was **inevitable** and that at certain age you can simply start to expect your physical, mental and emotional wellness to decline. We have been told this and then we have lots of proof for it in our families, society and even the conventional medical community. I want you to consider that, even though it is true that you become **chronologically** older each day and with that there comes change, it is **NOT true** that the conditions we refer to as "aging" are inevitable. Bone loss is NOT inevitable. Memory loss / deterioration and loss of cognition is NOT inevitable. Disease is NOT inevitable. Sagging, wrinkled

skin is NOT inevitable. They may be common and even accepted but they are NOT inevitable and NOT how our bodies are actually **designed** to become with each extra year.

In this Newsletter you will **learn** the BLIND SPOTS of Aging and literally GET ACCESS for **yourself** and your loved ones to an AGELESS You, all the way until the last day of your Life!!! PLEASE keep reading even when you are telling yourself I ALREADY KNOW THAT, because a couple of paragraphs later you will DISCOVER **SECRETS** of AGELESS-NESS that will be REVOLUTIONARY for You!!!

Also, in this Newsletter we will give you a NEW view on aging and **longevity** that will allow you to **prevent and reverse** the conditions that prohibit growing older in an optimally healthy way and extending your life with vitality and youthfulness. There is no **preconditioned**, definitive speed at which a person should gracefully age because we are all unique. Some people seem to look and act eternally young - ageless, wrinkleless! Others, less fortunate, look old beyond their years. What if there was a way to level the playing field through **knowledge** and applying practical and conscious actions? Please read this entire newsletter so that you can know that you have the option of living the rest of your life more healthy and ageless each year.

Science has made stunning **discoveries** about ageing, and it is a highly technical subject, too detailed to look at in-depth within this



CAROLINA ARAMBURO

newsletter. But, we will give you some powerful pointers to help slow down the ageing process and increase your chances of a **healthier** older age and we have provided you with links to a lot of great articles and research so that you can continue your **investigation** on your own.

Let's talk about longevity first. Current estimates put the figure of verified total **Centenarians** worldwide at about 450,000 and verified **Supercentenarians** (those who are over 110 years old) at approximately 50. Exact numbers may be difficult to determine, since many centenarians live in developing or outlying areas, where census data is not often available so we can only go on the actual verified facts we have. According to **validated** records the oldest person living right now is Susannah Mushatt Jones, of Brooklyn, New York, USA, who turned 116 on July 6, 2015.

(Cont. on next page)



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The Average current life expectancy has increased and differs in various **countries** for example: US – 78.7 years old, Germany – 79.9 years old, UK – 80.1 years old, France – 81.8 years old, Canada – 81.2 years old, Australia and Spain 81.5 years old and Japan 82.0 years old. Interestingly, a new study finds that these 100+ types are more likely to have "old age" listed as their **cause** of death than chronic diseases. The study, published in the most recent edition of PLOS Medicine, finds that most centenarians die from pneumonia or **general frailty** rather than cancer or heart disease. However, Chronic diseases are more likely to kill people who only make it to their 80s and 90s.

Currently, according to statistics, the **quality** of life for the AVERAGE person stops at age 51. After that, it takes medical intervention to manage their symptoms to maintain their "health". Imagine that ... instead of our 50s being the **beginning** of a whole second half of a health long life it typically is treated as the beginning of a downward spiral. Due to increasing gains in life expectancy by 2025 the number of people aged sixty-five and over will comprise 29 percent of the U.S. population alone. As a consequence of aging the way we normally have, the **typical** chronic diseases of the body and brain such as cardiovascular disease, cancer, hypertension, and Alzheimer's disease (AD) will claim more and more precious lives. To pursue optimal health, as we age, becomes more and more important in order to enjoy a **disease-free** and rewarding quality of life during our later decades.

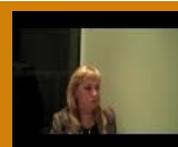
Our body's biological age and

each individual's level of **youthfulness** at any age is a reflection of our unique physical, mental, emotional and spiritual journey through life. It has been estimated that in perfect conditions, our bodies can survive to an age of 125 years ... since that is an **estimate** and we are still to completely understand what life could look like with "perfect" conditions it might even be longer! Here are the attributes that **promote** longevity, slow down the ageing process and increases your chances of living to a ripe old age WITH optimal health:

- **Eating a balanced, healthy diet** fulfilling on all the necessary nutrients (i.e. vitamins, minerals and antioxidants)
- Regularly partaking in **enjoyable exercise**
- Having an enjoyable **career** and tolerates **'healthy' stress**
- Being generally **happy relationships** with spouse and children
- Being an **active member** of the community, enjoying many friendships
- Seeking to **learn new things** and enjoys personal and or spiritual development
- Having a sense of worth and **purpose in life**
- On the other hand, here are the **characteristics** that will prematurely age you and have you living however long you do live with more health complications as each day passes:
 - Unhealthy **stress** (physical, emotional and mental)
 - A sedentary lifestyle
 - Being **overweight** or obese
 - Inability to cope with pressure
 - **Isolation** - working and living alone, few friendships
 - Poor or limited career opportunities
 - Constant diet of **nutritionally deficient** or nutrient stripping food (processed and chemical laden

food including dairy and meat products)

- Exposure to **chemicals and toxins** in our homes, environment, clothing, etc.
- Eating too much food (comfort eating)
- Using **Alcohol** and Cigarettes
- Taking Prescription medications (Cont. on next page)



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To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking [HERE](#).

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

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- Regularly **visits the doctor** for various illnesses
- Harboring resentment, anger, fear
- Lack of **stability** and routine
- Lack of **purpose** and self worth

It is only natural that we **desire to stay young** or at least look and feel ageless as long as we live. It is obvious from the multi-billion dollar anti-aging industries (in the US alone spending in this industry will be over \$114 billion in 2015) that many people, at the first sign of ageing are **desperately** hunting for the fountain of youth in all forms of high priced synthetic products that promise age-defying miracles including: cosmetic surgeons, anti-aging physician specialists, dietary supplements, and cosmetics counters to buy the newest anti-aging products, which are often laden with **toxic chemicals**. Sadly most of these anti-aging products, at best, cover and mask the real sources of aging and are ultimately contributing to your ageing process. These are NOT the **solutions**.

What happens if we instead work on the **sources** of ageing from the inside out and begin with creating a new lifestyle that will have us not only have a youthful glowing appearance on the outside but actually reverse our aging from a **cellular level** on the inside? What would it be like to be able to really say "I feel better than I did 20, 30, 40 + years ago!" and have the test results to prove it?

Shockingly the **solution** to feeling good and looking fit and healthy at any age and as we get older may not be so elusive like a fountain of youth or even expensive, and in fact may be found beginning with the food you eat, the exercise you get and the **mindset** you create. Rather than trying to fight the aging process through artificial means, we can examine and alter the way we

think, eat and live on a daily basis. This isn't about **miracle** cures: it's about healthy living.

Dr. Christine Northrup, one of the world's leading authorities in the field of women's health and wellness and author of Goddesses Never Age, tells us, "It is your **beliefs**—and the behavior that stems from those beliefs—that largely determines your experience of moving through time." Northrup's explorations on aging are backed by Dr. Ellen Langer's study on aging, which proved that how you think about your age could determine **physiological** factors.

To quote Dr. Mario Martinez, who has interview over 500 Centenarians, "Growing older is inevitable – **aging is optional**." Northrup says, "You have the power to change your experience, no matter what "runs in your family" or what you've been told. If deterioration is essentially optional, then you can write a new script, follow a new path. You can actually become **biologically younger** this year than you were last year. It all starts with your beliefs. And the behavior that follows." She teaches that you can reverse aging by **reprogramming** the brain and having the brain order the body to regenerate vs. degenerate with brain-neuron reprogramming (in self hypnotism practices) in addition to a Super Healthy Diet + all the other things we have mentioned in this Newsletter.

Northrup explains that that we are entitled to expect from our later years - no matter what our culture tries to teach us to the contrary: **vibrant** good health, a fulfilling **sex life** (which Northrup points to as critical for the ageless living), the capacity to **love** without losing ourselves, the ability to **move our bodies** with ease and joy and clar-

ity and **authenticity** in all our relationships-especially the one we have with ourselves.

It should be stressed that the various factors of ageing cannot be treated **separately**, as they are complementary to each other. You are unlikely to stay younger by simply focusing only on your skin or only on your physical body or on your **mental** conditions. The best way to prevent, slow down and reverse the conditions of aging is to focus on your whole body, and ensure that you are in the best health possible instead of **focusing** on just any one symptoms of aging. Here are some of the top natural "anti-aging" recommendations for you:

1. **Learn how to effectively cope with stress**. Stress has a direct impact on inflammation, which in turn underlies many of the chronic diseases that kill people prematurely every day. Therefore, developing effective coping mechanisms is a great strategy for increasing your longevity. We will discuss this in more detail in the third article of this newsletter.
2. **Eat a healthful anti-aging Optimal-health diet**. An optimal anti-aging diet or longevity diet will be vegetarian, and better if vegan and best if RAW Vegan. A raw food living vegan diet (Cont. on next page)

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(including sprouts and **wheat-grass**) is considered by many to be the key to longevity. This diet has shown the power to preserve, strengthen and grows back telomeres (structures at the end of chromosomes that protect cells from deterioration or fusion with other **chromosomes** and is proven to have a critical impact on aging), detoxify the body, allow our DNA to function at maximum potential, reverse degenerative processes and deliver all the nutrients needed to sustain optimal health.

A brief look at what **raw foods** contain include: vitamins, minerals, live enzymes, fiber, amino acids, antioxidants, anti-inflammatories, anti-carcinogens, phytosterols, polyphenols, plant hormones, and many other compounds with high healing potential. **We will go into a lot more detail about what foods and nutrients are optimal for ageless bodies in the second article** but here are some basic guidelines for eating to prevent and reverse the conditions of aging:

- Eliminate refined processed **SUGAR** immediately in any form and any artificial sweeteners.
- Eliminate processed foods and any foods with chemicals or **toxins** in them including industrial fats and oils.
- Eliminate dairy and meat products, which, even when labeled organic still have toxins in them.
- Include **Super-foods** such as: chia, moringa, acai, camu-camu, spirulina, goji berries, coconut oil, maca and cacao.

- Make sure you are eating the highest quality **organic** vegetables and fruits that provide all of the important nutrients you need.
- Avoid **genetically modified foods** (GMO) like corn, soy, cottonseed oil (in many snack foods), sugar beets, and papayas.
- Avoid **fluoridated** water by using reverse osmosis filtration or spring water, and don't ingest instant teas, conventional grape juice and wines, which all contain high levels of fluoride.
- Seek out only **certified** organic grown fruits, vegetables, flowers and herbs. Even better, grow at least some of your own!
- Eat only enough to satisfy hunger, savor your meals in **relaxed** surroundings with good company, and avoid excess calories and stress-related eating.
- Drink plenty of pure, filtered LIVING water to keep yourself **hydrated**.
- Restrict your **calories** – eating many small meals a day.

3. **Avoid as many chemicals, toxins, and pollutants as possible.**

This includes tossing out your toxic household cleaners, soaps, personal hygiene products, air fresheners, bug sprays, lawn pesticides and insecticides, just to name a few, and replacing them with non-toxic alternatives.

4. **Avoid pharmaceutical drugs.**

Pharmaceutical drugs kill thousands of people prematurely every year - they are now the largest cause of fatal drug overdoses and the chemical source of a multitude of breakdowns in the body that leads to disease and illness. Avoid all pharmaceutical drugs, especially the cholesterol-lowering statin drugs. If you adhere to a healthful lifestyle, you

are less likely to "need" drugs since a healthy immune system will protect you from chronic disease.

5. **Get enough good quality sleep regularly.**

Besides looking and feeling rested, sleep can benefit you by helping improve memory, regenerate cells, decrease inflammation, boost creativity, sharpen attention, reduce weight, lower stress, and combat depression. If you have trouble sleeping ... see our Newsletter on Sleep.

6. **Exercise and stretch regularly, and correctly.**

Physical activity is also an important factor when it comes to keeping healthy and slowing down the aging process. The body is made to move and physical exercise can help to raise your metabolism as well as reduce your weight. Ensuring that you are not over stressing your body by causing it to carry around extra weight is very important if you want to slow down the signs of aging.

I applied MANY of the Ageless-ness SECRETS myself and I honestly **look and feel better** RIGHT NOW at 45 that I did at 25 ... I literally feel as awesome as I did at 19, you can (Cont. on next page)

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do it too. GIFT yourself with agelessness!!!!

A Raw VEGAN Living Foods DIET including pure dark cacao chocolate, plenty of **Leafy** GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

The following research links are provided for you to be able to delve deeper into anti-aging if you choose to:

<http://duck-news.oneluckyduck.com/2013/09/19/turn-back-the-clock-6-anti-aging-tips/> - Stop the clock – 6 anti-aging tips

http://holisticonline.com/Remedies/Aging/aging_what-causes-us-to-age.htm - What Causes Us To Age?

http://holisticonline.com/Remedies/Aging/aging_article-cure-for-old-age.htm - The Cure For Old Age

<http://1stholistic.com/Reading/health-oxygen-is-the-most-critical.htm> - Oxygen Is The Most Critical Element For Life...Oxygen is "The Life Force"

<http://1stholistic.com/Reading/health/A2004/health-7-steps-to-live-longer.htm> - Seven Steps to Live Longer

<http://www.holisticvanity.ca/learn/anti-aging/> - Anti-Aging

<http://www.healthnewslibrary.com/holistic-approach-anti-aging/> - Holistic Approach to Anti-Aging

<http://agelesslifestyleafter50.com/being-ageless-a-holistic-approach-to-anti-aging/> - Being Ageless: A Holistic Approach To Anti-Aging

<https://happyholistichealth.wordpress.com/2014/09/11/best-anti-aging-secrets/> - Best Anti-aging Secrets

http://www.shen-nong.com/eng/lifestyles/tcmrole_aging_holistic.html - A Holistic Way to Slow Down Aging

http://www.huffingtonpost.com/2013/09/19/premature-aging_n_3955245.html - Premature Aging

http://www.huffingtonpost.com/2013/10/23/inflammation_n_4149387.html - Fight Inflammation And Fight The Diseases Of Aging

http://www.huffingtonpost.com/2013/07/30/anti-aging-signs_n_3652526.html - Anti-Aging: 5 Warning Signs You're Aging Too Fast

<http://www.cnn.com/2014/06/04/health/centenarian-death/> - Centenarian Lists

<http://247wallst.com/investing/2011/07/12/countries-with-the-most-people-over-100/> - Countries With The Most People Over 100

<http://www.grg.org/> - Gerontology Research Group

<http://www.yourzenlife.com/post/holistic-anti-aging-tips> - Holistic Anti-Aging Tips

<http://debunkingskeptics.com/forum/viewtopic.php?f=6&t=2106> - Is it possible to reverse aging?

<http://www.webmd.com/healthy-aging/features/aging-gracefully-naturally> - Aging Gracefully and Naturally

<http://www.drnorthrup.com/goddesses-never-age-best-years-ahead/> - Goddesses Never Age: Your Best Years Are Ahead

http://www.huffingtonpost.com/2015/02/06/the-keys-to-aging-in-happ_n_6633538.html - The Keys To Aging In Happy And Healthy Ways, from Dr. Christiane Northrup

<http://www.mamagenas.com/goddesses-never-age/> - Aging is optional. (Interview with Dr. Christiane Northrup!)

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The “RIGHT” Nutrition and Exercise are the foundations to remaining YOUNG for a lifetime!!

Food rich in vitamins, enzymes, bioflavonoids, enzymes, phytonutrients and other **vital nutrients** helps us heal, regenerate, and reverse aging. It is believed that human cells are designed to live about 125 years. Raw foods contribute to anti-aging due to the **higher nutrient content** and higher fiber content. Fiber is essential for blood sugar control and keeping the digestive system working properly, and increased nutrient content of raw foods is **beneficial** for the entire body. A raw plant-based diet, in the form of vegetables, sprouts, algae, and wheatgrass, etc. also contributes substantially in preserving telomeres, keeping them strong and even growing them back.

Even though a raw food diet is idea ... you can obtain these benefits by **gradually** adding more fresh raw plant food to your diet. Just by adding raw foods to your diet in the form of fruits, juices, salads, nuts, and seeds, you can **improve** your physical and mental state and reverse some effects of aging.

Anti-aging benefits include a **sharp mind** and an energetic body, elimination of aches and pains, and a sense of vitality. The nutrients in raw food are delivered to your tissues and cells efficiently with minimal energy sapped for **digestion** since it's kept in its natural form. One of the main reasons aging has such a huge impact on the body is due to a decrease in **metabolism**. Boosting your metabolism keeps all your body systems working, as well as quicker repair and replacement of damaged cells. Raw fruits and vegetables are the best metabolism boosters and great anti-aging foods.

The body is designed to **heal itself** with proper nutrition and rest. There are many who can confirm that a fresh raw vegan diet delivers **regenerative** benefits. The raw food lifestyle is a refreshing contrast to the fast-food and high stress lifestyle typical of mainstream society. The majority of Americans feel a lack of energy due to inadequate nutrition and rest. The raw vegan diet contains anti-aging properties, which could turn this situation around. Dr. Brian Clement, of the Hippocrates Institute, where they have been **reversing aging** and diseases for 40+ years, explains in that all aging and disease is in some way caused by free radicals, and that plant-based raw foods have healing agents in them.

While we are talking about raw food let's spend a moment talking about **sprouts** – the miracle food. Sprouts have up to 100 times the enzyme content than fresh vegetables do. And in addition to that is the fact that in many sprouts vitamin A increases 1000's %, B vitamins can increase up to 2,000%, vitamin C can increase 1000's %, the highly elusive Vitamin D occurs in a bunch of different sprouts (a very important section on that later), Vitamin E can increase up to 600%, vitamin K increase 1000's %, etc. This is because when plant food is picked, it loses its vital **electromagnetic** vibration (chi) very quickly, so it's ability to pass on its energy to the human body/cells is quickly lost. So given that many folks are missing out on **good amounts** of vitamins and minerals because it is difficult to get high amounts from most foods, it makes perfect sense to get them from sprouts.

Natural herbs and nutrients can

help **prevent and reverse** the aging process. Here is a short list of the best nutrients for anti-aging (there more details in the research links we have included at the bottom of this article):

Curcumin (Turmeric):The active ingredient in the spice turmeric - acts as an immune booster, potent anti-inflammatory and pain relief. Curcumin has been shown to protect against the deleterious effects of injury by attenuating oxidative stress and suppressing **inflammation**. But perhaps its greatest value lies in its anti-cancer potential, and it has the most evidence-based literature backing up its anti-cancer claims of any other nutrient. It affects over *100 different pathways* once it gets into a cell— among them, a key biological pathway needed for development of melanoma and other cancers.

Ginkgo (Ginkgo biloba): There is solid scientific research that supports the use of ginkgo to increase blood flow to the brain, one of the areas that is commonly affected by aging. European research shows ginkgo's capacity to help people with Alzheimer's disease and other forms of dementia to become more sociable and alert. You can take (Cont. on next page)

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60 to 240 mg of standardized ginkgo extract per day.

Ginseng (Panax ginseng): Among the Chinese, ginseng is considered the Fountain of Youth. According to renowned herbalist Dr. James Duke, it tones the skin and muscles, improves appetite and digestion, and restores sexual energy.

Gotu Kola (Centella asiatica): Frequently used in India to improve memory and extend longevity, gotu kola is excellent when made into an herbal tea.

Horsetail (Equisetum arvense): Loaded with the mineral silicon that often declines with age, horsetail plays a role in increasing the silicon in arteries, skin, bones, cartilage and connective tissues. Horsetail is also available as a tea.

Milk Thistle (Silybum marianum) : Since the liver has more than five hundred functions, including processing and filtering medications and environmental toxins, it can suffer from the stresses of the modern world. Silymarin, an active ingredient in milk thistle stimulates **liver cell** regeneration to help the liver rebuild after it has been damaged. A standardized extract of 140 mg of silymarin per day is suitable to help protect and repair the liver.

Peppermint (Methapeperita): In addition to helping with digestion and gastrointestinal problems linked with aging, peppermint contains antioxidants that help prevent cancer, heart disease, and other age-related disorders. It is readily available as an herbal tea.

Vitamin A: Antioxidant rich Vita-

min A helps prevent age related disease and deterioration by neutralizing oxidation's harmful effects. Most of us know that Vitamin A can help our eyes stay young and strong, but many do not know that it can also improve the texture of our skin and it positively affects Telomere length. Vitamin A is found in sweet potatoes, carrots, and collard greens.

Vitamin B: is involved in the creation of neurotransmitters and blood cells, and regulating levels of an amino acid called homocysteine. Because B vitamins like folic acid, B6, and B12 have been shown to lower homocysteine levels — a status associated with a lesser risk of heart disease and stroke and improves longevity. The key B vitamins are listed below:

- **Vitamin B3:** makes skin look healthier, raises your good cholesterol level, and lowers fats in the blood. Found in: tomatoes, passion fruit and legumes.
- **Vitamin B12:** People over the age of 50 may not absorb vitamin B12 -- required for blood and nerve health -- as effectively. Vitamin B12 is fittingly known as "the energy vitamin," and your body requires it for a number of vital functions. Among them: **energy production**, blood formation, DNA synthesis, and myelin formation. (Myelin is insulation that protects your nerve endings and allows them to communicate with one another.) Very little B12 is needed and our bodies will produce it, however, for vegans this may be an exception to taking a supplement – look for it in a vegan sublingual form.
- **Vitamin B9** (Folate or Folic

Acid):B9 or folic acid corresponds to telomere length in both men and women. Folate plays an important role in the maintenance of **DNA integrity** and DNA methylation, both of which influence the length of your telomeres. It is also useful for preventing depression, seizure disorders and brain atrophy. Folate deficiency can lead to elevated homocysteine levels, which can be a major contributor to heart disease and Alzheimer's disease. The ideal way to raise your folate levels is to eat plenty of fresh, raw, organic leafy green vegetables, **tomatoes** and beans.

Vitamin C: One type of anti-aging vitamin is vitamin C, or ascorbic acid. This vitamin helps prevent cellular aging by interacting with free radicals, a type of chemical that can lead to genetic mutations that contribute to aging. Vitamin C helps neutralize these chemicals, and therefore helps slow the rate of genetic **mutations** in your cells, hindering the aging process. Vitamin C has a lot of uses, including its serious antioxidant properties, skin firming and rejuvenation properties, qualities that fight cancer (Cont. on next page)

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development, and it can also help to prevent **cardiovascular** disease. Vitamin C is also necessary for the manufacture of collagen and certain neurotransmitters, Vitamin C is also a powerful antioxidant and can be found in: bell peppers (any color), broccoli, strawberries, guava, citrus fruits like pineapples, lemons, limes, oranges, papayas, tomatoes etc.

Vitamin D: Vitamin D helps protect against bone loss linked with aging, as well as many chronic illnesses like diabetes, cancer, and heart disease. Higher Vitamin D levels result in fewer aging related changes in the DNA and **longer telomeres**. Vitamin D also helps protect against certain cancers and other diseases. Be sure to include sources of highly absorbable calcium (spinach, kale, blue-green algae), as you would need it to properly absorb vitamin D. It's synthesized in skin in the presence of UV light and If you can't get your Vitamin D from the sun, a vegan sublingual supplement would be acceptable in this case.

Vitamin E: Another anti-aging vitamin is vitamin E. In your body, vitamin E acts as an antioxidant, helping to fight cellular aging. Vitamin E helps with your body's immune functions and can help prevent or slow disease. It can also limit the effects of **free-radicals** through its antioxidant properties and increase blood flow, helping to refresh skin cells. Try adding sunflower seeds, almonds, broccoli, avocado and spinach to your diet for a boost in Vitamin E.

Essential Fatty Acids (Vitamin F): Essential fatty acids (EFAs) are long-chain polyunsaturated fatty acids derived from linolenic,

linoleic and oleic acids. They cannot be produced in the human body and they have to be consumed through our daily dietary intake. EFAs have also been known as vitamin F. They are present in **multiple food sources** such as flaxseed, hemp oil, soya oil, canola oil, chia seeds, pumpkin seeds, sunflower seeds, leafy vegetables, walnuts, sesame seeds, avocados. EFAs are essential for the synthesis of tissue lipids, play an important role in the regulation of cholesterol levels and are precursors of prostaglandins.

Vitamin K2: The beneficial effect of vitamin K2, showed that people who consume 45 mcg of K2 daily live seven years longer than people getting only 12 mcg per day. It also prevents blood clotting, prostate cancer and cardiac conditions. Found in: broccoli, kale, Brussels sprouts, spinach and blueberries.

Selenium: A trace mineral, selenium is used to form antioxidant enzymes in the body, which repairs damage from and prevent free radical damage, helps against cellular aging that occurs in your brain. Selenium also protects the skin's quality and elasticity and protects it from the sun. Selenium can be found in: Brazil nuts, pinto beans and sunflower seeds.

Magnesium: When it comes to anti-aging properties, Magnesium is a wonder-mineral. It helps maintain our immune system, keep our heart regular, supports **strong bones**, and even assists with proper nerve function. Magnesium also plays an important role in DNA replication, repair, and RNA synthesis, and dietary magnesium has been shown to

positively correlate with increased **telomere** length in women. It appears the lack of magnesium ions has a negative influence on genome integrity. Insufficient amounts of magnesium also reduce your body's ability to repair damaged DNA, and can induce chromosomal abnormalities. To keep your entire body looking and feeling young, reach for foods like pumpkin seeds, spinach, broccoli and nuts.

Calcium: This mineral keeps bones strong and is necessary for muscle and nerve function and blood transport. Found in: broccoli, figs, blackberries, dates, tahini, collard greens and kale.

Zinc: One type of anti-aging mineral is zinc. Zinc plays a role in regulating cellular aging, a process called senescence. Zinc within your body helps your cells grow and develop properly, so they can contribute to healthy, functional tissue. As you age, the levels of zinc in your body decrease, and your **tissue** begins to lose the ability to maintain itself, leading to the effects of aging. Consume zinc from dietary sources or supplements to support your tissues' health, and help fight aging. You (Cont. on next page)

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can find zinc in sesame seeds, broccoli and cacao.

Antioxidants: Free radicals damage the membrane of skin cells. The antioxidants and other phytochemicals in antioxidant-rich produce can **protect** the cell, thus reducing the chance for damage. Fruits and vegetables with a "high antioxidant capacity" include: blackberries, strawberries, raspberries, plums, prunes, blueberries, goji berries, pomegranates, acai berries, spinach, artichokes, black, red and pinto beans, leafy greens and walnuts.

Alpha Lipoic Acid (ALA): ALA is a powerful antioxidant that helps protect your body from free radical damage. It also helps to recycle other antioxidants like vitamins E and C, giving you greater protection against free radicals. Free radicals are to blame for aging and disease, including skin damage and wrinkling. Found in: peas, Brussels sprouts and tomatoes.

GABA (Gamma-aminobutyric acid): Declining levels of GHG are linked with many of the symptoms linked with aging: fat gain, muscle loss, loss of energy, poor sleep, skin changes, bone density loss, and a decline in libido. Supplementing with GABA, a natural amino acid helps to maintain levels of GHG naturally, lessening these unwanted symptoms. Avoid GABA if you are prone to seizures. Found in: berries, citrus fruits, apples, pears, and cacao.

CoQ10: CoQ10 is used by every cell in your body. In fact, it is so important for your body's daily functions that it is also known as "ubiquinone" because it's 'ubiquitous' in the human body. This essential vitamin recycles

other antioxidants, such as vitamin C and E. CoQ10 deficiency also accelerates DNA damage, and because CoQ10 is beneficial to heart health and muscle function this depletion leads to fatigue, muscle weakness, soreness and eventually heart failure. Found in: spinach, broccoli, and cauliflower and legumes.

Astaxanthin: This antioxidant has emerged as one of the most potent and beneficial antioxidants currently known, with potent anti-inflammatory and DNA-protective capabilities. It protects against DNA damage induced by gamma radiation and has a number of unique features that make it stand out from the other antioxidants: by far the most powerful **carotenoid** antioxidant when it comes to free radical scavenging, far more effective than other carotenoids at "singlet oxygen quenching", which is a particular type of oxidation, more powerful than beta-carotene at neutralizing singlet oxygen, brings antioxidant and **anti-inflammatory** protection to your eyes, brain and central nervous system, it *cannot* function as a pro-oxidant (which acts against oxidation), and has an unique ability to protect the *entire* cell from damage—both the water-soluble part and the fat-soluble portion of the cell. Found in: red peppers, sea algae.

Fermented Foods / Probiotics: Processed, sugar- and chemical-laden foods effectively destroy your intestinal microflora. Probiotics are the beneficial bacteria in your gut and are **necessary** for a health gut. Your gut flora has incredible power over your immune system, which, of course, is your body's natural defense system and allow for longevity and opti-

mal health. Found in: sauerkraut, kombucha.

Omega 3 Essential fatty Acids: Correcting the ratio of omega-3 to healthful omega-6 fats is a strong factor in helping people live longer. This typically means increasing your intake of omega-3 fats, while decreasing your intake of damaged omega-6 fats (think trans fats). Those who have an omega-3 index of less than four percent age much faster than those with indexes above eight percent. Omega-3 fats appear to play a role in activating **telomerase**, which, again, has been shown to be able to actually *reverse* telomere shortening, keeps the skin lubricated, helps maintain the integrity of the cell **membrane**, which keeps toxins out of the skin and may even help protect against sun damage. Omega 3 can be found in walnuts, flax seeds, healthy oils (cold pressed, expeller processed, or extra virgin olive oil, coconut oil and flax seed oil) and avocados.

Polyphenols: Polyphenols are potent antioxidant compounds in plant foods, many of which have been linked to anti-aging benefits (Cont. on next page)

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and disease reduction. Resveratrol is a key polyphenol and deeply penetrates the center of your cell's **nucleus**, giving your DNA time to repair free radical damage. Resveratrol is a powerful polyphenol and anti-fungal chemical, and studies show that it is an amazing anti-aging compound. Resveratrol has been shown to have anti-aging effects including normal cell division, recovery, and rejuvenation. Resveratrol can also be found in grapes, raspberries, and mulberries.

Phenols: These compounds are found in common herbs and spices has the ability to inhibit glycation and the formation of AGE compounds, making them potent preventers of heart disease and premature aging. These spices include: cloves, cinnamon. Found in: jamaican allspice, oregano, marjoram, sage and thyme.

Phlorizin: Phlorizin belongs to the group of dihydrochalcones, a type of flavonoids and it is naturally occurring in some plants. However, its anti-aging effects have only been reported in the last years. Found in: apples.

Melatonin: If you don't get enough sleep, not only will your eyes start to darken and sag, but your brain won't be quite as alert either. This can happen when your melatonin levels are low or out of sync with your sleeping schedule. When Melatonin is released in the body, it tells your internal clock that it's time to sleep. Foods that help produce melatonin: cherries, bananas, pineapples and oats.

Beta-Carotene: Beta-carotene is crucial for skin health and lowers the risk of cancer. It converts to Vitamin A, which is critically responsible for cell repair and growth. Found in: carrots, pumpkins, cantaloupe, Swiss chard, spinach and kale.

Finally, here are some of the best **anti-aging foods** for you to enjoy (you can find out about the particular nutrients in each in some of our research links below this article):

- Garlic and Black Garlic
- Cacao
- Grapes
- Bilberry
- Jicama
- Jerusalem artichoke
- Purslane
- Sunflower Seeds, Sunflower Sprouts and Sunflower Seed Butter
- Pea Sprouts
- Wheatgrass
- Sweet Potatoes
- Almonds
- Cayenne Peppers
- Black currants
- Watermelon
- Spinach, Kale and green leafy vegetables
- Romaine lettuce
- Red peppers
- Brussels sprouts
- Pomegranate seeds
- Avocados
- Oatmeal
- Mango
- Tomatoes
- Guava
- Kelp and Blue green algae
- Cucumbers
- Brazil nuts
- Carrots
- Blood oranges
- Cranberry juice
- Beans
- Blueberries

- Coconut meat, oil and water

Don't forget to have plenty of fresh, filtered LIVING Water: The more water you drink the better your organs function, including your largest organ - your skin. Water keeps your cells well hydrated, which can give your skin a plumper, fuller, firmer and an overall more **youthful** appearance. Water can also be found in: Watermelon, Pineapples, Blackberries, Cauliflower, Cherry tomatoes (Incidentally, you'll get more bang for your bite with some of these fruits and veggies since they also contain Beta-carotene and Vitamin C).

EXERCISE is KEY to remaining youthful at any age!!

Studies repeatedly show that regular, moderate-to-vigorous exercise can help prevent or delay the onset of hypertension, obesity, heart disease, osteoporosis and the falls that lead to hip fractures. **High-intensity** exercise appears to be the most effective all-natural approach to slow down the aging process by reducing telomere shortening. Although a lifetime of regular exercise is ideal, it's never too late to

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start. It's been shown that even individuals in their 70s can substantially increase both strength and endurance with exercise.

Yoga has been shown to reverse the aging process by the positive impact the practice has upon the body. It gives elasticity to your muscles, tones tendons and ligaments, boosts your immune system, sharpens your brain, reduces fat and slows weight gain, calms your heart rate, lowers blood pressure, helps with insomnia and eases your mind **promoting** a bodily as well as a spiritual peace. Flexibility is a key factor in yoga and by creating space between the vertebrae in your spine, with a regular yoga practice; it helps lengthen the spine, improving nerve conduction to all the organs.

Improved posture is also an important aspect of yoga. Bad posture is something that an aging body will most likely suffer from at some point. Yoga additionally strengthens ones back and shoulders and also promotes a strong sense of balance, all of which are important keys in unlocking the door to the world of anti-aging. Yoga builds strength slowly and safely. **Strong muscles** increase our protection from the conditions of aging and increase bone density. A focus of yoga is on the breath and it increases our lungs capacity to bring in life force (Qi) and oxygen (which helps regenerate cells in the brain and the body). Finally yoga brings greater **body awareness** so that we can pay attention to the messages our body is sending us, which is very critical, as we get older. One form of yoga, Face Yoga, is even designed to be helpful to lift, firm,

tone and reduce wrinkles of the face.

We have included the following links so you can obtain even more details for yourself:

<http://www.ultimatehealthacademy.com/dr-brian-clement-anti-aging-longevity> - Dr Brian Clement: Notes on Natural Anti-Aging & Longevity

<http://www.cheap-health-revolution.com/brian-clement-how-to-stop-aging.html> Dr. Brian Clement: How to Stop Aging

<http://www.thesproutarian.com/sproutedfoodisbest.htm> -Why is sprouted food the best food and why sprouts make the healthiest diet?

<http://articles.mercola.com/sites/articles/archive/2012/03/21/dr-clement-on-detoxification.aspx> - 17 Micrograms of Lead in Your Body Lowers Your IQ by 10 Points

<http://www.onegreenplanet.org/vegan-food/forever-young-the-anti-aging-benefits-of-plant-based-foods/> - Forever Young: The Anti-Aging Benefits of Plant-Based Foods

<http://superhealthychildren.com/raw-vegan-food-and-anti-aging/> - Raw Vegan Food and Anti-Aging

<http://www.dailymail.co.uk/femail/article-2108935/Annette-Larkins-vegan-diet-Woman-70-defies-ageing-process-vegetables-rainwater.html> - 'My fountain of youth': Incredible 70-year-old who defies ageing process with vegan diet of home-grown vegetables and rainwater.

<http://www.theflamingvegan.com/view-post/The-Anti-Aging-Power-Behind-Being-a-Vegan> - The Anti-Aging Power Behind Going Vegan

<http://rawgirltoxicworld.com/tag/anti-aging-she-roes/> - Anti-Aging She-Roes

<http://www.raw-living-food-success.com/longevity-diet.html#sthash.xmbNskAp.dpbs> - Ultimate Longevity Diet and Anti Aging Nutrition

<http://www.aveganchef.com/vegan-anti-aging-foods/> - Vegan Anti-Aging Foods Cheat Sheet

http://www.regenerationusa.com/Sprouted_Grains.html - Sprouted Vs Non-Sprouted Ingredients, What's the Difference?

http://www.naturalnews.com/015187_Dr_Cousens_Gabriel.html -Interview with Dr. Gabriel Cousens, raw foods pioneer and founder of the Tree of Life Rejuvenation Center

<http://www.divinecaroline.com/self/wellness/anti-aging-foods-vegetarians-and-vegans> - Anti-Aging Foods for Vegetarians and Vegans (Cont. on next page)

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<http://www.agein.com/the-5-best-anti-aging-foods-for-vegans-2303> - The 5 Best Anti-Aging Foods for Vegans

<http://fitlife.tv/7-antiaging-vitaminsminerals/> - 7 Anti-Aging Vitamins/Minerals

<https://www.nia.nih.gov/health/publication/whats-your-plate/vitamins-minerals> - Vitamins & Minerals

<http://www.livestrong.com/article/396434-anti-aging-vitamins-minerals/> - Anti-Aging Vitamins & Minerals

<http://longevity.about.com/od/lifelongnutrition/f/Which-Supplements-Might-Actually-Help-You-Live-Longer.htm> - Can Vitamins, Minerals, and Other Supplements Help You Live Longer?

<http://www.totalbeauty.com/content/gallery/age-fighting-vitamins> - 7 Vitamins That'll Make You Look Younger

<http://www.rejuvthederma.com/delay-aging-process-right-vitamins-nutrition/> - Delay the Aging Process with the Right Vitamins and Nutrition

<http://articles.mercola.com/sites/articles/archive/2012/05/09/the-nutrients-most-likely-to-let-you-live-to-be-much-older-than-100.aspx> - Six "Grow Younger" Nutrients I Take Every Day

http://www.eatingwell.com/nutrition_health/healthy_aging/7_anti_aging_superfoods - Anti-Aging Superfoods

<http://www.care2.com/greenliving/12-anti-aging-herbs->

[and-nutrients.html](#) - 12 Anti-Aging Herbs and Nutrients

<http://www.westonaprice.org/health-topics/nutrition-the-anti-aging-factor/> - Nutrition: The Anti-Aging Factor

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3583891/> - Discovering the link between nutrition and skin aging

<http://www.marieclaire.co.uk/blogs/544896/5-anti-ageing-facial-exercises-you-can-try-at-home.html> - Facial Exercises: Face Yoga Is Here And THIS Is What You Need To Know...

<http://www.refinery29.com/anti-aging-tips> - Is Going To The Gym The Ultimate Anti-Aging Secret?

<http://www.byrdie.com/face-yoga-exercises> - Face Yoga 101: 4 Anti-Aging Exercises to Do Instead of Facelifts

http://holisticonline.com/yoga/hol_yoga_pos_summary.htm - Yoga Postures for Anti-aging and Rejuvenation

<http://www.besthealthmag.ca/best-you/fitness/6-anti-aging-yoga-poses> - 6 anti-aging yoga poses to keep you young

<http://www.totalbeauty.com/content/gallery/anti-aging-yoga-workout> - Ward off lines and wrinkles by adding one or all six of these anti-aging, super-stretching yoga poses to your workout

<http://www.mindbodygreen.com/0-16957/5-anti-aging-benefits-of-yoga.html> - 5 Anti-Aging Benefits Of Yoga

<http://>

www.redearthyogacenter.com/ap-six-ways-in-which-yoga-combats-signs-aging-1322671840.php - Six Ways In Which Yoga Combats Signs Of Aging

<http://www.evolutionyoga.com/yoga-for-anti-aging/> - The truth about yoga for anti aging

<http://www.greenandhealthy.info/agingskin.html> - Youthful Skin & Healthy Aging

http://www.huffingtonpost.com/dr-mercola/if-you-want-to-age-gracefully-b_700335.html - If You Want to Age Gracefully, Don't Eat This

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OUR Physical, Mental, Emotional and Spiritual Wellness completely determine how we AGE!

Emotional and mental and spiritual **vitality** are closely tied to physical vitality—just as your mental and emotional states have **powerful** effects on your body, so your physical state affects how you feel and think. This certainly applies to how we age. Mental health encompasses peace of mind, optimism, work that you love doing, the ability to forgive, and a sense of humor. Emotional health encompasses identifying, **expressing**, experiencing, and accepting all of your feelings. Our mental and emotional states are a big key to assessing the energy balance we need for optimal health. The energy I am referring to here is the life-force energy, **vibrational energy** or Prana as it is known in Eastern medicine. It has been proven in multiple studies that energy follows thought. Keeping our thoughts (therefore our energy) positive and **enlightened** can help to encourage our wellness, just as negative thought patterns can continue to make us sick and lead to premature aging and even death.

Scientists used to believe that “Type A’s,” those people driven by ambition, were most at risk for heart attacks. But recent research demonstrates that it is not striving for goals that have people aging and dying prematurely; it is being **hostile, angry and cynical**. By far one of the most studied and proven impacts on the ageing process is unhealthy stress and in particular mental and emotional stress. Stress pours **cortisol** into the body and has a direct impact on inflammation, which in turn underlies most of the chronic diseases that kill people prematurely every day. Chronic stress from negative attitudes and feelings of

helplessness and hopelessness can upset the body’s **hormone balance** and deplete the brain chemicals required for feelings of happiness, as well as also having a damaging impact on the immune system.

New scientific understandings have also identified the process by which chronic stress can actually decrease our lifespan by **shortening our telomeres** (the “end caps” of our DNA strands, which play a big role in aging). Poorly managed or repressed emotions such as fear, anger (hostility), guilt and resentment is also related to a slew of health conditions, such as hypertension, cardiovascular disease, digestive disorders, cancer and **infection**.

The great news is that we can learn how to **effectively** cope with and regulate the impact of stress on our bodies and we can balance our mental and emotional states. This is an amazing key to preventing the conditions associated with aging and to create an optimally healthy long life.

Being **emotionally and mentally healthy** doesn’t mean never going through tough times or **experiencing** emotional problems. We all go through disappointments, loss, and change. And while these are normal parts of life, they can still cause sadness, anxiety, and stress. The difference is that people with good emotional and mental health have **resilience**, which is an ability to bounce back from adversity, trauma, and stress. People who are emotionally and mentally healthy have the tools for coping with difficult situations and maintaining a positive outlook by remaining focused, flexible, and creative in bad times as well as good.

One of the key factors in this kind

of resilience is the ability to **balance stress** and your emotions. The capacity to recognize and acknowledge your emotions and also express them appropriately helps you avoid getting stuck in any particular mental or emotional state such as depression, anxiety, sadness, grief or guilt.

Here are some anti-aging **recommendations** to decrease stress and develop a mental, emotional and spiritual balance that will lead to a healthier and longer life:

- **Practice Forgiveness:** The attitude of forgiveness—fully accepting that a negative circumstance has occurred and relinquishing negative feelings surrounding the event—can be learned and can lead us to experience better mental, emotional and physical health.
- **Practice Gratitude:** Acknowledging the good aspects of life and giving thanks have a powerful impact on emotional wellbeing. In a landmark study, people who were asked to count their **blessings** felt happier, exercised more, had fewer physical complaints, and slept better than those who created lists of hassles, complaints and resentments. Dr. Brené Brown has found that there is a (Cont. on next page)

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Physically, EMOTIONALLY, Spiritually and MENTALLY the greatest way to RESTORE and take ourSELVES to the NEXT LEVEL of WELLNESS is: “The RIGHT Sleep” !!! (Cont.)

relationship between joy and gratitude, but with a surprising twist: it's not joy that makes us grateful, but gratitude that makes us joyful.

- **Practice balance:** Allow for all of it, the good the bad the ugly – but let it flow, vs. engaging in any one state for too long.
- **Practice love:** Start with yourself. Begin to find ways to appreciate, love and nurture yourself. Then look for other people and things to love – allow yourself to let go and just experience love and express it.
- **Express your creativity:** Creativity it is a mental, emotional and spiritual outlet.
- **Exercise your brain:** Use it or lose it — You need to work your cognitive muscles just like any other muscle in the body. Use popular brain training apps or

puzzles and games like chess that help keep your mind agile.

- **Get social:** Get out and be with people. One of the key components to a health ageless mind is to develop relationships with others. Create a social network can support you and expand you mentally, physically, and emotionally.
- **Lighten up:** Laugh. Engage in things that are actually pleasant and fun.
- **Get in touch with and practice your faith/spirituality:** Whatever form it may take for you, maintaining your connection to your higher power can provide strength and inspiration. Most studies find that higher faith/spirituality are associated with a multitude of benefits including: lower levels of death, anxiety, depression, stress/distress and better mental health.
- **Spend time with Mother Nature:** We have all heard that fresh air

and sunshine are good for us! We were not meant to be cooped up inside all the time. Whether it means sitting outside in the courtyard for an hour, going for a leisurely walk through the neighborhood, or just sitting in a nearby park or beach, get outdoors when you can.

- **Engage in Mindfulness Practices:** Practices like yoga and meditation are perfect for this. They will help you develop a sense of peacefulness and balance and allow for a deeper spiritual connection if you take on a more sacred form of each.

Below are research links that will help you expand on what we have included in this article:

<http://holisticpain.com/6-ways-to-protect-the-aging-brain/> - 6 Ways To Protect The Aging Brain

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SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our com-

munity (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to “heal” the world in a “green way”**.

4. To answer my lifelong “calling”. A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.



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