



FOREVER YOUNG



by Neil Skilbeck

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INTRODUCTION

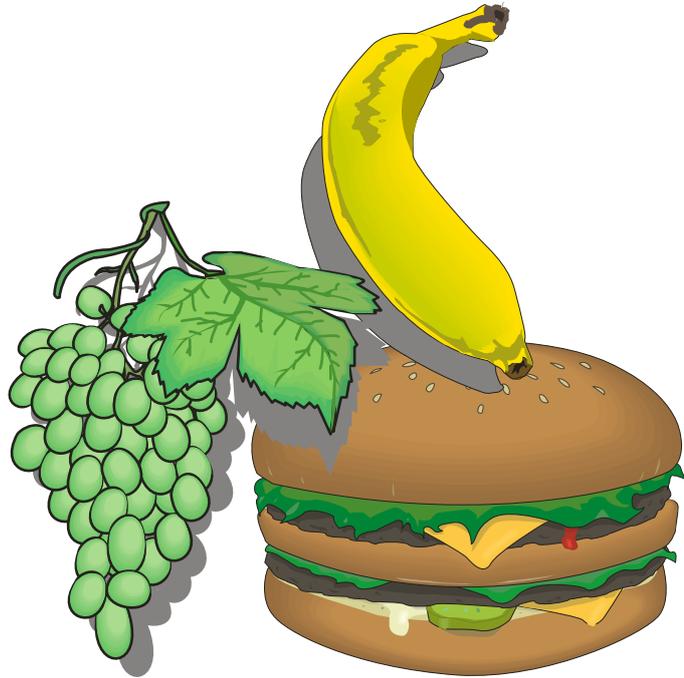
Staying young beyond the average years of your life is due to a wide variety of lifestyle factors. True, you will always find exceptions to the rule but this small booklet is more about dealing with known factors and will leave other aspects to future research.

To put it simply, it is how we live that determines our health and the speed of our aging process. There is no special vitamins, potions or unique medicine that is capable of reversing all of your indiscretions. We all think that we can get away with it. "Especially when young, my body will still come up sparkling", a young lad says, "despite what I do to it". But as the years go by our body will bear witness to the process that we have put it through.

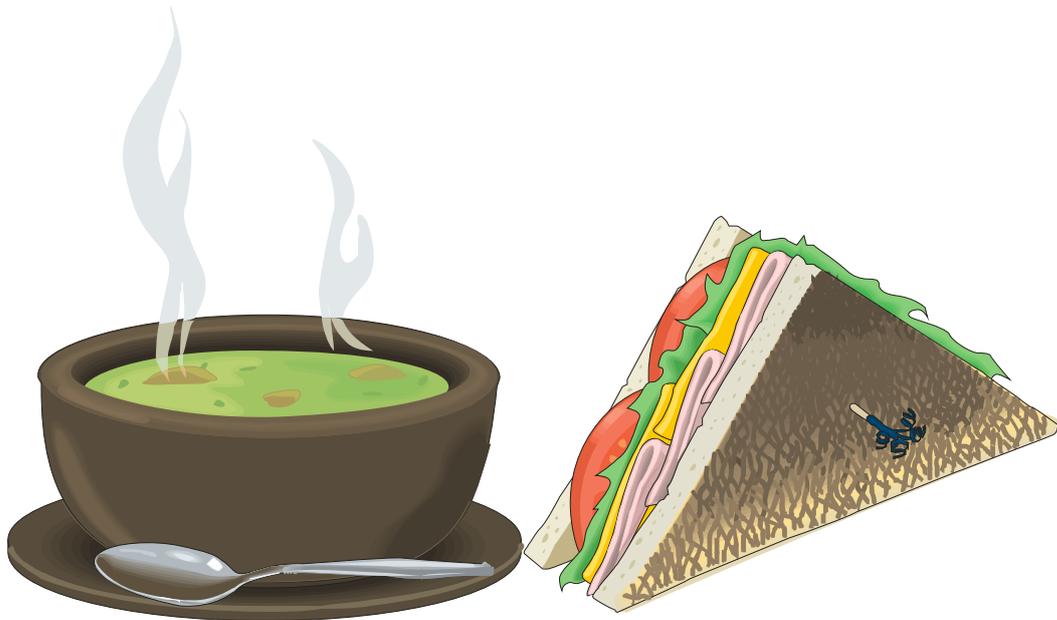
The question is what sort of lifestyle do I need to follow in order to slow down the aging process? Lifestyle involves many factors in areas which sometimes we tend to neglect. This covers our food, movement, rest, work, our mind and other factors. Various diets have come out, there are various opinions on how much rest and sleep we should have. It appears that the experts often disagree and even scientific studies have inconsistencies. So how do we find our way through this maze, what is my approach to this?

I go back to the evidence of our original lifestyle or the lifestyle that nature designed for us as our measuring stick. Zoologists classify humans in the family of hominidae, which are frugivores (fruit eating), other members includes the great apes such as chimpanzies, gorilla and orangutan. We all would agree that humans have adopted a lifestyle that is not only entirely different from their family genus but it is unique to any other animal. Our lifestyle is of our own making, we have almost entirely divorced nature out of our lives and as a consequence are paying a great price for this. It has been noted that all animals living their natural lifestyle live to 7 times their maturity. Whereas humans only live half of this showing a massive shortfall of their potential. My view is that length of life, health and youthfulness all go hand in hand.

The following chapters go into each one of the aspects of our lifestyle and is compared with the natural one showing the differences. I am well aware while we continue on living within our society that we are never going to emulate our original lifestyle. In this booklet I have given you some strategies to work with, in order to make the best use of your situation.



FOOD



The scientific classification given to humans within the Hominidae family gives rise to the diet that nature had designed for us which was frugivorous or fruit eating.

Botanically speaking fruit includes a wide range of items including many of the vegetable category such as tomatoes, capsicums, eggplant, marrows, pumpkin, chokos and cucumbers. Frugivores also eat flowers of many kinds and these would include broccoli and cauliflower. Nuts and seeds in a limited amount would also be eaten.

Vitamin C is a critical vitamin in immune function, the support of collagen and a number of other factors. The hominidae family unlike most of the other animals cannot produce their own vitamin C. This means that nature expected us to get this nutrient from our food. Fresh fruits and vegetables in their raw state supplies us with the only reliable amount of this vitamin hence the reason for this type of food.

As we age our tissues start sagging and the tiny blood vessels begin to become swollen and fragile resulting in unsightly blemishes. Vitamin C is the principal nutrient that will prevent these aging aspects from occurring. The synthetic forms of Vitamins are not good substitutes. There are many other co-factors and benefits that the fruits provide that are

not in the tablets and powders.

Another major reason for aging is the build up of toxins that build up in the tissues. Many of these create oxidative damage to the body's cells resulting in the speeding up of aging. Fruits and flowers contain antioxidants, vitamins and enzymes that protect the cells against the attack.

These foods also create an alkaline environment within the body. In addition, they contain a high level of water. The result is that they neutralise and flush out all of the harmful by-products of metabolism

It is obvious that because you are living in this society that you will be a long way away from nature's ideal. Cooked carbohydrates such as bread, cakes and biscuits are addictive and the quantities eaten will lead to a large amount of body waste. Animal foods such as beef, lamb, sausages and dairy products all create a high amount of acids which need to be eliminated. According to Robert Campbell, et al author of the book called "China Study", suggests that animal protein is the largest contributor to cancer development than any other factor. The "China Study" is the largest study ever undertaken in the history of the world on food and nutrition, I suggest that you get a copy of this book as it is very in-

formative.

Strategy

Recognising your well established food habits it would not be realistic for me to tell you to change immediately back to a frugavore's diet. So let us suggest some strategies so that you can get at least some youthful benefits of the rejuvenating fruits. The average person consumes about 10% fruits and vegetables in their total daily intake. So if you represent the average or even if you have a bit more fruits and vegetables than the average follow these steps:-

Step 1

- Eat your normal diet plus
- Double your intake of fruits and vegetables (make most of them raw as in salads).

This step needs to be performed consistently over a 3 month period or until you have got used to the change and the diet has become a normal part of your routine. You may ask why should I eat raw foods? Raw foods contain the precious enzymes and vitamin C that are essential in your rejuvenating process. Whereas cooked food is dead in that the chemical structure is changed leaving the body's cells in a more impoverished state.

Step 2

- Double your intake of fruits and vegetable again. If you were an average person at the start your intake of fruits and vegetables is still only

40% of your total intake of food.

- During this step it is suggested that you are having some fruit for breakfast and at least one vegetable salad every day using fresh lemon juice as a dressing.

This step needs to be performed for at least 6 months to ensure that the new program becomes established. During this period experiment with different recipes that involve fruits and vegetables

Old habits take a while to change so hasten slowly to ensure that your diet becomes a permanent part of your day. Perform this in a way that you are enjoying your food as in the past.

Step 3

While this step may not be the final for some people for the average this is the final step in the process.

- Double your intake of fruits and vegetables. At this stage 80% of your total intake of food will be fruits and vegetables. This is the correct balance between the acid forming foods and alkaline forming foods.
- Your breakfast needs to be all fruit that are in season. If hungry (as fruit digests quickly) you may have another lot of fruit in mid morning.
- Lunch or dinner (if preferred) needs to consist of a

raw variety of salad vegetables with a slice or two of wholegrain rye or wheat bread.

- Your dinner would consist either of another salad recipe or some steamed vegetables and if you are still requiring some animal protein then say fish would be the best.
- If you have a juicing machine then 1—2 glasses of either carrot and beetroot or carrot celery and parsley juice is excellent for getting in more nutrients. However it needs to be drunk immediately after it has been extracted.
- Previously purchased good quality vegetables that were sitting in the fridge for a week become almost valueless. So if you have the time to set up a home garden then this will be of tremendous value.

This last step will take some time to get used to, but persevere because your rewards in years to come will be great.



MOVEMENT, FLEXIBILITY
& POSTURE

Humans are built for movement and without it our system begins to break down in many ways. Reduced activity leads to unstable blood sugar levels, sluggish lymph and blood circulation, reduced density of bones, poor muscle tone, sagging tissues and much more. There are various types of exercise or movements that have different effects on the body. They all have a place in our daily activities.

The question may be asked, why is it that we are not getting the exercise that our bodies need in our daily work? Our ancestors' natural environment consisted of the jungle with its trees and forest floor where they would be walking, running and climbing. Their bodies were flexible enough to perform many different tasks such as gathering fruits from the tree tops, foraging for food on the forest floor and running. There were no chairs or tables or any kind of furniture so they squatted or sat on the floor when they ate or rested.. Nowadays we sit on chairs for long periods of time, we perform a lot of repetitive tasks often forcing the muscles to go through limited ranges of motion. Unless we are the very few that obtain a lot of exercise from our occupations we grow old from disuse.

If our life's work is in a desk job or even in a trade that has repetitive movements then you will have no

choice but to supplement this with some sort of exercise program. This robotic lifestyle is far from ideal because it means that you have to allot extra time out of the day to do exercise and if you are going to attend a gym or classes it costs money. If you choose to go for a walk or run then you can get bored with it all and give it up. So what is the answer?

Obviously changing your job or occupation to something more active is by far the best solution. However failing that, we need to look at going into a supplemental activity that is enjoyable. For example joining a tennis or golf club may provide you with extra activity and at the same time if it is something that you enjoy then you are more likely to keep it up. Sports and sporting clubs also provide the social interaction with other people. Socialising is also a human need that often results in forming strong bonds with others that we call friends. Having good friends motivate you in continuing your chosen activity even more.

You could also consider purchasing some land out in the country. There you could go for recreation and exercises such as planting trees and creating garden projects which are natural exercises with fresh air. This is also a place where you may retire to at some stage. Your later years are filled

with a lifestyle that is closer to nature.

Let us look at two distinctly different forms of movement. The first is classified as aerobic. In aerobics the heart and lungs are challenged to operate at a higher level than normal, This results in improved circulation, stronger and better toned muscles and supportive tissues. It also improved brain activity, sleep and stable blood sugar levels. The second is flexibility training that improves the range of movement. It also creates better posture through the body's biomechanical parts. Exercise performed through a natural lifestyle provides both types of exercise. However, in most cases this is not the case even in many of our sporting activities such as running or walking. Most people neglect the stretching as it often takes to long and is inconvenient to do on top of their aerobic activity.

Strategy

- Just perform some light stretches prior to your aerobic activity leaving the deeper more dynamic stretches until after the exercise. This is when the muscle is the warmest and in the best state for being stretched.
- Planning when you perform your exercises as you can see relative to stretches..

Let us now look at posture. and see why.

POSTURE AND AGING

Very few people realise the importance of a well balanced posture. Look at an aged person walking along the street they often have a walking stick and are bent forward. They look old just because of the way they are getting around. Their posture is the result of their way of life in the past, performing work that has contracted all of their frontal muscles. Their posture is not the only thing that we should be aware of. It is also what the posture is doing to their energy and health that is also of vital significance to us in our quest for youthfulness. Within the aged persons body, there is a sapping of energy owing to the body mechanics required to allow them to move around. This lowers their vitality and changes the appearance in their face. This changes is particularly manifested in their eyes resulting in the loss of sparkle normally indicative of a younger person.

Although specific postural problems may have to be evaluated professionally by a Myopractor. You can employ the following process to ensure that you stay nice and straight even into old age. Purchase a 76 cm fit swiss ball or gym ball from a departmental store such as Kmart. Every day lie backwards over the ball initially for 30 seconds allow-

ing your arms to relax backwards over your head. Build this up to a few minutes morning and night. If you are extremely stiff then this process will be far to advanced for you and you will need to start out by laying on the floor. Ensure that your arms are stretched backwards. As improvement occurs, roll a large towel up and lay along its length underneath your spine. This will provide you with an extra stretch.

Another good stretch that is particularly helpful for desk workers are as follows.

- While standing or sitting with your arms by your side rotate both of your arms outward so that your palms are facing the front.
- Put your chin down to your chest and stretch your head backwards. Maintain stretch for at least 30 seconds.
- While this can be done morning and afternoon in the office it can also be done at home. If you can remember doing this often enough one day it may become a habit.

To add interest particularly to your stretches note how far you are currently stretching to and see if you can improve on that.

I will leave you with a warning on stretching however if you stretch too far you may do some damage to the muscle. Remember light or passive stretches when

your body has not just been exercised and stronger stretches after exercise. The rule is that while a stretch may feel a little uncomfortable at the start it should not feel that way after the 30 seconds. This is a sign that the body has accommodated the stretch without any complications. All of these last cautions are particularly relevant for people who are well into there 30's and beyond.



Rest and adequate sleep each night is another essential factor in our quest for preserving our youthfulness. How much is the optimal amount and does it matter when we rest.

A human is a diurnal (day) being by design. This is obvious because of the difficulty of seeing at night and the fact that our metabolism reaches its maximum at approximately 2pm every day. In nature's design once the sun has set we were meant to start slowing down in our activities and preparing for sleep. It has been shown that a minimum of 8 hours per day is necessary to the body's proper function.

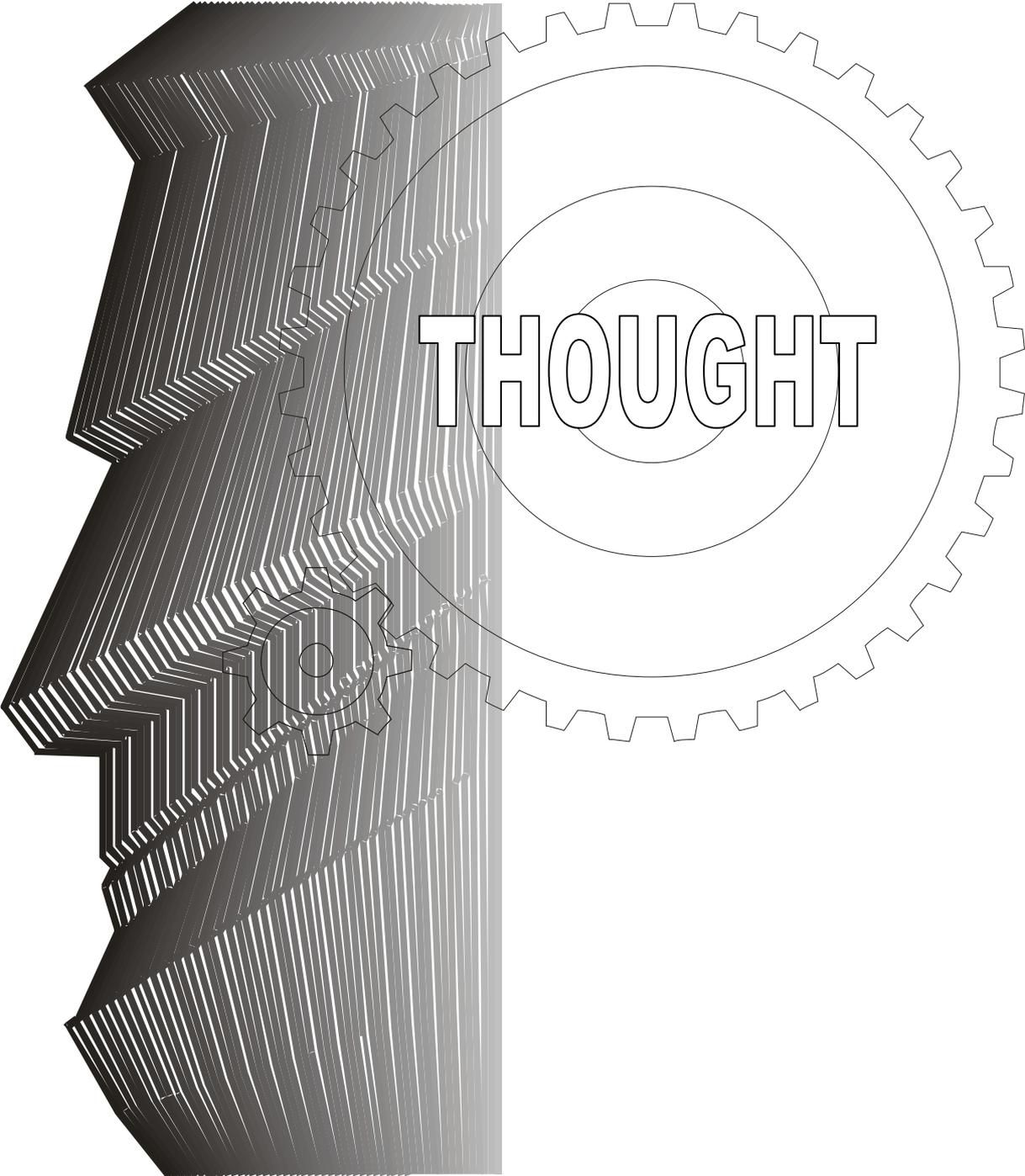
Another question is what role does sleep and rest play in the body's health? During the night while the body is asleep certain functions are busy. Nutrients from your meals during the day are being made available to the various cells for repair and maintenance. In addition excess waste products are being removed from both the cells as well as in the spaces between cells. For some parts of the body this is the only time that feeding and cleaning can occur.

To appreciate the magic of sleep how many times have you been very sick or extremely exhausted only to awaken after a long sleep a new person. It is almost as though you were given some magic potion to transform your

body into a new one. However all that happened is that you fell asleep. What amazing processes go on inside of you to rejuvenate and refresh your tissues.

If sleep is so important what goes wrong when I can't sleep on a regular basis? How can I ensure that I sleep soundly? The largest reason for disturbed sleep is if you either have a poor digestive system or else having dinner too late (after 8pm) in the evenings. If you are going through some upsetting problems in your life you may find that your mind is chewing over areas of the problem preventing the normal alpha (sleep state) level from occurring.

It is worth solving the above problems in order to sleep soundly. Begin to establish a habit of going to bed early, even if you need to read a light bedtime story.



Our mind, particularly the subconscious mind is the central controlling unit of all of our body functions. We must look at its influence within our body and how it affects our body's health and appearance.

We know that mental and emotional stress creates various diseases. In addition, it will alter our appearance. It changes a normal happy expression into a sad negative one creating facial lines.

Most of our stress comes from problems of various kinds that arise in our life. Someone said that there is one thing that is certain about life and that is always changing. If life is like that then we have to be prepared for change. Even though we may have very well laid out plans that appear to be very solid you need to be flexible enough. If things don't work out then that's ok I can now go in this direction. This is not easy for humans as their nature is to seek out security and stability, and therefore they react very badly to change.

Strategy

When change (or a problem as we see it) comes along what do we need to do?

Initially you may react negatively to it. Even the most advanced person will react badly to a situation of change if it is severe enough. However after this phase passes, it is important that you

begin to analyse it.

Step 1 Analyses

The problem that occurred was this a result of some action that you took part in previously? If so was your action appropriate if not then what have you learned from the situation.

Regardless of the cause what can you do now to solve the problem and get things back on track? Think of a number of ways that you can bring about the right sort of change and choose the best one.

If you cannot find a solution talk to your family or friends to seek their opinions on the matter. If there still does not seem to be a solution to the problem and you have exhausted all avenues such as professional help (in some cases) then you need to look at step 2B.

Step 2A. Action your plan

Put into action the plan of your choosing and monitor the results. If this does not work or only partially work what else can you now do to bring about the right change.

Step 2B Acceptance

This requires you to totally accept the situation as it has not occurred. Look for the positive angles (they will always be there, although not always obvious). Concentrate your mind on

these positive outcomes and “bask in their rays”. Let me give you an example of this. I used to hate being held up by a red traffic light as most times when I am driving I was always in a hurry. My reaction to a light changing from green to red was to try to race through the intersection or stop and put up with the delay. Either way I was stressed to the max. I then looked at the situation differently. I saw the red light as a great opportunity to relax and enjoy the pause in my driving. I would run my mind quickly through my upper body especially around the neck and shoulder areas and note any tension there. I would send a calming thought out to the tight muscles influencing them to release their hold on the bones and just drift away into nothingness. From that time on, the red lights became my friends.

Some people tend to see the negative side to most situation that arise in their life. If you think you are like that it may take you time to train your mind. Always seek out the positive aspects. This will happen slowly and steadily.

A good example of how we see things is highlighted in two men walking into a park one of them remarked on the beautiful trees and green lush grass that was there. The other one saw bits of paper that had either been

dropped there and was unable to enjoy the scenery. Another example is two people were walking along a pathway lined with a garden of roses. One of them said look at the beauty of the roses and their perfume they are so delightful. The other one said look at their cruel thorns.

Our perception of the world around us is not only depicted by our prime sensors (eyes, nose and ears) but by the way our subconscious mind deals with this information. Our mind adds to the information, various influences that it has stored away in its memory banks and we then create the reality. For example we are home alone and we hear a creaking noise outside above the dinner room window. We imagine all sorts of frightening things and find it difficult to go to sleep. To cut a long story short we learn that a bracket attached to a drain pipe had become loose and was flapping in the wind.

So your mind is a wonderful instrument that can create or destroy depending on which aspects we magnify. Choose wisely and your health and appearances will continue to be vital and young.



OTHER FACTORS



There are of course many other factors that will contribute collectively to the aging process. These are the career that you select, the exposure to the sun, social interactions with others and whether you have formed habits of using tobacco, alcohol or drugs.

CAREER

As we spend most of our hours during our life in our chosen career it is important that we choose wisely. In our society we tend to choose a career path that gives us a good income and that is in demand. We also look to see if the work that we would be performing is something that we would enjoy. If both of these criterion are being met then we feel that we are fortunate. Many of us for what ever reason have not been able to gain a career that we enjoy. We are stuck in a job that pays our bills but gives us not deep satisfaction of fulfilling our deeper needs. Obviously many people gradually work their way out of this situation into something that they enjoy. Another consideration that few people look at is whether the career supports a healthy lifestyle. Office work, or jobs that are inside and involve repetitive actions are not healthy. The normal free range of exercise does not occur and the sunshine and fresh air is not available. We cannot all work in outside jobs. If we enjoy our inside work then supplement it

with some outdoor activities.

SUNSHINE

Exposure to the sun is linked to skin cancer. However lack of sunshine carries with many other risks including deficiency of vitamin D. Our view is that skin exposure to the sun should be gradual at first and should occur before 10 am in the morning and after 2pm in the afternoon. Although in the summer months you would need to push these boundaries more wider than this. If you have outside work protect you body in the middle of the day so that your skin does not dry out. Sun exposure is about obtaining a happy medium. Too much and the skin will loose its flexibility and smoothness, too little and it will look lifeless, pale and dead.

SOCIAL INTERACTIONS

This was mentioned to some degree under the chapter to do with movement. Humans are social creatures and therefore most of us dislike being alone. Unhappiness caused by isolation wether self imposed or otherwise can lead to a downturn in our health and vitality. So if you do not have a good circle of friends then join a club. Put yourself out there so that you can start developing a good network of friends. Network with work mates, neighbours and even family to widen your circle of friends.

SUBSTANCES OF ABUSE

Nobody seriously believes that alcohol, tobacco and various social drugs are really beneficial for our health. In fact as we have found from numerous studies these substances destroy cells by producing large amounts of free range radicals. As they do that they induce the body to age more quickly, showing up their damage in many systems of the body including our skin.

If you are addicted to any substances including processed carbohydrates then you need help. You may be able to do it yourself “cold turkey” (the best way) but many cannot. If you can tackle it yourself then you need to have a very strong reason for doing so. Most of our reasons prove too weak for the job and we find that we lack the drive to really get on top of it. Before starting your cold turkey program start looking at why you want to be free from the substance. Investigate on how you can strengthen this reason with either facts or convincing arguments before you start. Otherwise seek help through Alcoholic Anonymous or your local community counselling services.