9 SECRETS TO STAYING YOUNG & LOOKING EVEN YOUNGER
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Restoring Health and Vitality
beverly hills REJUVENATION CENTER
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Secret 1: Optimize Your Hormones</th>
<th>07</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reverse the Effects of Declining Hormone Levels</td>
<td>08</td>
</tr>
<tr>
<td>Hormone Replacement Therapy for Men</td>
<td>09</td>
</tr>
<tr>
<td>Hormone Replacement Therapy for Women</td>
<td>10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Secret 2: Manage Your Stress</th>
<th>11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avoid Living on Adrenalin</td>
<td>12</td>
</tr>
<tr>
<td>Stress Less</td>
<td>12</td>
</tr>
<tr>
<td>Get Quality Sleep</td>
<td>13</td>
</tr>
<tr>
<td>Take Up Yoga</td>
<td>13</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Secret 3: Optimize Diet &amp; Nutrition</th>
<th>15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Using Portion Control</td>
<td>16</td>
</tr>
<tr>
<td>Eat a Healthy Combination of Foods</td>
<td>16</td>
</tr>
<tr>
<td>Eliminate Processed Foods</td>
<td>17</td>
</tr>
<tr>
<td>Remove Sugar from Your Diet</td>
<td>17</td>
</tr>
<tr>
<td>Eat Smaller Meals More Often</td>
<td>18</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Secret 4: Maintaining Adequate Exercise</th>
<th>19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use Resistance Training and Cardio Together</td>
<td>20</td>
</tr>
<tr>
<td>Don’t Exercise Too Much</td>
<td>21</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Secret 5: Having a Healthy Thyroid</th>
<th>22</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increased Energy and Better Sleep</td>
<td>24</td>
</tr>
<tr>
<td>The Relationship Between Adrenal and Thyroid Hormones</td>
<td>25</td>
</tr>
</tbody>
</table>
TABLE OF CONTENTS

Secret 6: **Train Your Mind**  
- Keep Mentally Active  
- Develop Emotional Strength

Secret 7: **Treat Your Skin Right**  
- What You Put On Your Skin, Matters  
- Always Use Sun Protection  
- Consider Professional Treatments

Secret 8: **Use Stem Cell Therapy**  
- Low Level Laser Therapy (LLLT)  
- Using the CVAC Hypobaric Chamber

Secret 9: **Optimize Your Gut Health**  
- Common Gut Problems  
- Getting to the Root Cause  
- Heal Your Gut With Food  
  - Fermented Foods  
  - Anti-Inflammatory Foods  
- Take Digestive Enzymes

**Conclusion**
In the fast-paced world we live in, it’s becoming more difficult than ever before to stay cool, calm, and beautifully young. Try as you might, there are so many forces acting against you that, at times, it seems almost impossible to delay the onset of premature aging.

Consider the following daily life events that, combined, prove to be powerful contributors towards your aging:

- Workplace and family stress
- Harsh environmental conditions (sun, pollution)
- Toxins
• Pesticides and poisons in your food and around the home / office
• Inadequate nutrition from poor diet choices
• Ineffective “mass produced” skincare products
• A lifestyle of digital distractions and obligations
• And many more...

And guess what? None of these powerful aging factors actually involve passing time!

The fact is that none of us are getting younger. Well, not unless scientists develop a time machine sometime soon, or you happen to be a Benjamin Button. Despite that, it doesn’t mean you have to settle for the seemingly inevitable fete of an aged look.

Now, with technological advancements in medical science, and with a greater understanding of the complex chemical processes within the human body, you are able to effectively slow, and in some cases reverse, your body’s aging process. Is it a fountain of youth? Not quite, but these anti-aging secrets are the closest thing available to you here, and right now.

Many of the world’s biggest stars, and finest medical professionals have known these secrets to staying young and looking even younger, but they’ve been kept from public eyes - held as a “secret sauce” to their star-studded success and career excellence.

Times have changed.

Never has there been an opportunity like you have today, to learn their secrets and overcome the gravitational pull of the aging process. So if you want to learn some of the industry’s top insider-tips to ensure you regain a youthful, vibrant look well into your golden years, then you’re in just the right place.

Our team of globally recognized professionals have compiled their knowledge to dissect the secrets to long-lasting youth, and provide them direct to you. We like to call it:

The 9 Secrets to Staying Young & Looking Even Younger
SECRET 1
OPTIMIZE YOUR HORMONES

You age because your hormones decline; but your hormones don’t need to decline because you age.

Statistics show that as men and women age, production of hormone levels begins to drop. For instance, children at age 10 are likely to have 120pg/ml of the melatonin hormone in their bodies at night whereas people at age 50 are likely to have only 50pg/ml. As you reach the age of 80, you’re likely to produce only around 5pg/ml. Levels of other hormones like cortisol, TSH, the thyroid hormones T3 and T4, testosterone, and estradiol in women, all begin to decline with age. Since hormones control the optimum functioning of your body, their declining
levels can adversely affect your health.

Little do most people know, that hormone optimization therapy plays an important role in reversing age related hormone decline - a common cause of a host of health problems including weight gain, skin disorders, premature aging, and others. Some people are lucky, but most of us experience a severe disruption in our hormonal balance which causes a poor quality of life, and a major change in our health.

To counteract these effects, and to increase your chances of staying young, you need to correctly balance your hormones using a professionally-matched hormone optimization program. Here’s what a correctly designed hormone optimization program can do for you.

**REVERSE THE EFFECTS OF DECLINING HORMONE LEVELS**

As a result of lowered hormones in your blood, you’ll begin to experience the common signs and symptoms associated with age.

Both men and women have low stamina levels, decreased bone density and skin elasticity with an increased susceptibility to getting sick. You might notice that you tire easily and find it more difficult to perform your everyday tasks, at home or at work.

Other physical symptoms include gaining weight, and pain in the joints. Most men and women experience significant weight gain in a bimodal pattern, starting hormonal weight gain in their 30’s, then again in their 40’s and 50’s.

And, that’s not all. In addition, many people also experience psychological effects like depression, irritability, lack of focus, mood swings, and a weakening memory. Men often experience symptoms of lowered testosterone and as women enter peri-menopause they first experience estrogen dominance and then a decline
in estrogen as they enter menopause. These changes cause a whole host of side effects.

But there’s good news on the horizon. The experienced BHRC staff and services, which include the world-renowned Dr Angie comprehensive weight loss program, are able to regulate your hormonal imbalance using advanced bio-identical hormone optimization techniques, which will kick your weight loss efforts into top gear, and bring your body back to its youthful best.

**HORMONE REPLACEMENT THERAPY FOR MEN**

Guys, the health of your hormones is as important as it is for women. By getting optimized hormone replacement therapy, men can counter the effect of lowered testosterone, and other hormonal imbalances that occur as you age.

Once you make the commitment to begin treatment, you’re likely to notice that many of the symptoms of hormonal imbalance will ease quickly. Symptoms such as:

- Uncontrolled weight gain
- Depression and a lack of confidence
- Anxiety and mental confusion
- Joint problems and pains
- Energy decrease
- Low libido
- Hair loss and balding

With proper hormone optimization from a qualified physician, you can expect a reversal of many of these symptoms, along with improved muscle mass and tone, better blood circulation, and higher energy levels. Your sex drive will be rejuvenated, and your memory is likely to improve significantly. You’ll feel upbeat and positive and look better as your skin elasticity improves even as your weight goes down.

While all of these seemingly miraculous outcomes are indeed achievable, they
must be done by an experienced doctor who specializes in bio-identical hormone replacement therapy, which uses plant-based hormones that align with your body’s natural processes and functionality. Only then will you achieve the best results that make you stay young and look even younger.

HORMONE REPLACEMENT THERAPY FOR WOMEN

Ladies, if you’re over 35 and currently sitting on the fence, ignoring abnormal changes in your body that have popped up in recent times, then you could be unnecessarily suffering from the effects of hormonal imbalance. In fact, these undesirable effects could prevent you from living the with a quality of life you deserve, so it’s important to consider a quality hormone optimization therapy to help you stay young, and live happier now.

In fact, hormone optimization therapy has the ability to reduce the effects of menopause. For instance, a suitably matched bio-identical hormone replacement therapy treatment can lower the frequency and intensity of the hot flashes, along with reducing the night sweating and mood swings. Since hormones can help alleviate the vaginal dryness you feel, you could experience your libido returning, as well as an improved mood and optimistic outlook on your life.

Not only that, there are many other benefits of HRT for women. As with men, you’ll find that you can resist illnesses better, and that you will begin to feel stronger and more energetic. And as the elasticity of your skin improves with the balancing of your hormones, you’ll notice a softening of the fine lines and wrinkles that had begun to appear. You can also expect to enjoy a memory boost and feel the tired, achy feeling in your joints begin to slip away as your hormones begin to correct, and act to reverse the signs of aging apparent in your body.

That’s the power of hormone optimization therapy, and why it’s the cornerstone of the anti-aging services offered at BHRC wellness centers across the United States.
We live in a fast-paced world, with our attention being drawn in several directions, but can we really keep up with the pace? New research is suggesting that we are killing ourselves with stress, so to stay young and look even younger, stress management is a MUST for your health and wellbeing.
AVOID LIVING ON ADRENALIN

The stress you experience releases certain damaging hormones into your bloodstream - what’s known as the “fight or flight” response to stress and fear. These hormones include adrenaline, norepinephrine, and cortisol. Each of these hormones cause changes in your body that are often linked to aging. While small amounts may not have any lasting effects, when they continue to circulate in your blood over time with continued stresses of work, kids, financial commitments, and many more, they can result in lasting effects that can prove damaging to your body.

For instance, prolonged adrenaline exposure can raise your heart rate and make digestion difficult. It can also affect your vision and hearing. One of the more serious effects is that it can constrict your blood vessels so that the supply to your heart, intestines, and skin is restricted resulting in the appearance of wrinkles. You might also notice that the elasticity of your skin isn’t what it used to be. And if that wasn’t enough, stress hormones like adrenaline are now suspected to lead to an onset of diabetes, that is again linked to aging.

STRESS LESS

Given the many detrimental effects of stress, you need to take the proper measures to make sure that you stress less, and keep pressures of life at bay. But first, you need to understand the broad forms that you experience stress in your day-to-day life.

Stress can be classed broadly as one of two kinds. The first is acute stress, which lasts for an hour or an hour and a half. This form of pressure has positive nuances and pushes you to achieve in life. Getting that new job, wooing the partner of your dreams, or excelling at academics are all positive stress. Then, there’s chronic stress, which can have adverse effects on your health and mind. For instance, chronic stress that occurs when you’ve lost your job or if you’re going through some major health and family issues.
While it is impossible to eliminate the stress completely, you can take steps to lower the bad stress you experience. Take up moderate exercising or yoga, get adequate sleep, and eat a healthy diet. Look for support from family and friends in your time of need, and talk things out with them. At work, discuss issues with your boss, and ask colleagues for help to reduce some of your burden. If needed, sign up with a professional who can advise you on the best stress-busting measures to take.

GET QUALITY SLEEP

Sleeping for the right amount of time is an important and effective strategy to counter your stress levels. When you sleep, your body rests and works to repair and rejuvenate itself. If you don’t get adequate sleep, the body compensates for the resulting exhaustion by keeping itself going on stress hormones and adrenaline.

Should you continue getting poor quality sleep, then ultimately, you’ll find yourself stuck in a cycle that seems almost impossible to break, since adrenaline alerts the senses so you have trouble falling asleep. And, since you cannot sleep, added adrenaline is released in your blood. Your stress levels continue to rise and your health takes a severe toll.

To avoid this cycle, you need to get enough sleep. While experts recommend that you get a minimum of eight hours, many people find that taking short power naps at different times of the day can work to instantly refresh you. Aim for 7 to 9 hours of quality, uninterrupted sleep per night (this means turning your cell phone to airplane mode, and removing all sources of light and unnerving noise), and adjust as necessary. Listen to your body. It knows what to do.

TAKE UP YOGA

Ancient Indian traditions have involved regular morning movement, which has in modern times been transcribed to include relaxing morning practice such as yoga,
meditation, and breathing exercises that can help you alleviate stress. It turns out they’ve been practicing yoga for a good reason.

As you perform the yoga asanas (poses), the resultant activity raises serotonin levels that can negate the effects of adrenaline. Serotonin is the feel good hormone that your body releases when you exercise or conduct physical activity. You learn to calm your mind by concentrating on your breathing and letting go of the thoughts and issues that are causing the stress.

Using yoga and meditation regularly can help you overcome any kind of emotional trauma you’re facing. These techniques can relax the gross and subtle muscles along with your autonomic nervous system. As a result, you free your body and mind from the effects of stress.
SECRET 3
OPTIMIZE YOUR DIET & NUTRITION

There’s what you do with your body, then there’s what you put into your body. A secret to staying young and looking younger that many people overlook, is the quantity and quality of food you put in your mouth. This truly is the first line of defense against the signs of aging.
USING PORTION CONTROL

Research conducted into the aging process clearly shows that by consuming fewer “bad” calories as you grow older, you can help delay the aging process. These bad calories come in the form of saturated fatty foods, simple, processed carbohydrates, and refined sugars that modern day food is laden with. This is where your drive to stay young will take a testing turn.

Why is portion size so important? With age, the digestion and metabolic processes of the body tend to slow down. As a result, the excess calories that you consume get converted into fat. The weight gain that you notice is because of the extra portion sizes you eat. But as hinted earlier, you can’t simply cut back on calories and ignore your nutritional requirement. The next step in the formula, is to choose healthy foods that are packed with vitamins and minerals which delay the aging process.

EAT A HEALTHY COMBINATION OF FOODS

The fruits and vegetables that you eat all have antioxidants in them that can bring back a healthy glow to your skin, and help you stay young. The nutritious fiber in the whole grains that you consume help to provide you with complex carbohydrates and keep your colon clean. In addition, the meat, dairy products, and soy you eat add the necessary amount of protein and fat your body needs to function properly.

Many people make the mistake of eliminating fat completely from their diets thinking that it can help them lose weight. However, your body needs a small percentage of fat (approximately 30% of your daily caloric intake) to keep the skin hydrated and looking younger and wrinkle-free.
ELIMINATE PROCESSED FOODS

The processed food you consume has more free radicals than your body can handle. The preservatives, food colorings, margarine, shortening, and other additives in processed food create these free-radical molecules in the body. Although your metabolism produces free radicals for energy, an excess of these molecules begin to damage tissues and body cells, leading to premature aging and cellular damage. Eventually, processed foods can increase your chance of contracting disease, cancers, and can lead to a loss in skin elasticity and the appearance of lines and wrinkles.

REMOVE SUGAR FROM YOUR DIET

Controlling the amount of sugar you consume is no doubt essential to keep your weight down and obesity at bay. However, sugar can also cause the appearance of the signs of aging. In addition to weakening your immune system, sugar can damage the collagen and elastin in your skin. These compounds work to keep your skin looking younger and wrinkle-free. An excess of sugar in the body also reduces its capability to fight bacteria. In turn, you’ll notice that acne and other skin damage occurs more frequently.

It’s simple. By restricting your sugar intake, you’ll help reduce signs of aging.
EAT SMALLER MEALS MORE OFTEN

The functioning of your thyroid, optimum blood sugar levels, and the metabolic rate of your body are closely linked and interdependent. If you can keep your blood sugar levels down by eating small, frequent meals, you can keep your thyroid functioning properly. Doing so maintains the proper metabolic rate of your body and burns enough calories during the day so you don’t gain weight.

There are other benefits too, as your thyroid helps protect your body from a range of age-related diseases like inflammation, obesity, diabetes, and many more. So if you can keep these three factors in control, you can effectively delay the aging process.
As you grow older, you’re likely to experience many typical effects of aging which include a slowing metabolism, weaker reflexes, and an unreliable memory. In addition, you could feel your body slowing down and that you’re not as strong as you used to be. However, the results of a research published in the Journal of Physiology have proved that if you can get adequate exercise, you can delay the natural aging process, and stay younger longer.
People that spend time indulging in moderate physical activity seem to have fewer signs as compared to those with a more sedentary lifestyle. It’s a proven fact. Exercise can help you live with a healthier heart and blood circulation, develop a more efficient metabolism, and have stronger lungs and muscular strength.

And the benefits aren’t all physical. Your mind and nervous system stay more agile, and your hormone levels remain regulated when your fitness is maintained as you grow older. You’ll also notice that you have stronger muscles and bones, and better health on the whole. Even if you have a genetic propensity to age faster, exercise can actually help you avoid the genetic damage you’re likely to encounter. This is why, to stay young and look even younger, you need to incorporate regular exercise into your lifestyle.

**USE RESISTANCE TRAINING AND CARDIO TOGETHER**

To stay young and look even younger, and experience the magic of shaving years off your chronological age, you need to include a healthy balance of cardio and resistance training.

If you can combine cardio with moderate resistance training, you can enhance its positive effects. Get a weighted skipping rope, combine a run with pushups and situps, and consider taking a set of resistance bands with you when you travel for work. These exercises can improve the health of your cardiovascular system, and you’ll develop a lower resting heart rate and strengthen your ability to pump oxygen-rich blood to the cells of your body. Cardio exercising can raise your metabolic rate that could slow down as a result of aging. As a result, you’ll find that you have a better resistance to insulin and can avoid getting diabetes.

In addition to the general health benefits of regular exercise, combining cardio and resistance training can give you a youthful appearance through maintained muscle tone, and a strong metabolism leading to heightened blood flow and youthful, glowing skin.
DON’T EXERCISE TOO MUCH

While cardio exercise and resistance training can be highly beneficial, it’s important to remember that overdoing it can also have detrimental effects on your health. When you exercise too much your body may reach exhaustion, and to cope with this condition it produces more of adrenaline and cortisol hormones. These compounds can eventually lead to depression, weight gain, stress, and all the negative effects of hormonal aging. Raised blood pressure, high blood sugar, insomnia, constricted arteries, mood swings, and exhaustion will all result if you don’t give your body enough time to heal itself after your aggressive workout sessions.

This is why, it is essential to create and maintain an optimum fitness plan to stick by - one that allows your body to reap the benefits of exercise without the downsides. Our Dr. Angie weight loss program incorporates some of the latest research into effective exercise planning, and will have you experience the fun side of a balanced fitness program.
SECRET 5
HAVING A
HEALTHY THYROID

Thyroid disease is more common than diabetes or heart disease. Thyroid disease is affecting 30 million Americans – and more than half of those people remain undiagnosed. On top of this, women are five times more likely than men to suffer from a condition known as hypothyroidism - an overactive thyroid.

The thyroid controls how your body's cells use energy from food, a process called metabolism. Among other things, your metabolism affects your body’s temperature, your heartbeat, and how well you burn calories. The primary thyroid hormones are triiodothyronine (T3) and thyroxine (T4).

T4 is mostly inactive and converts into the active thyroid hormone T3. Thyroid imbalances occur when your thyroid produces too few or too many of these
hormones, or is unable to convert the T4 hormone into the active T3 hormone.

Hyperthyroidism occurs when the thyroid gland produces high amounts of thyroid hormone and can cause an excessively high metabolic rate. Common symptoms experienced in this hyper metabolic state are:

- Rapid heart rate
- Excessive sweating
- Elevated blood pressure
- Hand tremors
- Frequent bowel movements
- Weight loss
- Irregular menstrual cycles.

If you don’t have enough thyroid hormone, your body processes slow down. That means your body makes less energy, and your metabolism becomes sluggish. At first, you may barely notice the symptoms of hypothyroidism, such as fatigue and weight gain, or you may simply attribute them to getting older. But as your metabolism continues to slow, you may develop more obvious signs and symptoms. Hypothyroidism signs and symptom may include:

- Fatigue
- Increased sensitivity to cold
- Constipation
- Dry skin
- Weight gain
- Muscle weakness
- Elevated blood cholesterol level
- Muscle aches, tenderness and stiffness
- Pain, stiffness or swelling in your joints
- Heavier than normal or irregular menstrual periods
- Thinning hair
- Slowed heart rate
- Depression
- Impaired memory.

In addition to regulating heart rate, metabolism and body temperature, the thyroid gland keeps muscles strong by helping in the synthesis of proteins and burning of calories. An optimal thyroid helps maintain the strength and tone of muscles. A healthy thyroid is your secret weapon in the fight against aging, and there are many ways you can benefit from a well-functioning thyroid.
INCREASED ENERGY AND BETTER SLEEP

When your thyroid hormone is working properly inside your cells, you will make 65% energy and 35% heat as you burn calories for fuel. The thyroid hormone is governing your basal metabolic rate, orchestrating the idling speed at which all cells make this energy and heat. When you have thyroid imbalance, this key metabolic ratio is also disrupted.

Classic symptoms of poor thyroid function are being too cold and tired. And conversely, classic symptoms of hyperthyroidism are being too hot and wired. Too much or too little energy can develop into unhealthy sleep disorders such as not being able to fall asleep, falling asleep but waking through the night or waking much earlier than you should - around 3 - 4AM.

In addition to thyroid hormones, imbalances in other hormones like estrogen, progesterone and testosterone can affect sleep as well.

One less known culprit of sleep disorders is an imbalance in adrenal hormones and the relationship between adrenal and thyroid hormones. Adrenal hormones rise in the face of stress allowing us to cope with stress. Unfortunately, when stress levels remain high, your adrenal hormones don’t shut off and can lead to adrenal exhaustion and serious health issues like high cholesterol, weakened immune system and diabetes.

Keeping the right balance between adrenal and thyroid hormones as well as managing stress are important to your overall health.
THE RELATIONSHIP BETWEEN ADRENAL AND THYROID HORMONES

The relationship between the thyroid and the adrenals is kind of like a see-saw effect, if one side is too high, it pushes the other side lower. If one side is too low, the other will raise up to compensate. This is how the body adapts to give you energy and to avoid burnout.

Cortisol, an adrenal hormone, makes your thyroid work more efficiently. The right amount of cortisol - not too high and not too low - is very important for normal thyroid function. Both thyroid and cortisol have to be present at normal levels. When cortisol levels are low, thyroid is less efficient at doing its job of increasing energy and metabolic activity. When too high, you can have thyroid resistance meaning the tissues fail to respond to thyroid hormone.

Improper Thyroid and/or adrenal functioning can occur due to normal aging, health conditions, medications, diet and stress. Both thyroid and adrenal functioning affect every cell of the body and are important for maintaining health and quality of life as we age.
So far, we’ve talked a lot about physical factors that influence your ability to stay young and look even younger, but there’s more than meets the eye.

An unsettled mind will also result in irregular production of hormones such as cortisol and adrenaline, which, as you’ve seen, can be detrimental to your health. Chronic doses of these hormones will have a heavy toll on your mental and physical health, bringing on the onset of premature aging.

While meditating and yoga can bring immense benefits to your mental health. Having a diverse mind-body workout regimen will result in more energy, improved mood, less stress, and greater ability for your body to repair itself, and reverse the classic signs of aging.
KEEP MENTALLY ACTIVE

One of the best ways to train your mind is by keeping it active by learning a new skill or language. Additionally, scientists have developed several computer-based mind training programs designed to improve speed and accuracy of how elderly people process visual and auditory information, improve memory retention, and increase attention span.

To stay sharp, both in looks and in thoughts, you need to regularly train your mind. Doing brain teasers such as Sudoku and crossword puzzles will enhance your cognitive abilities. Activities such as playing with your kids or grandkids, acting in theatre performances, and volunteering in community activities will enable you to fight mental decline and keep you young, both mentally and at heart.

Strive to regularly stimulate your mind. Surprisingly, neuroscience research is increasingly proving that video games can enhance your brain fitness and even reverse cognitive damage in old age. A study by Robert Wilson on 700 elderly subjects found that those who regularly read newspapers, participated in book clubs, or played chess were 50% less prone to developing dementia symptoms of Alzheimer’s disease.

DEVELOP EMOTIONAL STRENGTH

The most natural way to keep your mind strong is by having active social connections which build on your deep need for emotional connection with others. Valerie Cooks, a researcher with Kaiser Permanente, conducted a study on mental health of 2,200 middle-aged women over four years between 2003 and 2007. The study found that women with larger social networks and daily social interactions were less likely to develop dementia, senility, or other mental conditions associated
with aging.

The Alzheimer’s Disease Center of Chicago’s Rush University, made similar conclusions in a study conducted by Robert Wilson. The study involved analyzing the lives of a group of octogenarians. Members of the group that report higher incidences of feeling lonely were more likely to develop cognitive decline, dementia, confusion, and memory loss.

It’s proven in science, that to live a younger, healthier life both in body and in spirit, you need to look after your mind as well as your physical body.
SECRET 7
TREAT YOUR SKIN RIGHT

Habits that we engage in when in our 20’s and 30’s usually come back to bite us hard in later years, especially when it comes to skincare. The fact is, our skin needs proper care and attention to stay firm and elastic, and only then will it be able to stay looking young even as we grow old.

Hindsight is a wondrous tool, and it’s this which has led us to make observation of the following habits you could benefit by reducing in your younger years:

- Partying all night
- Not sleeping enough
- Not washing your face regularly
- Not drinking enough water
- Drinking too much coffee
Overuse of alcoholic beverages
• Experimenting with recreational drugs
• Smoking.

Many of these activities can have damaging effect on your skin as you age, and can increase the rate at which you develop fine lines and wrinkles, sun spots, blemishes, and lax skin.

WHAT YOU PUT ON YOUR SKIN, MATTERS

As a first line of defense, proper hydration holds the key to removing harmful toxins and impurities from your skin and body. We need at least 10 to 12 glasses a day throughout our lives to keep our skin looking healthy.

Once you’ve done this, a quality skincare regimen that includes cleansing, exfoliating, and moisturizing your skin, often keeps nutrients and moisture within your skin cells, while removing and locking out harmful bacteria and toxins. Products such as Skin Medica, AnteAge, and Neocutis have proven effective in unclogging pores and rejuvenating your dead skin cells.

There are various beneficial commercial and home-based remedies that can help you keep your skin clear and wrinkle-free. For home based natural remedies, you can use coconut oil, milk, pineapple, bananas, tea, cucumbers, and olive oil, among many others. Aloe Vera is also used to keep wrinkles and black spots at bay, although many of these natural remedies are untested, and can be unreliable at times.

ALWAYS USE SUN PROTECTION

In a study reported in the Cosmetic And Investigational Dermatology medical
journal, dermatologists analyzed the skin of 298 women aged between 30 and 78 years. The research concluded that UV rays are responsible for 80% of wrinkling and skin aging. The study reports that long term exposure to the sun’s UV rays are a major cause of pigmentation, texture degradation, and reduced elasticity.

So to stay young and keep looking young into your golden years, you need to protect yourself from the intense sun damage that occurs with prolonged sun exposure. Cover up with clothing, or use sunscreen at a bare minimum, when you are expecting to spend considerable time outdoors.

**CONSIDER PROFESSIONAL TREATMENTS**

When the damage has already been done, preventative methods are no longer useful to you, so that’s where professional skincare treatments come to the rescue.

Hydrafacials are great for increasing skin elasticity and collagen production, while the Ultherapy non-surgical facelift procedure performed at BHRC will greatly enhance your looks and is FDA approved to naturally lift and tighten skin in the neck, brow, and under the chin. The IPL/photofacial treatment helps repair sun damage, acne scars, yellowing, and redness. When used properly, Botox is a safe remedy for softening wrinkles. Always use a doctor who is board-certified and use in the proper doses.

Using professional treatments such as these, you can restore the youthful look from the years gone by, and effectively repair the signs of aging that have been caused by sun damage.
As babies, we are born with cells that have the ability to grow into other types of cells. Thus, when we get hurt, the body repairs itself with minimal scarring and complete tissue replacement. However, as we grow older, our bodies produce less stem cells and damage to the skin heals slower and leaves scars. To make matters worse, it becomes increasingly difficult for our remaining stem cells to get into action and repair damage.

Stem cell technology has the potential to revolutionize skin care, and treatments such as the NovoTHOR Low Level Laser Therapy stem cell bed, and the CVAC hypobaric chamber, are both offered at BHRC. These technologies are able to boost the body’s ability to produce stem cells right under the epidermis, a recipe for long term healing, and outstanding results that can help you stay young and
look even younger. With such treatments, your naturally occurring stem cells are triggered back into action to rejuvenate dead and damaged skin cells, improving our skin’s vascularization. This in turn improves collagen stimulation and the levels of elastin in your skin, which result in faster healing and a more complete rejuvenation process.

LOW LEVEL LASER THERAPY (LLLT)

Every cell in our body has many thousands of cellular power plants called the mitochondrion. These mitochondria are responsible for providing most of the required ATP for cells. ATP is the chemical responsible for energy release within cells that drives a multitude of cellular and physiological functions including those directly related to injury repair and pain relief. When a cell is damaged through injury or trauma, or when cells get stressed (perhaps due to disease, injury or aging) the mitochondria produces nitric oxide (NO). Once, this happens the production of ATP is drastically reduced, or even ceased. As a result, the rate of healing slows dramatically.

Cells exposed to infrared light (LLLT) at the right frequency, causes the mitochondrion to spring into action almost immediately, producing increased amounts of ADP. The ADP then links with free oxygen singlets to produce ATP. Again, infra-red light increases the production of ATP in damaged or resting mitochondria. Low Level Laser Therapy (LLLT) at the correct wavelength, density and intensity will displace nitric oxide allowing oxygen back in, so ATP is restored and oxidative stress reduced. Once normal mitochondrial function is restored by LLLT, then cell metabolism is improved, and healing will occur much quicker.

NovoThor PBM light bed offers drug-free pain relief, regenerative healing, and improved tissue regeneration using treatments between 1 and 10 minutes in duration. By increasing ATP production, and reducing oxidative stress, the NovoTHOR provides a multitude of benefits, including:

- Reduced obesity, when combined with a healthy diet and exercise program
- Restored joint mobility through reduction in pain and stiffness
- Improved muscle strength
• Reduced muscle fatigue
• Reduced delayed onset muscle soreness.

USING THE CVAC HYPOBARIC CHAMBER

The Cyclic Variations in Adaptive Conditioning (CVAC) machine, is based on the benefits of hypobaric hypoxia - a condition where the body is deprived of a sufficient supply of oxygen. Such conditioning can lead to rapid improvement in your stamina, energy, and endurance, reduce inflammation and swelling, improve your sleeping patterns, and improve your mental acuity and alertness. It also stimulates your stem cells into reproducing, making your body stronger and more adapted to a variety of environmental conditions.

The CVAC machine uses a sophisticated, computer-controlled pumping system which creates constant and rapid pressure changes within the CVAC pod. The barometric pressure is adjusted during your session to simulate increases and decreases in altitude, that range from sea level to over 22,500 feet.

The therapy has been used by athletes to improve the efficiency of their fitness workout or training regimen, increase their power and endurance, and improve their recovery time. Tennis champion Novak Djokovic is one such high-profile athlete who has seen the benefits of the therapy. But it’s not just elite athletes that can benefit from the CVAC machine. The therapy is useful for many body types. Those who suffer from overwhelming fatigue, or other physical limitations that hinder everyday lifestyle enjoyment, will experience great improvement in vitality and energy. And those who are already at a peak level of physical fitness can also benefit.
SECRET 9
OPTIMIZE YOUR GUT HEALTH

Did you know that your gut health is directly responsible for your brain and skin health?

Your gut is your main vehicle for receiving food and absorbing nutrients and hormones. Even if you are eating the proper food, with an unhealthy gut you will miss out on all the good nutrients and will suffer from an array of flow-on problems with your health, one of which includes hormonal imbalances. A healthy gut means a healthy and young-looking body, so this is a vital secret to staying young and looking even younger that we practice daily.
COMMON GUT PROBLEMS

The American Medical Association reports that up to 60% of Americans suffer from Small Intestinal Bacterial Overgrowth (SIBO) in various stages. SIBO occurs when bacteria usually found in the colon overpopulate and migrate to the small intestines. Dysbiosis on the other hand refers to an imbalance in the ratio of good to bad bacteria.

Other gut conditions common in the US include Dysbiosis, yeast infections, hypochlorhydria, and leaky gut syndrome. Surprisingly, if you’re suffering from chronic skin conditions such as acne, it’s likely you also have a high probability of suffering from Hypochlorhydria. This occurs when stomach acidity is higher than normal.

GETTING TO THE ROOT CAUSE

You gut health is some important to maintaining a youthful vitality, yet how do you know what’s going on down there?

It’s important to get comprehensive examination of your gut health by a qualified practitioner at least once a year when you are below the age of 30. Then, as you grow older, you will require more frequent testing to ensure that your gut flora are in check, and are working their optimal best to keep you looking and feeling young. Testing the health of your gut microbiome is done through a range of simple tests including a stool test and immunological blood test. These give your doctor an insight into any existing yeast, bacterial, and parasitic infections, and whether you have undigested food particles running in your blood system - a condition known as leaky gut syndrome.
HEAL YOUR GUT WITH FOOD

Healing your gut requires adopting a disciplined eating habit, rich in cultured foods that are “alive” with good bacteria.

But before you start eating more foods, you need to first start by eliminating what’s not good for your gut health. The world of food in the 21st century is all about convenience, which is great for the busy lifestyles we live, but the food we now eat is slowly killing us from the inside-out. It’s hard to give a specific list of foods you are best to avoid in such a short guide, but the best place to start is to avoid as many (or all!) processed foods and refined sugars. These foods are highly acidic, and are now know to lead to a number of diseases and cancers in the body. It seems that many of these foods are simply “too good to be true”.

So what do you eat instead? What foods lead to a happier, healthier gut health?

FERMENTED FOODS

Fermented foods are an excellent source of probiotics, and a range of “good bacteria” that nature intended for us to eat. These strengthen our body, and are a natural anti-aging cure that is often far cheaper than the cosmetic variety! Fermented foods are becoming more common - sauerkraut and dairy products such as Kefir are excellent sources of Lactobacillus acidophilus, a probiotic known for its benefits in improving skin complexion. And fermented cod liver oil is nutrient rich in vitamins K2, A, and D and a great source of stable omega fats.

If you’re experimental with your food, then you can also try using liver in meals, as it is a fantastic resource for minerals such as zinc, vitamin B5, and pantothenic acid. Coconut oil can be ingested for its antimicrobial properties and applied on skin for nourishing skin cells.

ANTI-INFLAMMATORY FOODS

Anti-inflammatory diets offer protection against heart disease, Alzheimer’s, and various cancers. You need an anti-inflammatory diet plan that optimizes your intake of vitamins, fatty acids, minerals, fiber, and phytonutrients, so that you give your gut the best chance of recovery and repair. Including a healthy diet will
provide you with steady energy from the many fresh foods you consume. Make sure you include an abundance of fruit and vegetables accompanied by nutritious fluids such as fresh juices.

TAKE DIGESTIVE ENZYMES

While you may think that by eating food, you’re naturally absorbing the vital nutrients your body needs to stay young and look even younger, that’s not always the case.

The digestion of food is a complex chemical process that occurs in your gut, and with our modern diet the delicate balance required for complete digestion and nutrient uptake becomes unstable. The good news is, you can take digestive enzymes to increase your uptake of the necessary nutrients.

Digestive enzymes are normally produced naturally in our bodies by our salivary glands, the small intestines, and the pancreas. The enzymes break down the foods we ingest into soluble nutrients that our gut can absorb. But due to aging and gut disorders such as leaky gut, your body may not produce enough digestive enzymes to do it’s job properly.

If you notice you suffer from gas, bloating, and floating stools, you will need to do a stool test and potentially start on a supplement regimen to get your body back on track. Our comprehensive Dr. Angie weight loss program includes a comprehensive analysis of your digestive functionality, and includes foods and nutrition to get your gut back to good.
Conclusion

With these secrets to staying young exposed, it’s now possible to take your body’s aging process, and your dreams of achieving a youthful beauty again, back into your own hands. Technological advancements such as Ultherapy, the NovoTHOR stem cell bed, and CVAC hypobaric chamber, all offer ordinary people the chance to live an extraordinary quality of life.

And you can put down those rose-colored glasses. There will be instances when, no matter how diligent you are with your lifestyle choices and your health, your attempts at maintaining a regimen that supports a youthful, vibrant body will come undone. That’s where professional wellness centres like BHRC are able to give your
body a boost, and provide you with the guidance and confidence you need to live a life that supports your wellness, and encourages your youthful beauty to shine through.

Then, as you begin to age, you can take the fight into your own hands by ensuring that the vast majority of your lifestyle choices support the ultimate goal of staying young and looking younger than your age might suggest.

Remember, to maintain a youthful body and looks well into your golden years:
1. Optimize your hormones
2. Manage your stress
3. Optimize your diet and nutrition
4. Maintain adequate exercise
5. Foster a healthy thyroid
6. Train your mind
7. Treat your skin right
8. Use stem cell therapy technology
9. Optimize your gut health

The fountain of youth may be a dream, but these anti-aging secrets aren’t. There are many secrets to maintaining a youthful appearance that have been used by the rich and famous for many years, and now it’s your time to benefit from their experience.

The Beverly Hills Rejuvenation Center strives to provide you with the latest, state-of-the-art technology to fight aging, and these secrets offer a taste of the many exciting treatments on offer that can have you look and feel your very best.

So isn’t it time to wind back the clock, and re-live the youth of your former years all over again?
9 SECRETS
TO
STAYING YOUNG &
LOOKING EVEN YOUNGER

Restoring Health and Vitality

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