

***25 Powerful & Little-Known***

# **ANTI-AGING AND LONGEVITY**

## **Tips and Tricks**



**BY BRIAN VASZILY**

Founder, [TheArtofAntiAging.com](http://TheArtofAntiAging.com)  
Host, *Your Best Years Start Now*



*“This summit is one of the most necessary events in years. Who at midlife and beyond doesn’t need clarity on the most effective steps to feel, look, and live their best now and into the future? And the host, Brian Vaszily, is super bright and totally delightful, so it’s going to be not just essential and informative, but FUN!”*

*-Dr. Susan Peirce Thompson, New York Times bestselling author*

**In the *Your Best Years Start Now* online summit, you will discover THE proven most effective steps you must take to look your best, feel amazing, and live a long life doing it.**

**In this brand-new special report, you’re going to discover “smaller” steps you can start taking right now that can make a surprisingly big difference.**

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*"My friend Brian Vaszily, a natural health veteran with over 2 decades experience and one heck of an interviewer, had a rough first half of life, to say the least. He's turned that into a mission that's making a big difference in the lives of those in their middle years and beyond, and an event that is sure to positively change your life."*

*-Ocean Robbins, CEO & Host, Food Revolution Network*

## See How YOU Feel About the Following...

Hello, Brian Vaszily here, founder of The Art of Anti-Aging and host of *Your Best Years Start Now*. And before diving into this special report, please see how you feel about the following...

Here at The Art of Anti-Aging, the **"anti"** means **we're *against* all the destructive lies about getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and past your best years.

We're ***against* all the toxic "solutions" and toxic thinking** being pushed on people by the Big Cosmetic, Big Food, and Big Pharmaceutical industries, who so often play upon those destructive aging lies and manipulate people through fear.



Instead, we are certain **these can, should, and will be YOUR BEST YEARS.**

And we are 100% committed to providing you the proven most effective health and wellness steps to look your best, feel amazing, and live a long life doing it.

If our mission sounds worthwhile to you, welcome to our positive and supportive community 😊

And YES, you should be very excited about the *Your Best Years Start Now* online summit, which you still can experience in full, because it really is the pinnacle of our mission.

In fact, **here is the bottom line** on what you will get in this once-in-a-lifetime summit...

## **In the *Your Best Years Start Now* Summit You Will Get **TOTAL CLARITY** on What Will Help You *Most*...**

YES, there is an overwhelming amount of health "information" out there.

So much, in fact, that **it can be very frustrating and confusing** to know what's actually most important for you to do right now that will have the greatest impact on your health and wellbeing immediately, and well into the future.

That is why -- unlike anything you've experienced before -- in the unique ***Your Best Years Start Now*** online summit, you are about to get total clarity.

Because I gathered 21 of the world's true most renowned and trusted anti-aging and longevity doctors and researchers, each from different areas of expertise...

And I challenged them to each answer **this one mission-critical question for you:**

*"From your area of expertise, what are the three most essential things people must do to look their best, feel their best, and live a long life doing it?"*

They had months of thinking and preparation, and I had various back-and-forth discussions with each of them on this ultimate question for you... and

what you will discover in this summit will be no less than **life-changing**, and possibly even *life-saving*.

Because, yes, in the summit which can be yours for life, you'll learn **the best-of-the-best non-drug, non-surgery, non-toxic secrets** from 21 of the world's best doctors and researchers that will help you quickly and help you most, such as:

- How to truly **avoid Alzheimer's and other forms of dementia** and enjoy a sharp memory and focused brain now and very late into your life
- The most effective secrets to **prevent and reverse wrinkles**, age spots, sagging skin, dark circles, and other signs of "old-looking" skin
- The proven most powerful nutrition steps you must take now to **avoid serious diseases like cancer**, stroke, and heart disease
- How to **stop pain** and avoid pain in your joints, muscles, and elsewhere
- The most essential (and safe) steps to **maximize your daily energy**
- What actually works *best* to enjoy the deepest, **most restorative sleep of your life**... every single night
- The scientifically proven most effective way to **lose even the most "stubborn" weight** (p.s., it has nothing to do with "willpower")
- How to best **enjoy sexual health and intimacy** no matter your age, now and late into your life
- The most effective steps to **STOP self-sabotaging emotions like anxiety, fear, loneliness**, and guilt (that otherwise drag your health, happiness, and longevity down)... and much, **MUCH more**.



Total clarity on the most essential insights you need to know, from the best-of-the-best, that can truly help you right now and well into the future...

...That is why you don't want to miss a moment of this unique *Your Best Years Start Now* online summit!

And because you're going to want to listen and absorb all of these truly life-changing insights multiple times – **when, where, and how YOU choose to do so** -- right now you can get...

The Complete Recordings & Transcripts of the Entire  
**100% GUARANTEED LIFE-CHANGING**  
*Your Best Years Start Now* Summit with an  
Incredible Offer You're Going to ♥...



[Click Here Now to Find Out and See Which "Empowerment Package" is Right for YOU](#)



*"We're overwhelmed with so much health 'information.' Brian knows how to get the truly valuable insights that will make the biggest difference in people's lives out of those he interviews. And with the top-caliber longevity experts in 'Your Best Years Start Now', this summit is going to be a life-changer."*

*-Jason Prall, leading longevity researcher, The Human Longevity Project*

# 25 Powerful & Little-Known Anti-Aging and Longevity Tips and Tricks



So, in the *Your Best Years Start Now* online summit, you are about to discover THE proven most effective steps you must take to look your best, feel amazing, and live a long life doing it.

In this new special report, meanwhile, you're going to discover "smaller" steps you can start taking right now that can make a surprisingly big difference.

These are 25 research-backed steps that stray from the usual and include powerful ingredients, healthy rituals, and quick and effective tricks — some of which you probably haven't heard about before.

Now, I *have* ranked them in an "estimated" countdown order to the big #1.

Those closer to #1 are a mix of highly effective PLUS not widely-known-enough (yet) in my estimation.

However, it should be stressed that because everyone is different, has different needs, and knows different things, this is obviously just a subjective ranking.

Bottom line, these *all* can help you, so with that in mind, enjoy the learning and the benefits 😊



## 25. Drink Beet Juice



Grab some organic beets and get juicing!

Beet juice is a nitric-oxide-boosting food. Nitric oxide (NO) helps lower blood pressure and increase blood flow.

And when you combine beet juice with exercise, it's been found to not only boost exercise performance but also to enhance your brain health.

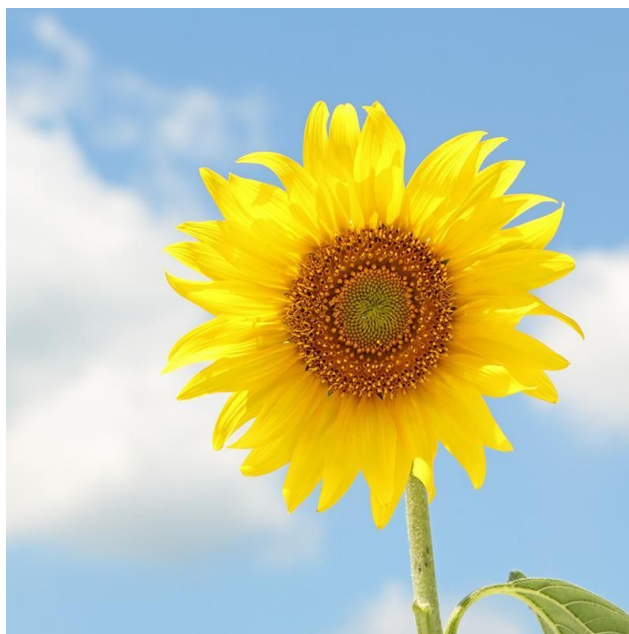
In a study of 26 older adults, those who exercised and drank beet juice for six weeks had brain networks that more closely resembled those of young adults, suggesting the power duo may enhance neuroplasticity, i.e., help your brain form new neural connections as you age.<sup>1</sup>

One caveat: beet juice is high in natural sugar, so drink in moderation, or simply add a couple of organic beet roots to your morning smoothie.

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<sup>1</sup> [J Gerontol A Biol Sci Med Sci. 2017 Sep; 72\(9\): 1284–1289.](#)

## 24. Skin Loves Sunflower Seed Oil



Sunflower oil, prized for centuries by Native Americans, is rich in vitamin E, an antioxidant powerhouse that can ward off some of the **damage caused by overexposure to the sun**.

What's more, sunflower seed oil contains beneficial linoleic acid — even more than olive oil — which has **skin barrier-enhancing properties**.<sup>2</sup>

In fact, sunflower seed oil is so good for your skin that when adult volunteers applied six drops of sunflower seed oil to their forearm twice a day for five weeks, they had improved integrity of the outer layer of their skin as well as improved hydration.<sup>3</sup>

If you're looking for the ultimate hydrator for your skin, sunflower seed oil fits the bill.

Only use products containing USDA Certified Organic sunflower seed oil, such as the [Age-Defying Dream Cream](#) from Purity Woods, which ensures you are avoiding toxins that could have adverse effects on your skin, and means the product is produced using practices that contribute to soil fertility and conservation.

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<sup>2</sup> [Pediatr Dermatol. 2009 Nov-Dec;26\(6\):669-75.](#)

<sup>3</sup> [Pediatr Dermatol. 2013 Jan-Feb;30\(1\):42-50.](#)



## 23. Eat Watercress



Adding a handful of watercress to your salad or green juice is a *highly* underrated way to add major antioxidant power to your diet.

This unassuming green most definitely qualifies as a “superfood.”

Watercress is a cruciferous vegetable, like broccoli and Brussels sprouts, and **came out on top in terms of nutrient density** in a comparison of 41 fruits and vegetables.<sup>4</sup>

Eating just 85 grams (about 3/4 cup) of raw watercress a day may reduce DNA damage in your body while boosting your antioxidant status.<sup>5</sup>

About that same amount of watercress is also linked to improved skin tone and texture and reduced wrinkles and brown spots, with 10 out of 11 women saying they noticed a visible improvement in their skin when they added a bag of watercress to their diet for four weeks.<sup>6</sup>

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<sup>4</sup> [Prev Chronic Dis 2014;11:130390.](#)

<sup>5</sup> [The American Journal of Clinical Nutrition, Volume 85, Issue 2, February 2007, Pages 504–510](#)

<sup>6</sup> [Daily Mail October 12, 2012](#)

## 22. Replace Your Razor and Keep it Dry



A poor-quality shave can cause an inflammatory response in your skin, leading to soreness and inflammation.<sup>7</sup>

That's why having a long-term love affair with your razor, and keeping it in the wrong place, can be a bad idea.

First, **don't store your razor in the shower.**

That creates an environment for bacteria to build up and hide in the razor's nooks and crannies, which can lead to infection.

The prolonged moisture can also create oxidation, microscopic rusting, and corrosion on the blade, leading to a rough shave.

After each shave, rinse your razor well to remove debris, and dry it on a towel. You may even want to use a hair dryer to remove any remaining water.

Then store it in a dry place (i.e., not a puddle on the edge of the tub, etc.) with the blades pointing up.

You should replace your razor when you notice signs of rusting or dullness or it creates nicks or a tugging sensation on your skin.

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<sup>7</sup> [Int J Cosmet Sci. 2016 Jun;38 Suppl 1:17-23.](#)

## 21. Jump on a Trampoline



Jumping on a trampoline, otherwise known as rebounding, will make you feel like a kid again, and there is great benefit in that alone 😊

While you're having fun, though, you'll be building your cardiovascular endurance, muscle strength and balance, all while burning major calories.

**It's as good for you as running but far easier on your joints.**<sup>8</sup>

The real reason to get your jumping on, though, is its ability to **boost lymphatic health.**

The changes in G forces that occur when you land on a trampoline and quickly take off again may enhance circulation of your lymphatic system, boosting immune function and detoxification.<sup>9</sup>

A mini trampoline is inexpensive and easy to keep in your home for a quick jumping session, too.

If you're unsteady on your feet, you can install a safety handle bar or stabilizing bar to get the benefits of jumping with a lower risk of injury.

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<sup>8</sup> [ACE Prosource October 2016](#)

<sup>9</sup> [Physiologist. 1979 Dec;22\(6\):S29-30.](#)

## 20. Exfoliate



When dead skin cells accumulate on the surface of your skin, it gives you a dull appearance.

Exfoliation removes the dead surface cells, stimulating your skin's deeper layers to create new cells on the surface, leading to a **smoother, more youthful-looking complexion**.

You can exfoliate your face, arms, neck and torso once or twice a week, using an exfoliating brush, scrub or cleanser.

Microdermabrasion, a surface treatment for exfoliation, has been found to increase collagen synthesis, improving skin structure and promoting skin rejuvenation, for instance.<sup>10</sup>

You can also use homemade products made with sugar, oats, salt or baking soda to slough off dead skin, but be careful not to overdo it. Apple cider vinegar, which contains alpha-hydroxy, lactic and malic acids, is also excellent for gentle exfoliation.

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<sup>10</sup> [J Cosmet Laser Ther. 2014 Jan;16\(1\):26-31.](#)

## 19. Use Camu Camu (*Myrciaria dubia*)



Camu camu is a low-growing shrub that grows near rivers in the western and central Amazon basin in South America, and its berries are even more of a nutrition powerhouse for you than the famed açai berry.

Camu camu is a rich source of polyphenols including flavonoids, phenolic acids, tannins, stilbenes, and lignans.

With a higher phenolic and vitamin C content than many other tropical fruits, camu camu is bursting with antioxidant and anti-inflammatory power.<sup>11</sup>

Because of this, camu camu may provide a host of antiaging skin benefits, such as **lightening dark spots, smoothing wrinkles and evening out your complexion.**

Vitamin C is a powerful way to stimulate collagen production and provides antioxidant **protection against photodamage from the sun.**<sup>12</sup>

Along with the potential to reduce inflammation, which plays a major role in the aging process, camu camu has shown potential to help with **weight loss, protect the liver from injury and prevent immune-related disease.**

As noted in the *Journal of Alternative and Complementary Medicine*:<sup>13</sup>

*"[T]here is a pressing need to increase the visibility of natural products such as camu camu to point to their potential benefits in populations that are not only aging but also experiencing the negative effect of inflammatory and oxidative conditions."*

It can be both eaten and applied topically to the skin; whatever products you use that contain camu camu, though, **make 100% certain it is USDA Certified Organic** to ensure purity, such as those from [Purity Woods](#).

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<sup>11</sup> [J Altern Complement Med. 2015 Jan 1; 21\(1\): 8-14.](#)

<sup>12</sup> [Nutrients. 2017 Aug; 9\(8\): 866.](#)

<sup>13</sup> [J Altern Complement Med. 2015 Jan 1; 21\(1\): 8-14.](#)



## 18. Float in a Sensory Deprivation Tank



Sometimes referred to as float therapy or flotation tanks, sensory deprivation tanks allow you to float in water saturated with Epsom salts in a dark, sound-proof room.

The water temperature is the same as that of the human body, resulting in a feeling of weightlessness, where you're not fighting gravity and are receiving no external stimuli for your brain.

Initial research suggests spending time in a state of sensory deprivation allows you to reach a state of **deep relaxation** with related benefits of **stress relief** and the promise of treating **anxiety, sleep difficulties and depression**.<sup>14</sup>

People who took part in a seven-week flotation program with just 12 individual sessions also reported pain relief and increased optimism and sleep quality, as well as increased mindfulness in daily life.<sup>15</sup>

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<sup>14</sup> [BMC Complement Altern Med. 2016; 16: 108.](#)

<sup>15</sup> [BMC Complement Altern Med. 2014; 14: 417.](#)

## 17. Eat Porcini Mushrooms



Mushrooms are the richest dietary source of **two important antiaging antioxidants**, ergothioneine and glutathione.<sup>16</sup>

All mushrooms are good sources, but porcini mushrooms -- a.k.a. "piglet" mushrooms -- in particular have the highest levels.

Study author Robert Beelman, professor emeritus of food science and director of the Penn State Center for Plant and Mushroom Products for Health, explained in a news release:<sup>17</sup>

*"It's preliminary, but you can see that countries that have more ergothioneine in their diets, countries like France and Italy, also have lower incidences of neurodegenerative diseases, while people in countries like the United States, which has low amounts of ergothioneine in the diet, have a higher probability of diseases like Parkinson's Disease and Alzheimer's."*

Consuming about 3/4 of a cup of cooked mushrooms more than twice a week has even been linked to **lower rates of mild cognitive impairment**,<sup>18</sup> again showing that eating mushrooms is a simple way to delay the neurodegeneration that can (but doesn't necessarily have to) come with age.

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<sup>16</sup> [Food Chem. 2017 Oct 15;233:429-433.](#)

<sup>17</sup> [Penn State November 9, 2017](#)

<sup>18</sup> [J Alzheimers Dis. 2019;68\(1\):197-203.](#)

## 16. Use Indian Gooseberry

Indian gooseberry (phyllanthus emblica) is a medicinal plant used in Ayurvedic systems of medicine to restore lost vitality and vigor.<sup>19</sup>

Ayurvedic texts consider Indian gooseberry to be a Rasayana, which is a compound highly useful for longevity and rejuvenation.

When consumed, it's a very rich source of vitamin C, amino acids, minerals and phenolic compounds, which are also reasons why it's so beneficial to apply to your skin.



Indian gooseberry stimulates pro-collagen (a precursor of collagen)<sup>20</sup> while **protecting your skin from sun damage, helping to prevent dark spots and wrinkles.**<sup>21</sup>

It's also known for **shrinking and unclogging your pores**, leading to a fresher, smoother skin appearance.

Choose only products providing Indian gooseberry that are **USDA Certified Organic**, such as those from [Purity Woods](#).

“Organic” is a term thrown around loosely today; USDA Certified Organic ensures it follow strict *independently verified* protocols so you can be assured there are no harmful pesticides and other synthetic chemicals that can harm your skin and the rest of you (see below for more info on this).

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<sup>19</sup> [J Basic Clin Physiol Pharmacol. 2010;21\(1\):93-105.](#)

<sup>20</sup> [J Ethnopharmacol. 2008 Sep 2;119\(1\):53-7.](#)

<sup>21</sup> [J Cosmet Sci. 2011 Jan-Feb;62\(1\):49-56.](#)

## 15. Take Cool or Cold Showers



Cold water immersion, from a quick cold shower to sitting in a tub of ice water or a cryotherapy chamber, is a good form of stress to your system that triggers a cascade of beneficial effects.

Briefly exposing your body to cold temperatures **reduces uric acid levels**, high levels of which are linked to kidney disease, heart disease, Type 2 diabetes, high blood pressure, fatty liver disease and more.

It also increases levels of the antioxidant glutathione,<sup>22</sup> which is involved in DNA production and immune function.

When you expose your body to cold temperatures (briefly) it also acts as a mechanism for hardening, which ultimately **increases your tolerance to stress and disease.**<sup>23</sup>

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<sup>22</sup> [Free Radical Biology and Medicine March 1994, Volume 16, Issue 3, Pages 299-305](#)

<sup>23</sup> [Free Radical Biology and Medicine March 1994, Volume 16, Issue 3, Pages 299-305](#)

## 14. Drink Coffee



Coffee is the largest source of dietary antioxidants in the U.S. diet, and its complex mixture of more than 1,000 different polyphenols and other compounds is excellent for your health.<sup>24</sup>

Drinking coffee is associated with longer telomere length, for starters.<sup>25</sup>

Telomeres are the structures at the end of chromosomes, and they shorten with age,<sup>26</sup> so longer telomeres are considered to be a marker of greater longevity.

Coffee has a number of anti-aging effects,<sup>27</sup> including reducing all-cause mortality and mortality from heart disease, cerebrovascular disease and respiratory disease.<sup>28</sup> As researchers explained in PLOS Biology:<sup>29</sup>

*"With respect to aging and thus to the elderly population, our data demonstrate that the mitochondrial capacity of the old heart is improved by caffeine to that of the adult heart.*

*Since improving cardiovascular functionality in the elderly population is of major importance for extending health span, coffee consumption or caffeine per se could be considered as an additional protective dietary factor for the elderly population."*

Studies vary on exactly how much coffee is best to reap the health benefits without overdoing the caffeine, but the researchers of the PLOS Biology study believed four to five cups of espresso a day would be ideal — which is probably music to your ears if you're a coffee lover.

If you're sensitive to the effects of caffeine, however, you may want to limit it to two or three daily cups. Organic, shade-grown coffee is best in terms of avoiding pesticide exposure and supporting sustainable agricultural methods.

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<sup>24</sup> [Age \(Dordr\). 2013 Dec; 35\(6\): 2183–2192.](#)

<sup>25</sup> [Nutrition and Metabolism January 31, 2017](#)

<sup>26</sup> [Curr Opin Clin Nutr Metab Care. 2011 Jan; 14\(1\): 28–34.](#)

<sup>27</sup> [Aging \(Albany NY\). 2017 Aug; 9\(8\): 1863–1864.](#)

<sup>28</sup> [The American Journal of Clinical Nutrition, Volume 101, Issue 5, May 2015, Pages 1029–1037](#)

<sup>29</sup> [PLOS Biology June 21, 2018](#)

## 13. Sleep on Your Back



When you sleep on your side or stomach, your face is smashed up against your pillow for seven-plus hours a night.

Multiply that by every night for a lifetime and it can contribute to wrinkles known as sleep lines on your face (especially on the side you usually sleep on).

When you're young, your face bounces back from the pressure of sleep, but as you age and collagen and skin elasticity decreases, the sleep lines become permanent.<sup>30</sup>

The mechanical forces that occur during sleep can lead to "crow's feet" fine lines by your eyes, lines around your mouth, flattening of your forehead and more.<sup>31</sup>

Sleeping on your back is the best remedy to this, and side and stomach sleepers may be able to train themselves to stay on their back by putting rolled up towels by their sides so they can't roll over.

If you can't imagine sleeping this way, try a sleep wrinkle pillow that's designed to cradle your face and help prevent sleep lines. Also, see below.

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<sup>30</sup> [Scand J Plast Reconstr Surg Hand Surg. 2004;38\(4\):244-7.](#)

<sup>31</sup> [J Cosmet Laser Ther. 2012 Jun;14\(3\):133-8.](#)

## 12. Use a Satin Pillowcase



Pillowcases made from cotton, flannel, and wool can be abrasive to skin and cause facial lines and wrinkles, especially around your eyes and mouth and on your forehead.

Cotton also can suck moisture from the skin and leave it feeling dry.

The smooth surface of a satin pillowcase, meanwhile, reduces friction between the pillow and your skin, helping to reduce wrinkle formation.

Satin pillowcases may also be preferable if you have acne (a rough cotton surface may irritate already inflamed skin) and can help protect your hair from breakage, adding up to a more youthful appearance.

Look for satin made only from natural fibers.

## 11. Try Berberine



Berberine, a compound found in European barberry, goldenseal and several other plants, has long been a mainstay of traditional Chinese and Indian medicine and is known to have powerful anti-inflammatory, antimicrobial and anti-diabetic effects.

One of its major claims to fame is the ability to activate adenosine monophosphate-activated protein kinase (AMPK),<sup>32</sup> an enzyme naturally activated by exercise that plays a primary role in aging.

Berberine has been found to extend lifespan in fruit flies and stop premature cellular aging, leading researchers to describe it as a “promising anti-aging natural product” that has potential in fighting age-related diseases.<sup>33</sup>

Look for organic berberine supplements if you’re interested.

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<sup>32</sup> [Aging \(Albany NY\). 2017 Jun; 9\(6\): 1477–1536.](#)

<sup>33</sup> [Aging Dis. 2017 Dec; 8\(6\): 760–777.](#)



## 10. Visit a Salt Therapy Spa or Soak in Salt Water



Salt therapy spas are popping up all over the place for good reason.

Sitting in one of these “salt caves,” as they’re often called, is known as halotherapy.

Aside from offering a space to relax that’s free of pollution and other external stressors, it’s useful for relieving asthma, bronchitis and other respiratory conditions.

Salt therapy exerts anti-inflammatory effects on your body, lessening the inflammatory process,<sup>34</sup> and most people who attended salt caves for purposes of throat, larynx or sinus relief or relaxation said they felt better afterward.<sup>35</sup>

Wet salt therapy, which can include soaking in a salt water bath, for instance, is also beneficial for your skin.

In one study, people with atopic dry skin experienced reduced redness and skin roughness and improved skin barrier function after soaking in a solution containing 5% Dead Sea salt.<sup>36</sup>

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<sup>34</sup> [J Med Life. 2014; 7\(Spec Iss 2\): 83–87.](#)

<sup>35</sup> [Ann Agric Environ Med. 2014;21\(1\):124-7.](#)

<sup>36</sup> [Int J Dermatol. 2005 Feb;44\(2\):151-7.](#)

## 9. Mango Seed Butter for Your Skin



Mango butter, which can be cold-pressed from the seed, has exceptional skin-enhancing effects.

Rich in vitamin C, mango seed butter can help to enhance collagen synthesis for **smoother, plumper and brighter skin** while acting as a protective factor against skin damage from the sun.

Mango seed butter provides supreme moisturizing and soothing benefits. It provides your skin an abundance of antioxidants and vitamins, including vitamin A, known for **smoothing the appearance of fine lines**.

As always, only seek products with USDA Certified Organic mango seed butter, such as this [Age-Defying Dream Cream](#), which means it is certified free of synthetic fertilizers and other harmful chemicals.

## 8. Aloe Vera — on Your Skin *and* to Eat



If you have an aloe vera plant at home, cut off a leaf and scoop out the gel inside.

Applying this vitamin- and enzyme-rich gel to your skin will help with exfoliation and has anti-inflammatory, soothing effects for burns and acne.

Ingesting aloe gel is also beneficial and has been shown to significantly **improve wrinkles and elasticity** in human skin.

Notably, *consuming* aloe gel led to an increase in collagen production and a decrease in the collagen-degrading MMP-1 gene expression.

Researchers went so far as to say, “[O]ral aloe gel supplementation may be a novel anti-aging strategy that prevents and repairs cutaneous [skin] photoaging.”<sup>37</sup>

NOTE: Aloe vera can have a laxative effect when taken internally, so start with a very small amount to avoid any surprises.

And yes, please be sure any products you buy containing aloe vera gel carry the USDA Certified Organic seal, which is how you can ensure it’s pure and free of chemical fertilizers and pesticides.

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<sup>37</sup> [Ann Dermatol. 2009 Feb; 21\(1\): 6–11.](#)

## 7. Jump on the High-Intensity Interval Training Bandwagon



If you're still doing long and slow cardio workouts, swapping them for more effective high-intensity interval training (HIIT) is an anti-aging secret you should know about.

Your workouts will be faster and more effective, leading to beneficial changes that significantly inhibit cellular aging.<sup>38</sup>

"Based on everything we know, there's no substitute for these exercise programs when it comes to delaying the aging process," study author Dr. Sreekumaran Nair of the Mayo Clinic in Rochester, Minnesota, said in a news release. "These things we are seeing cannot be done by any medicine."<sup>39</sup>

You can find HIIT workouts everywhere — online, at your gym, in magazines and more — but the basic premise is to alternate brief periods of very intense exercise that get your heart rate pumping to at least 80 percent of its maximum capacity with periods of rest.

A full HIIT workout may take just 22 minutes, using five minutes for warming up, four intervals of one-minute intense exercise, followed by a two-minute recovery, and a five-minute cool down.

You can use any type of exercise, including walking (and speed walking), jogging, elliptical training, strength training, swimming, and cycling.

P.S. High-intensity does not have to mean hard on your joints. You can search for "low-impact HIIT," for example, or even better, consult with a personal trainer.

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<sup>38</sup> [Cell Metabolism March 7, 2017](#)

<sup>39</sup> [Science Daily March 7, 2017](#)

## 6. Use a Sauna



When your body is exposed to the high levels of heat in a sauna, it leads to a beneficial form of stress that yields health benefits.

People who use a sauna frequently have a reduced risk of sudden cardiac death, fatal coronary heart disease, fatal cardiovascular disease and all-cause mortality.<sup>40</sup>

In other words, they may live longer than those who don't take the opportunity to relax in a sauna.

The high temperatures in a sauna can actually drive up your heart rate to levels achieved by physical exercise, which may provide for some of its beneficial effects.<sup>41</sup>

You'll also sweat in a sauna, which helps remove toxins from your skin, and experience increased circulation to your skin, leading to a healthier-looking complexion. [Head here to see the top-recommended saunas.](#)

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<sup>40</sup> [JAMA Intern Med. 2015;175\(4\):542-548.](#)

<sup>41</sup> [JAMA Intern Med. 2015;175\(4\):542-548.](#)

## 5. German Chamomile



Chamomilla recutita (Matricaria), also known as German chamomile, is another natural plant with very impressive antioxidant, antimicrobial and anti-inflammatory effects.<sup>42</sup>

While chamomile tea and extracts may be useful for dampening systemic inflammation, chamomile applied to skin penetrates below your skin's surface to the deeper layers<sup>43</sup> and has a soothing, anti-inflammatory effect that **helps to calm dry or irritated skin areas.**

Look for natural, USDA Certified Organic skincare products providing "Chamomilla recutita," or German chamomile, such as those found at [Purity Woods](#).

For a quick at-home remedy to **relieve puffiness and dark circles under your eyes**, apply cool chamomile teabags.

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<sup>42</sup> [Electron Physician. 2016 Sep; 8\(9\): 3024–3031.](#)

<sup>43</sup> [Mol Med Report. 2010 Nov 1; 3\(6\): 895–901.](#)

## 4. Be Cautious with Loofahs, Sponges and Washcloths

Loofahs, sponges, and washcloths can be a breeding grounds for bacteria that can lead to skin infections, eye infections or worse.

Now, your skin is your body's front-line defense, a most essential part of your immune system.



So, the most important step is to build your skin's immunity (including its bacterial defenses) to best protect you against infection and disease. Amongst so many other mission-critical insights, you'll learn the most effective ways to do so in the *Your Best Years Start Now* summit.

And it pays to exercise caution with your loofahs, sponges, and washcloths. Rinse them well after using, squeezing out all excess water, and let them dry out *completely* between uses.

Some people wet loofahs and sponges (without metal parts) and put them in a microwave for a minute or two to help kill germs, but even this isn't foolproof.

One study found that microwaving and boiling sponges only led to a 60 percent reduction in bacteria — at most — still leaving them as reservoirs of microorganisms.<sup>44</sup>

As for washcloths in particular, many experts recommend using them only once and then laundering them. You can also add 1 cup of 3% hydrogen peroxide to the wash and/or 1 cup of white vinegar to help disinfect them.

And bottom line, do consider replacing your shower accoutrements often.

By the way, the same goes for your makeup sponges, brushes, and applicators, too!

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<sup>44</sup> [Scientific Reports July 19, 2017](#)

### 3. Use Essential Oils

You can put essential oils like lavender in your diffuser for a calming, stress-reducing effect, or try them out in various skin potions aimed at fighting wrinkles, blemishes, age spots and more.



Rose hip oil is one that's high in vitamin C, which plays a role in collagen formation and may help reverse age-related structural changes in your skin.<sup>45</sup>

Frankincense oil may be useful for removing stretch marks and skin scars,<sup>46</sup> whereas argan oil improves skin elasticity.<sup>47</sup>

Pomegranate oil is another one to try, as it is rich in ellagic acid, a polyphenol that may alleviate skin wrinkles and inflammation associated with overexposure to the sun.<sup>48</sup>

When applying essential oils to your skin, combining them with therapeutic carrier oils will only increase their power. Jojoba oil is one excellent carrier oil that itself has anti-inflammatory and anti-aging effects on skin.<sup>49</sup> You can even combine them with aloe vera gel for even greater rejuvenation potential.

There are so many options when it comes to essential oils that the sky's the limit, so learning from an expert really helps to pin down the best oils for your unique needs.

(Be sure to listen to Day 4 of the *Your Best Years Start Now* summit to learn the most effective anti-aging steps with essential oils from top experts in the field, Drs. Eric and Sabrina Ann Zielinski!)

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<sup>45</sup> [Oregon State University, Vitamin C and Skin Health](#)

<sup>46</sup> [Z Naturforsch C. 2003 Mar-Apr;58\(3-4\):230-8.](#)

<sup>47</sup> [Clin Interv Aging. 2015 Jan 30;10:339-49.](#)

<sup>48</sup> [Exp Dermatol. 2010 Aug;19\(8\):e182-90.](#)

<sup>49</sup> [G Ital Dermatol Venereol. 2013 Dec;148\(6\):687-91.](#)



## 2. Avoid Skincare with Synthetic Ingredients — Choose Certified Organic Instead



I've repeated "be sure to look for USDA Certified Organic versions of this ingredient" so many times in this report I must sound like a parrot. It is so important for your longevity and anti-aging in the healthiest senses of the word, though.

You see, whether you are feeding it to your body through your mouth or skin, synthetic ingredients and pesticides and other agricultural chemicals can be sources of hormone-disrupting, cancer-causing, reproductive-toxic chemicals.

(And in the case of skincare products, many contain *penetration enhancers* designed to make chemicals infiltrate your skin more deeply... that means they're *designed* to suck those toxins into your body more aggressively. **YIKES!**)

This is one reason why choosing skincare products – and foods whenever possible -- with the USDA Certified Organic label is so important. The closer to nature that anything you feed your body through your skin or mouth is, the better for you and the planet it is.

**However, please BEWARE of getting bamboozled by words like "organic" (and "wild-crafted" and other natural-sounding words) in promotions and on labels, especially when it comes to skincare products.**

**If it doesn't actually show the USDA Certified Organic seal (or the independent scrutinization / certification equivalent in other countries), be very cautious and take a very close look at their ingredients label.**

Words like "organic" are thrown about very loosely today to prompt people into buying... even though, when you look closely at the label, they may only contain a very small portion of total ingredients that are actually organic or, worse, they contain a variety of synthetic and harmful chemicals.

How can they get away with it?

The cosmetics industry is very much an anything-goes market, and claims such as “natural,” “wild-crafted,” “nontoxic,” “plant-based” and “free of” are not regulated in any way, nor do they have legal definitions.

Your “natural” beauty cream may contain cancer-causing petrochemicals, for instance (as was revealed in 40 percent of such products in one study<sup>50</sup>), and it’s all perfectly legal.

Even stating “organic” isn’t a guarantee of safety, as these “poser organic” products do not have to meet USDA organic standards, which are rigorous and only a select number of cosmetics companies have actually achieved this status.

If you want to be sure you’re getting only the good stuff for your skin (and nothing else), only the USDA Certified Organic seal (or its equivalent in other countries) can guarantee this.

If a product is USDA Certified Organic, it means it:

- **Contains *at least* 95 percent true organic ingredients**
- The remaining 5 percent of ingredients are on an approved safe list
- **Is free of synthetic additives, including pesticides, chemical fertilizers, petrochemicals and dyes**
- Was not processed using industrial solvents or irradiation
- **Is free of genetically modified organisms (GMOs)**

On the farm, organic producers use only natural processes and materials in their farming systems, processes that contribute to soil health, use natural pest and weed management and promote the conservation of biological diversity and ecological balance.

USDA Certified Organic standards prohibit the use of sewage sludge, synthetic fertilizers and genetic engineering, and require producers to maintain the integrity of organic crops, preventing contacting between organic and conventionally grown crops, as well as contact with prohibited pesticides and fertilizers.<sup>51</sup>

You likely already care about organic standards for your food, and as you see the same should definitely go for your skincare products.

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<sup>50</sup> [Environmental Working Group March 14, 2008](#)

<sup>51</sup> [USDA, Introduction to Organic Practices](#)

# 1. Maple Leaf Extract



New research shows that maple leaf extracts may be amongst the closest things we have on earth to a real fountain of youth!

And while safe products providing these powerful extracts might not yet be available depending on where you live in the world, they are coming soon.

You see, it turns out that maple leaves are packed with phenolic compounds that can provide incredible benefits to your skin health.

When researchers looked in detail at red maple leaves, they found *106 such compounds*, including 11 that may have never been discovered before and 75 that weren't known to exist in red maple until now.<sup>52</sup>

Now, perhaps the **key reason skin can increasingly look wrinkled, saggy, and otherwise "old"** is because the elastin in skin that maintains skin's elasticity increasingly breaks down.

Well, certain glucitol-core-containing "gallotanins" in maple leaves were even found to ***inhibit* this breakdown of elastin in the skin**, and at the same time they may also fight skin inflammation and lighten age spots.<sup>53</sup>

The researchers described them as having the potential to tighten up skin similar to **a plant-based Botox**, and with just topical application — not an injection.<sup>54</sup>

So, watch for products providing you these maple leaf extracts, such as those from [Purity Woods](#)... and yes, of course do try to ensure they are USDA Certified Organic 😊

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<sup>52</sup> [Nutraingredients-USA August 23, 2018](#)

<sup>53</sup> [Science Daily August 20, 2018](#)

<sup>54</sup> [American Chemical Society August 20, 2018](#)

So again, here at The Art of Anti-Aging, the “anti” means we’re **against** all the **destructive lies about getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and past your best years.

We’re **against** all the toxic “solutions” and toxic thinking being pushed on people by the Big Cosmetic, Big Food, and Big Pharmaceutical industries, who so often play upon those destructive aging lies and manipulate people through fear.

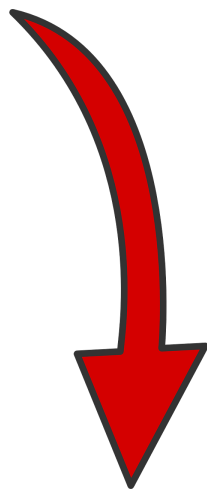
Instead, we are certain **these can, should, and will be YOUR BEST YEARS.**

And it is our mission to help you bypass all the toxic myths and toxic “solutions” out there, and instead **empower you** with the proven most effective health and wellness steps to look your best, feel amazing, and live a long life doing it.

The 25 tips, tricks, and key ingredients you just discovered may be “smaller” and quite specific versus the most essential steps to look your best, feel amazing, and live longer that you’re about to discover in the *Your Best Years Start Now* summit...

...However, these smaller and specific steps can also really make an important difference.

So, pick a few that appeal to you to first implement in your life (start gradually so you don’t get overwhelmed) and step by step you *will* notice improvements.



Total clarity on **THE** most essential insights you need to know now on how to look your best, feel amazing, and live a long life doing it. From 21 of the world's most renowned and trusted anti-aging and longevity doctors and researchers. You don't want to miss a moment of the unique and powerful *Your Best Years Start Now* online summit...

And because you're going to want to listen and absorb all of these truly life-changing insights multiple times, **when, where, and how YOU choose to do so**, right now you're getting...

The Complete Recordings & Transcripts of the Entire  
***100% GUARANTEED LIFE-CHANGING***  
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"Brian Vaszily has an uncanny ability to pull the best-of-the-best out of those he interviews. And the insights he lends from his own experience are so powerful in their own right. With many of the world's top anti-aging experts in this one event, anyone lucky enough to listen is in for a true **life-changing** treat."



- Jonathan Otto, *Depression, Anxiety, and Dementia Secrets, Autoimmune Secrets*