

Simple Steps To Stay Ahead Of The Aging Process

(NAPSA)—Looking for a safe, natural way to slow down the aging process? You're not alone—in a quest to live longer, look younger and feel better, Americans are spending billions of dollars annually on wellness products and services. Fortunately, you don't have to be a millionaire to look and feel like a million bucks. Here are five things every baby boomer should know.

Rejuvenate your DNA

DNA (deoxyribonucleic acid) is the genetic material that determines your makeup. Even without environmental pollutants, DNA breakdown occurs naturally. To compensate, your body automatically repairs DNA damage, making it healthy again. This process, which diminishes with age, can be stimulated naturally to increase your production of healthy DNA. *DNA repair* can increase longevity, boost the immune system and reduce the risk for many diseases, including obesity.

DNA repair and protection products include *Activar*[™], from *Optigenex*. Made from *Uncaria tomentosa*, a vine that grows naturally in the Amazon rain forest, Activar contains ingredients long recognized for their antiaging properties.

Sleep: it's free, and it works

According to the National Sleep Foundation, half of Americans don't get enough shut eye. Most people need 8 hours, researchers say. Too little can lead to increases in blood pressure, stress hormone levels and inflammation—risk factors for heart disease. It can also lower levels of an appetite-depress-



The natural way to keep the doctor away.

ing hormone (leptin) and inhibit blood sugar metabolism—resulting in weight gain and diabetes.

A regular bedtime routine, waking up at the same time and a good mattress are sleep inducers. Also, try keeping your bedroom quiet, dark, and between 60 and 72 degrees. Ultimately, you should awake feeling refreshed and energized.

Eat to live

As growing teenagers, it seemed we could eat as we pleased. For most of us, this is no longer the case. Limiting our caloric intake later in life helps promote longevity.

And while scientists have not found a specific diet or nutrient supplement that will prolong life, fresh green and yellow fruits and vegetables—those with antioxidant nutrients—may play direct roles in defending our bodies from cancer and heart disease.

Avoid commercially processed foods and fast food. While convenient, they account for 75 percent of the sodium in the US diet and contain *trans* fatty acids.

Drink what satisfies

Besides being important for weight loss, water carries nutrients and flushes toxins and waste products out of our bodies. When our cells become dehydrated, toxins and waste products build up and can damage the cells' genetic structure and metabolism. So remember, when the body craves water, it needs water.

Walk your way to a more youthful weight

Did you know that you can still achieve and maintain a svelte figure and healthy heart without jarring your knees or breaking your back? Over time, walking 30 minutes a day can achieve the same results that pounding the pavement does. Experts suggest exercising at a rate at which your breathing is heavy, but you can still hold a conversation. This can be done easily on a treadmill by adjusting both the speed and the incline. It's a routine that can shed pounds and trim inches off the waist and add years to your life.

Learn more

While we can't control our chronological age, we can do things to slow the aging process. By taking care of ourselves and keeping our DNA healthy, our bodies will be better prepared to prevent health problems associated with aging. For more information about the new science of DNA repair, visit www.dnarepair.com.