The Fountain Of Youth

Human Growth Hormone
The Fountain of Youth

ISBN-10: 1725158485
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Joint Venture Book Publishing
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Many people consider Human Growth Hormone is as close to the fountain of youth you can get! Imagine Having That Million-Dollar Feeling of Being Young Again.

Keeping young and feeling strong is perhaps the main reason why you’re considering using this sought-after wonder drug.

In fact, many Hollywood actors, professional athletes & bodybuilders have used HGH in the past and many still do to this day. It offers a vast range of benefits; some expected benefits include greater muscle tone, stronger bones, increase strength plus healthier hair skin & nails. These are just a few of the many benefits.

But you have to be cautious when buying & using this human growth hormone. Here are some important tips to help you find the genuine HGH products that are effective & safe for you to use;

**Tips On Buying HGH**

- Use only products recognized by FDA/labeled NDA
- Know the product's active ingredients
- Know the effective dosage forms of HGH

In the first section of this book, we will help you understand which HGH products sold in the USA are safe and effective to buy & use.
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Section One:
Guide To Buying Humane Growth Hormone
From the moment we are born, our body’s pituitary gland produces the growth hormone to help develop our organ functions and regulate our metabolism as we grow.

As we age, our bodies produce less and less of this growth hormone on its own. By age 25, the pituitary gland starts slowing down its production of growth hormone and aging begins.

By age 40, the natural production of the growth hormone dissipates by 80%; noticeable hair loss, skin wrinkles, memory loss, harder to sleep, less energy, weight gain, longer to heal from minor injuries, decreased libido, etc.

By age 50, just about all production of the growth hormone is halted, and aging is inevitable, unless you do something about it.

The older we get, the less growth hormone our body produces. So, let’s find out how we can help our body help itself!

First, this book is not big on talking about all the many benefits of HGH. Instead, we think you have already checked into that online, and now you’re looking to find the best products to buy and use. But let’s overview a few of the many HGH benefits.
Benefits Of Using HGH

Some expected benefits include:

<table>
<thead>
<tr>
<th>Healthier hair skin &amp; nails</th>
<th>Stronger bones with human growth hormone</th>
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<tr>
<td>Maintain greater muscle tone</td>
<td>Promote hair growth</td>
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<tr>
<td>Better memory</td>
<td>Improve sleep</td>
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<tr>
<td>Increase strength</td>
<td>Better mood</td>
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Just a few of the many benefits using the growth hormone
Two facts you should be aware of before buying & using Human Growth Hormone: They are 2 different ways of administrating (taking) HGH;

- Injection Therapy
- Homeopathic Therapy

So what’s the difference between Injection & Homeopathic therapy?

**Injecting HGH** (*somatropin*) with its 191-amino acids, a synthetically-made drug, when administrated into the bloodstream, gives the body all the benefits of HGH without being dependant on the functioning of the pituitary gland. This method requires doctor’s prescription in the US.

**HGH Supplements** made with *somatropin* 191-amino acid also is a synthetically-made drug which when administrated into the bloodstream, gives the body all the benefits of HGH without being dependent on the functioning of the pituitary gland. This method does not require a prescription.

When promoting good health, it’s important to look at the whole picture.

There are only **two legitimate** ways in United States to buy substances that actually contains the Human Growth Hormone.

**First**, is under doctor’s supervision with prescription injections. Depending on what you and the doctor decide, you will be given HGH injections directly into your bloodstream normally on regular Dr. visits. You may self-inject if your Dr. approves.

**Second**, Homeopathic HGH Supplements that we will take-up now.
Alternative to prescription injections are the over-the-counter (non-prescription) Homeopathic HGH Supplements. Many which come without the risks and expense of prescription injections.

Based on the belief that “the body can heal itself”, homeopathic HGH therapy can help rejuvenate the body’s healing response, promoting good health without the side effects, and can even be a better alternative to the prescription drug.

Homeopathic HGH therapy works by introducing into the body, smaller amounts of the somatropin drug on a regular base up to 2 & 3 times a day.

Research has shown numerous individuals using homeopathic supplements containing HGH works similar to its prescription counterpart without being processed as a prescription drug.

The effective strength of any homeopathic supplements depends upon the potency of its ingredients. Homeopathic supplements sold over-the-counter containing somatropin to be deemed safe and effective by FDA are normally diluted 30X its strength.

HGH supplements that are FDA registered "are awarded" a National Drug Code number. It is this number you need to be looking for when buying & using HGH products in the United States to be safe. This is true for both prescriptions & non-prescription over-the-counter HGH products.

Food and Drug Administration
https://www.fda.gov

The FDA is an agency of the U.S. government under the supervision of the Department of Health and Human Services. Its duty is to safeguard the health of Americans by making sure foods and drugs are safe for consumption or use.
Only use HGH products that are registered with FDA and have a label that bears the National Drug Code (NDC); this will insure they are safe and effective.

https://ndclist.com

Without going into the technical jargon, let’s find out the different forms of HGH and how they are applied into the body’s bloodstream.
FDA acknowledges 3 different ways HGH can be administered into the body’s bloodstream in 5 different forms.

The first way the HGH is applied under the skin subcutaneously is by injecting somatropin solution with a needle. Then there is HGH supplements that come in four different dosage forms that can be administrated into the body either orally or topically;

- Orally - by way of mouth under the tongue or stomach
- Topically - applied directly to the skin

The five dosage forms are;

- 1- Subcutaneous Injection
- 2- Spray form, orally by the mouth
- 3-Liquid form, orally by the mouth under the tongue
- 4-Tablet form, orally by the mouth & the stomach
- 5-Gel form, applied directly to the skin

Now, let’s look at how to search for HGH products online.
How to properly search for HGH products to buy online, you should first forget about going to Google, Bing/Yahoo for now! Instead, head on over to NDA LOOKUP https://ndclist.com.

If you know what product you are looking for & have some basic identifying information like dosage form, brand name, NDA code number, manufacturer Name, etc. type into the search bar and press enter.

This will bring up the product you’re seeking, provided it’s FDA registered.

If you do-not-know any identifying keyword information, then type somatropin into the search bar and press enter. This will bring up all the HGH FDA registered products.

**Step 1** go to NDA LOOKUP https://ndclist.com

Type **somatropin** into the search bar and press enter

- Somatropin

You can also narrow the search by adding the dosage form.

**Somatropin + dosage form**

- Somatropin Spray
- Somatropin Liquid
- Somatropin Tablet
- Somatropin Gel
- Somatropin Injection

Then click the **NDA code numbers**. This will load a slew of information.

Take your time to study on the info.
We recommend using a product form to record information to help you identify keywords when searching google. Such as the proprietary name (trade name), NDC #, dosage form, company name, etc. / also save the label image.


**Step 2** Now head on over to your favorite search engine (google) and type the proprietary name & other keyword names you found into the search bar and press enter:

*The proprietary name also known as the trade name is the name of the product chosen by the medication labeler for marketing purposes.

Example of trade names

- Somaderm
- Buy Somaderm
- Buy Somaderm Gel
- Buy Somaderm Gel somatropn
- Buy Somaderm Gel somatropn New U Life’s

If the HGH product is on the market for sale, you should be able to click on the product's websites links from your search results.

Congratulations, you now have a good understanding on how to make the best decisions when buying & using HGH products in the USA.

By the way, here is the HGH product I use and recommend.

**HGH Product Form**

**PRODUCT NAME:** SOMADERM
New U Life’s SOMADERM is the only transdermal, FDA registered product, containing REAL human growth hormone. SOMADERM has been formulated to help reverse the many signs of aging.

SOMADERM is a homeopathic form of growth hormone and is 100% safe and effective for men and women over the age of 18. Since SOMADERM is applied topically, within 5-10 minutes the gel is quickly absorbed in the bloodstream.

Taking human growth hormone orally is shown to be ineffective as it is easily destroyed by the enzymes in our saliva and our gut, rendering these products ineffective. This makes HGH Gel superior to any other growth hormone supplement on the market.

Online Active Website

https://newulife.com/109690

Retail price $169.99 per bottle two (2) month supply

https://shop.bydesign.com/NewULife/#/shop/from/109690
For questions & information email to Keith Rossignol

support@buyingthefountainofyouth.com
Section Two:

Increasing Your Growth Hormone Naturally

Following the tips in this book will help you increase the production of your growth hormone naturally; with a combination of anti-aging foods along with physical activities, proper sleep and fasting.

Four ways to increase your growth hormone levels naturally:

1. Section One. Good night Sleep
2. Section Two. Intermittent Fasting
3. Section Three. Anti-Aging Foods
4. Section Four. Physical Activities

Plus, if you are using an HGH supplement like Somaderm, you can truly enhance the secretion of growth hormone in your body faster & easily to fairly slow down the aging process and improve your overall health.
One of the best ways to maintain a healthy body and be in a better mood to handle daily life’s task is to have a restful & refreshing sleep that will enhance HGH production.

Sleeping is the best way to release HGH naturally. During sleep, the pituitary gland secretes 75 percent of the HGH that the body makes, especially during REM sleep.

It is critical to get a good sound night sleep, but sometimes, it's a challenge.

The problem is that many people cannot follow a regular nighttime sleeping pattern; struggling, tossing and turning or waking up over and over again.

This means that missing out on a lot of sleep would affect repairs to the body and the overall output of the growth hormone.

Knowing you need the sleep and nearly everyone has had trouble falling and staying asleep, we have put together 14 tips and tricks to help you fall fast asleep and stay asleep.

Not every tip works for every person. However, you should find a few that may work for you.

So here we go:

**15 Tips To Fall Fast To Sleep**

1. Put your muscles to work putting you to sleep. Sounds counter-intuitive but it works. As you lie in bed, tense each of your muscle groups for 15 to 20 seconds then relaxes. Start with your feet, move up to your calves, knees, and thighs. Then tense your abdomen, buttocks and finally move to your upper body and arms. By the time you reach your forehead muscles, you’ll be ready to nod off.

2. Take a hot bath or shower. Your body temperature drops when it’s time to sleep. Mimic that temperature drop when you come out of a nice hot shower.

3. Maintain a regular sleep schedule. If you miss sleep one night, don't try to make up for it with naps or sleeping in the next day. That just prolongs the problem because you won't be tired by your regular bedtime, which means you won’t fall asleep quickly resulting in being even more tired the next day.
4. Chamomile Tea relaxes you. It's often the main ingredient in "sleepy time tea." If you awaken in the middle of the night, consider stashing a thermos of chamomile tea by your bed to sip. Cold tea works but the warmth of hot tea is soothing.

5. Give yourself 20 minutes to fall asleep. If it hasn’t happened then get up and read or listen to soft music until you feel sleepy again. Tossing and turning just leads to aggravation.

6. Count sheep. Seriously, picture sheep jumping over a fence. It works because you’re focusing on a repetitive image that’s boring.

7. And while you’re counting try the 4-7-8 trick developed by Dr. Andrew Weill. Inhale for 4 seconds. Hold your breath for seven seconds then gently exhale for 8 seconds. Repeat as necessary but it won’t take long.

8. Is your pillow comfortable? A saggy lumpy pillow won’t do anything to help you get a good night’s sleep. It should be fresh smelling as well. People who sleep on their side get the best quality night’s sleep. It may be helpful to use a full body pillow you hug while on your side. Experts say if you sleep on your back that you shouldn’t use any pillow at all since it torques your neck.

9. Cool it – the bedroom temperature that is. Most people sleep the best when the room is between 60 to 75 degrees.

10. One hour before bed stop texting, playing video games or watching action-packed movies or TV. Overdoing mental stimulation right before bed makes it more difficult to fall asleep.

11. Go easy on the alcohol. Yes, it’s a sedative but when that effect wears off in three or four hours you wake up. Enjoy your libations before 7 pm.

12. Say thank you. Before you go to bed at night think of what you’re grateful for. A study in Arizona showed those who were grateful slept more soundly.

13. Pressure points work similarly to acupuncture but without the needles. Press your index fingers in the spot on your forehead between your eyebrows that has a slight indentation. Hold for 20 seconds, release and then press again. Pressing in the indentation between your big and second toe works too.

14. While exercising during the day is great don’t exercise in the evening, if you can help it. Exercise revs up your energy level, which is exactly what you don’t want.

15. There’s a reason babies fall asleep while being rocked. Rock yourself in a comfy rocking chair while listening to soothing music.

When you reach a certain stage of sleep, the Growth Hormone is released.

So get a good night sleep and have great dreams too.
Topic 2: HGH and Intermittent Fasting

With a wide variety of benefits, intermittent fasting in several ways has positive effects for both weight control and unleashing anti-aging properties, via the production of human growth hormone.

Many People Eat Way too Much & Way too Often.

We are led to believe we must eat 3 big meals per day. That's completely wrong. The human body wasn't designed by nature to eat as much and as often as most people do. We eat more out of habit & pleasure, wrecking our metabolism and packing on the body fat.

The question stands - what can we do about that and how can we turn the tide against aging?

One answer is called the feast and famine diet, and it can change your life for the better. After reading this, you will be armed with all you need to know about Feast and Famine to make it work and get the lean and healthy body of your dreams.

It's fairly simple and packed with power, in line with both nature and common sense. Most importantly, it works & works well.

Get ready; this is going to be a blast!
Chapter 1 - What is the feast and famine diet?

The Feast and Famine Diet may be new in name, but in practice has been with us for quite some time. It's the latest tweak on an area of diet programs and ideas less catchingly referred to as Intermittent Fasting.

Intermittent Fasting is the rage in health, fitness and weight loss circles with it's ideas making it to publication and wide practice. It's popular because it works!

Here's the important guiding principles of Feast and Famine, what gives the diet its power. Try not to stray too far from this foundation if you expect to reap the full rewards of Feast and Famine...

Choose Your Fasting Schedule

There's two approaches generally. The first is alternating Feast days with Famine days, which is personally the method I have seen produce the best weight loss results. The second variant, and this is what you will see in intermittent fasting diets like the 5:2 Diet is to eat normally five days and fast two. Our Guide's information works well with both methods, although once again I prefer the first for best long term results as well as ease of use and likelihood of being able to stick with Feast and Famine.

Feasting Guidelines

There's not many. I suggest broadly not eating anything that's junk food or packed with empty calories especially if you are looking to burn off a lot of weight. This will also safeguard your overall health, which is important isn't it? Make sure you get in your fruit and vegetables, but don't be afraid to indulge without binge eating. The fact you have more food freedom at least half the time will make your Famine days much easier to manage psychology. And succeeding on any diet, Feast and Famine included, is 90% a mental game. In this mental dieting game no diet stacks the deck more in your favor than Feast and Famine.

Famine Guidelines

For those needing to drop serious pounds, 500 calories a day on Famine days is a good starting point. This can be adjusted as needed once your weight loss goals are met. Most Feast and Famine enthusiasts like to stay around this area to continue to both reap the health benefits of fasting and to also be able to maintain their Feasting freedom on their Feast days.

* Stay Hydrated. Fasting expert or if you have never fasted in any form before alike, I cannot stress enough the importance of staying hydrated. When your body detoxes on your Famine days and starts to move out some of the junk you have built up, it will go much smoother if you are drinking a proper amount of water. Ignore this advice and you may just experience some stomach pains, along with the lethargy and weakness that always comes with dehydration regardless of your diet plan.
One of the greatest strengths of intermittent fasting and the Feast and Famine Diet is its simplicity. No diet logs, carbohydrate manipulation schemes and other complications. It works much more dramatically than diets that you need flow charts to follow too. If you can't stick to Feast and Famine it has nothing to do with being confused, but with a lack of will power, self discipline and most of all desire. I think you have those covered, don't you?
Chapter 2 - The beginning of the feast & famine diet

Every good idea got its start somewhere. The every other day Feast and Famine Diet has had its way paved for it by earlier intermittent fasting protocols, some a big influence and others not so much, but who still deserve credit for being forward thinkers.

Let's take a look at the history of diets that have come before Feast and Famine and see what we can learn from them. Knowledge is power after all. We have already seen in the mirror and felt in our bodies - that Feast and Famine works big time, we have these pace setters to thank for their experiments and innovations!

First The Warrior.

Make no mistake, Ori Hofmekler is certainly a unique guy. Artist, writer and ex-special forces soldier who ran a short lived fitness magazine that was published by a famous Men's magazine company.

During his time as editor in chief he was exposed to the often conflicting ideas of a who's who of dieting gurus of the time, which landed him an obsession with getting to the truth about fat loss.

A few years later came the Warrior Diet book which promotes a 16 hour daily fast followed by a 8 hour eating period. Overall consensus was that it worked, but most people feel the Warrior Diet is difficult to maintain, much more so than every other day fasting ala Feast and Famine. Either way Ori definitely get's credit for the modern birth of intermittent fasting and has served as a great influence on most everyone's ideas who are working with these methods.

Eat Stop Eat.

Eat Stop Eat has been an intermittent fasting dieting method promoted most recently by Brad Pillon. Brad pushes the idea of one or two, zero calorie days a week, the rest of the days eating normally. Once again it's effective and close to what we suggest, but our experience has shown going down to 500 calories every other day is much more effective and manageable than a few days of no calories at all. Not many seem to be able to stick with Eat Stop Eat for long in our experience.

The 5:2 Diet.

This is the diet plan most closely related to Feast and Famine and also closest to us on the time line. It's wildly popular in Europe and is gaining ground in places like Hollywood in the USA.

Five days of normal eating followed by two days of reduced calories. Very powerful and all our ideas here work well with the 5:2 Diet. Our opinion holds every other day Feast and Famine is a better fat burner without added psychological tolls. Follow this Guide's advice and I think you will agree!
That's the recent history of intermittent fasting leading us to where we are today. Feast and Famine is the present and I have no doubt it will proudly stand the test of time. It torches fat, is easy to follow, requires really no added expenses in its purest form and promotes over all vibrant health. What's there not to love about Feast and Famine? It's perfect for the health enthusiast who wants to get lean and look great.
Chapter 3 - Getting yourself ready to begin

Any diet requires a bit of preparation at first, Feast and Famine is certainly not an exception. I will say it requires much less preparation by the nature of Feast and Famine than any other diet I can think of and you won't have to jump many hurdles, do any real expensive shopping or experience any of the other more traditional diet head aches.

Here's some tips to get yourself ready to get the most out our plan...

Read And Understand This Guide

It's pretty short so why not even read it twice. I've done my best to keep it fluff free and all the information and tips will make your journey at intermittent fasting Feast and Famine style much, much easier. If you like to read check out some of the books in our history chapter and you may find some other ideas you'd like to incorporate after you've done straight Feast and Famine for a bit.

If Possible At First Food Shop More Often

Here's a trick I used in the beginning days of my intermittent fasting experiments and I've suggested to many of my friends and clients who have given it high praise too. Only keep enough food on hand for the days needs. On Feasting days you will have the pleasure of picking out some new treat to indulge in and on Famine days you won't be as tempted to cheat than you would be if the refrigerator is packed with snacks. Now if you live rurally, or have a large family this may be less practical, but if you can do it I guarantee it will give you a big advantage over those who ignore this tip.

If You Skip A Day Just Get Right Back On Schedule

This diet is about freedom and abundance not restriction. If you have a family event, a date or even a slight slip up on a Famine day just get right back in action the next day and reduce your calories. No master dietary equations are fouled or other nonsense. Now don't make a habit of this or you may end up seeing less than optimal results, but once in a while is perfectly fine. This automatic leeway is built into the Feast and Famine program making it not a diet you can "fail" at if you stumble while getting into the groove, or any other time really!

Throw Out Your Past Diet Experiences

Feast and Famine requires a whole new view of dieting, so in all likelihood your past dieting experiences positive and especially negative don't offer a whole lot of relevance. I'd suggest you file them away and don't let them influence what you are doing here and now. This attitude, not only in dieting and fitness, but also in other areas of life can break chains and open up doors. See what you think.
Keith Rossignol

Are you feeling more ready to begin? You should be because there's a bright, fit and happy new you waiting at the end of the Feast and Famine road. And it's a road not particularly long in most cases or even exceedingly difficult. You've taken the first step by reading this Guide, don't turn back now!
Chapter 4 - Common beginner mistakes

Now just because the Feast and Famine Diet is easy to understand and simple to apply to your lifestyle doesn't mean it's easy for all to practice or it's impossible to make mistakes. In fact some mistakes with intermittent fasting are fairly common among beginners, let's go over them and see if you can't avoid these pitfalls before you make them rather than after. A few of these I even learned the hard way!

**Pigging Out on Too Much on Junk Food**

Let's be serious for a second on the subject of getting lean and healthy. While we are allowed and encouraged to eat loosely and enjoyably on Feast days this doesn't mean we have a license to eat completely like a glutton. So if you are not losing weight the way you'd like to be and are eating endless chips, ice cream and candy on your Feast days tighten up your diet and eat healthier. You should be striving to optimize your health anyway shouldn't you?

**Being Scared to Death of Hunger**

No one has ever starved to death eating 500 calories or less every other day. Nor have they damaged their body in any way. So if you are experiencing great stress and discomfort over being hungry every other day, it's time to gain more control over your mind. This is done by developing your will power doing things like following this diet even when you would rather not be, focusing on your desired end result. Be tough and be rewarded.

**Eating Too Much On Famine Days**

Let's not play games, 500 calories or less means 500 calories or less. If you are eating clean on your Feast days and still not losing weight it likely means you are eating too much on Famine days. Cut down what you are eating and if you must check the calorie counts to make sure you are at 500 calories or under.

**Reducing Your Level of Activity**

It's tempting for some to slow down their activities on Famine days. Don't fall into this. In fact with a little Feast and Famine experience under your belt you will realize Famine days actually free up more energy and you should strive to be even more active. Doing more is almost always better than doing nothing as long as you can do it safely.
Putting Yourself Unnecessarily Around People Who Don't Respect Your Diet Efforts.

Apart from close friends and family who it would be difficult to avoid, it's a downer to be around people who try to talk negatively about or discourage you from meeting your Feast and Famine goals. Again dieting is 90% mental so don't let other people mess with your mental game. It's annoying, defeatist and unnecessary!

These common beginner mistakes are all easy to avoid and if you stumble it’s ok just keep going. The Feast and Famine Diet has been designed to be both effective, open and user friendly. A little bit of self-reflection and you are quickly back on course and seizing the body and life of your dreams!
Chapter 5 - A Sample feast day

The Feast and Famine Feast Day! Now comes the fun part, my friends! Let's dig deep into a sample Feast day while we are following the Feast and Famine Diet.

This is taken from my own lifestyle and from a period of time when I was consistently losing weight as fast as I ever had every week without fail. My metabolism has never been superhuman either, so rest assured if this has worked for me it's very, very likely to work for you as well (with portion sizes adjusted if you are female, of course.)

Read on and enjoy. I hope it gets you filled with enthusiasm! You will notice I'm not including calories, because who counts calories on a Feast day?! I sure don't and you shouldn't either.

**Breakfast**

Breakfast is regarded by many nutrition experts as being the most important meal of the day. It's also a meal I've neglected most of my life due to the perils of enjoying sleeping in. Intermittent fasting has cleared that up - after a 500 calorie day I can't wait to really eat a substantial breakfast! I must say I feel much more ready for action after a full force breakfast.

4 Eggs Scrambled. I choose to go with whole eggs for hormonal optimization's sake, but often mix up the ways the eggs are prepared.

Fresh Tomato, Onion and Jalapeno Salsa. Extra hot and used as a condiment on top of my eggs.

4 pieces of Turkey Bacon. I will eat other styles of bacon when turkey bacon isn't available.

4oz of Steak Sauteed in Frying Pan. I only add this when I really want to indulge or if I feel like I need the extra protein for muscle building purposes.

8oz Milk. Whole milk is also great for guys looking to naturally boost their hormonal advantage,

**Snack**

A few handfuls of Organic Almonds

Small Spinach Salad. I don't use dressing beyond olive oil and garlic and sometimes toss in some tomatoes, onion and cucumber depending what's on hand.

**Lunch**

Medium Baked Potato. I dress the potato with a bit of butter and garlic.
Two 6oz Grilled Chicken Breasts. Sometimes plain or sometimes with salsa on top if I have extra from breakfast.

Small Side of Mixed Vegetables.

**Snack**

More Almonds!

**Dinner**

10oz Grilled Lean Steak. Plain beyond salt and pepper.

Small side salad or spinach salad.

Side Portion of White or Brown Rice.

As much Green Tea as I'd like to drink sweetened with pure stevia.

Occasionally a desert of organic sorbet, a small addiction of mine!

**Snack**

My after dinner snack is pretty wide open within reason. If I eat chips I make sure to not go overboard.

Vanilla Whey Protein shake made with half whole milk and half almond milk. I drink this right before bed.

This is just a sample Feast and Famine Feast day, but it should give you a great idea of what's possible when we eat smartly and abundantly. The real eye opener is when you eat like this half the time and still see the fat melting away. That's when you will become a full force Feast and Famine true believer!
Chapter 6 – A sample famine day

Now after seeing a sample Feast and Famine Feast day it's time for a sample of the flip side - the all important Famine day where we will fast eating vastly reduced calories activating our metabolism, our "skinny gene" and setting ourselves up for both body transformation and all the other health benefits we have already discussed. This is again, from my own personal experience and the daily calorie total is focused on the magic number of 500 calories. I think you will find this a very manageable day that will hardly leave you suffering.

Pre-Breakfast

16oz Spring Water immediately upon wakening.

A cup of Fresh Coffee, no milk or cream sweetened with stevia. 0 calories.

Breakfast

A second cup of Fresh Coffee, no milk or cream sweetened with stevia. 0 calories.

8oz Spring Water.

Now this doesn't seem like much of a breakfast, but I prefer to sleep in a bit and save my calories for lunch and dinner. This is my own personal choice and you may choose to distribute your calories differently if you are more of a morning person!

Snack

8oz Green Tea sweetened with stevia. 0 calories.

12oz Spring water.

Lunch

Finally time to get in some food, paying special intention NOT to over do it. This is the meal when many feel most tempted, since while eating a small dinner you know a large breakfast is coming up relatively quickly. Don't give in!

Two medium hard boiled eggs. Once again I like to make sure I eat whole eggs every day to maximize my hormonal optimization plan. You have the option of egg whites, egg beaters and so on. 175 Calories.

Two slices Whole Wheat Toast. Sometimes I eat the eggs on the toast and sometimes as a side depending on mood. 115 Calories.
A cup of Fresh Coffee, no milk or cream sweetened with stevia. 0 calories.

8oz spring water.

Total Lunch calories: 290 give or take.

**Snack**

8oz Green Tea sweetened with stevia. 0 calories. Yes, I do love caffeine on Famine day in case you were wondering. It serves to boost energy, raise metabolism and even acts as a mild appetite suppressant.

12oz Spring water.

**Dinner**

Half a cup (after cooked) Spaghetti with a small amount of low fat / low calorie butter, salt, pepper and garlic. 150 calories.

One slice whole wheat toast. 55 calories.

12oz Spring Water.

Total calorie intake for the day roughly 495 calories. This puts right where we are hoping to be on a Famine day. I repeat these meals often since they are pretty much decision free and simple to prepare. They can also easily be ordered in all but the most incompetent of restaurants!

One last bit of advice - take a half hour on Sunday and figure out your five hundred calorie and below meals for the week rather than just trying to wing it and guess how many calories you are eating on Famine days on the fly. This will end up equating in much more weight loss over the long term and also save you a few head aches and a bit of possible confusion too. When in doubt repeat meals! Don't worry about getting bored a Feast day is less than 24 hours away!
Chapter 7 - Shopping guidelines

Now that we hopefully have agreed that the Feast and Famine Diet is more than do-able after looking at a sample Feast day and a sample Famine day I thought I'd share with you a few more intermittent fasting insider's secrets.

The fine art of shopping while following Feast and Famine. Although all of us develop our style of eating while on the diet which best suits our individual needs I've found having an experience veteran's shopping list can provide some helpful guidelines. So are you ready to go shopping Feast and Famine style? Let's do it!

Here's what we are packing our shopping cart with...

Non-hormonal Chicken Breasts. I'm a bit of a chicken addict and don't think I could live without it. I eat chicken at least once a day on Feast days, sometimes twice. I think of chicken as a sort of "neutral" protein that can be prepared in so many ways its wise to fall in love with. Make sure the fat is trimmed off!

Non-hormonal Grass Fed Lean Beef. Another Feast day favorite, especially when I'm hitting it more heavily in the gym. When you are looking to put on muscle while cutting fat on Feast and Famine aim for around 1 gram of protein for every pound you weigh.

Eggs. As you've seen eggs are on the meal agenda often for both Feast and Famine days. Don't skip them, unless you are one of the few who can't stomach the thought of them!

A variety of Pasta.

Organic Spinach

Organic Leaf Lettuce. I should add organic produce is not a must, but I try to stick with it when I can.

Tomatoes.

Onions.

Miso soup. Miso soup is great for a change of pace on Famine days and has been shown in research to have all sorts of regenerative and health boosting qualities. Plus it tastes great too!

Green Tea. Essential. Green Tea is great for a extra fat burning boost, is inexpensive and calorie free.

Coffee.

Spring Water.
Whey Protein. I've tried to avoid any supplement recommendations as the Feast and Famine Diet works great without them, but a good protein shake is the one exception. Keep your protein levels high and you will have no worries at all about losing muscle while cutting body fat.

Stevia. A all natural and calorie free sweetener which will make you forget sugar ever even existed. A true gift from above.

Almonds. A go to snack.

Now a look at this list reveals that avoiding overly processed and junk food isn't a bad idea and you can still really Feast without it. That way if you go a bit crazy at a friend's or eating out occasionally your body won't even notice it. Buying too many terrible food choices probably sends the wrong message to your subconscious and may set up many for binge eating and failure. Some intermittent fasting experts disagree, but this is what my own personal experience has revealed. After you move beyond the beginner stage feel free to experiment!
Chapter 8 - Incorporating the feast & famine diet into your lifestyle longterm

The only way to really lose weight and keep it off is to make the mental switch from thinking in terms of short term dieting to the more dynamic perspective of making lasting healthy lifestyle choices.

Feast and Famine is the perfect tool to help you make that change. In fact after studying and experimenting with every major diet of the last decade, I can honestly say none in my opinion are better suited for a long term lifestyle choice than intermittent fasting and Feast and Famine. It's easy to manage, inexpensive to follow, relatively pleasant and enjoyable and very, very powerful. This covers nearly every category of a dream long term eating plan check list I can think of!

Here's some tips in incorporating Feast and Famine into your lifestyle long term...

Celebrate Your Successes With Feast And Famine.

Thinking positive and choosing to focus on the positive changes you have made while intermittent fasting will go a long way in solidifying it as a part of your lasting lifestyle. Try your best to not dwell on any poor weeks or bumps in the road you may experience. This will pay off huge dividends both in weight loss and in life. Again 90% of the game is mental, let's not forget.

Recruit Those Closest To You To Lend A Hand

Making your significant other close friends and family aware of how Feast and Famine works and letting them know you could use their help encouraging you to be disciplined on Famine days will help this healthy lifestyle really cement itself in place. Some may even choose to take up the Feast and Famine flag themselves when they see how great you look and feel. That's when you know you are really onto something!

Take Off A Week Off Every Few Months

Everyone needs a vacation occasionally. This will prevent burn out and give yourself a great pat on the back after months of discipline. If you can time your vacation from Feast and Famine with a real vacation from work or school even better! I've found a week off really helps recharge enthusiasm's batteries and allows me to plunge back into the Feast and Famine lifestyle full force.

Keep Expanding Your Knowledge Of Intermittent Fasting

A final way to make sure you stick with Feast and Famine as a lifestyle choice is to keep your brain engaged in learning new knowledge about intermittent fasting in all its forms. Join some forums, follow the news and the blogs and if you go to a gym make friends with others living this way of life. This will continually confirm
what you are doing is both healthy and a good choice. It's always a good idea to have as big a support circle as possible.

Even if you take up Feast and Famine to lose some weight quickly planning to go back to your old ways of eating, let me warn you, you may very well end up hooked and sticking around for the duration. The good news is your body will be much healthier and look much better for your efforts. Breaking from the norm into a lifestyle that gets the most out of body and mind is a benefit that's priceless. Embrace it!

Conclusion - Tips to begin your Diet journey today

Thanks for taking the time to read our Guide and I truly hope you have found it helpful and eye opening. I have no doubt if you throw your focus into the Feast and Famine Diet you will achieve your weight loss goals and much more.

That said when do you plan to start? If you just hesitated you may be experiencing the greatest foe of achieving the body of your dreams of them all - the evil called procrastination. Before I leave let me share with you some tips that can help you slay that beast and begin your own transformation story today!

Just Do It

The Feast and Famine Diet requires no special food, no supplements and no information, really, beyond this Guide to work and work well. So what are you waiting for? Start Feast and Famine right NOW. The only thing stopping you is your own inertia. Banish any thoughts of tomorrow or next week. Once again make a decision and start NOW.

Expose Your Excuses

Do you have reoccurring excuses why you can't start intermittent fasting today? Say these excuses out loud so you can hear how ridiculously self defeating they are. If you are still in doubt write them down and burn them as you free yourself from limiting beliefs.

Look At Yourself Naked In The Mirror.

If you are fat the mirror and a lack of clothes won't lie. Remind yourself your body won't change into something more pleasing until you first make a decision to change it and then second move forward with action in support of that decision. That action is to wisely adopt the Feast and Famine Diet. If not you will likely look the same, if not worse, than you did in the mirror in the days, weeks, months and years to come. This may sound harsh, but a harsh truth is much better than a pleasant falsehood.

Quit Time Wasters.

Do you need so much social media, television or playing video games when your body isn't where you desire it to be? Are you putting the easy and distracting before the vital and important? If so why? Break the trance, quit the time wasters and build the new you NOW!

Write Your Goals Down As Clearly And Detailed As Possible.

There's a certain magic about the written word, especially when it comes to setting and achieving goals. This magic is even more pronounced when the written words are your own. Write down your goals big and small,
read them and embrace Feast and Famine as a means to carry you in the direction you need to be headed. There isn't a success coach or sports psychologist alive who would argue against that advice! You shouldn't either.

Are you psyched about moving forward with Feast and Famine? I knew you would be. This could be a day you look back on decades from now and say "that's where I committed to serious life enhancing change!" The things offered by this lifestyle are just that serious. I'd love to hear your success story so please stay strong and in touch!
Growing old is inevitable, you can’t escape from it. However, by making smarter choices when it comes to what you eat and drink, you can add many years to your life.

**Slowing down the aging process**

This list of 33 anti-aging foods will provide you with the nutrients and minerals your body needs in order to remain robust, energetic, vital and most of all, young. Add these to your diet and you'll feel the difference fast.

**Olive Oil**

When studies were carried out by the Seven Countries Study several decades ago, they found out that the reason behind the low rates of cancer and heart disease of those living in Crete were the monounsaturated fats found in olive oil. It’s widely-known that one of the key components of the Mediterranean diet is olive oil.

Since then, many studies have been carried out proving that olive oil is rich in powerful antioxidants called polyphenols that help ward off diseases largely related to aging, such as heart diseases and type-2 diabetes.

Polyphenols also contain potent anti-inflammatory agents, which help control cholesterol levels among other health benefits. Besides cooking with it and adding it to your salad, you can also use it as a natural moisturizer on your skin, as it can help prevent and reduce wrinkles due to its antioxidant content.

**Olives**

Since olive oil has such considerable health benefits, it is understood that its source would do the same. Olives are cute little salty fruits that provide great amounts of polyphenols and other phytonutrients that help protect your DNA and keep you looking and feeling younger. Make sure you eat the ones with the pits since removing the pits reduces the amount of phytonutrients found in each olive.
Fiber

Fiber is great at overseeing that your digestive system is running smoothly, helps ease constipation and keeps everything flowing smoothly. Fiber also helps moderate your weight, decreasing your chances of obesity. It also controls blood sugar levels and lowers your risk of diabetes.

Vegetables and whole grains provide a wonderful supply of dietary fiber, which also monitors your blood pressure, keeps your cholesterol levels in check, and lowers risks of inflammation.

Steel cut oats are high in soluble fiber, which reduces bad LDL cholesterol. Rich in healthier complex carbohydrates, whole oatmeal is one of the best-known comfort foods that boosts the release of serotonin, a feel-good hormone in the brain.

Yogurt

Yogurt is of course known for its high levels of calcium, which helps protect bones from osteoporosis. Yogurt also has the good type of bacteria, which helps the digestive system do its job, as it should. Yogurt has protein as well, for cell health and support of muscle, which naturally declines with age.

Choose yogurt that is fortified with vitamin D in order to get the most benefit out of the calcium, since vitamin D is needed for calcium absorption.

Turmeric

Turmeric’s yellow pigment curcumin helps prevent telomeres from shortening. These are the end caps of our DNA and when shortened are a leading cause in aging and degenerative diseases. The shorter they get, the more cellular aging takes place, as well as increased risks for heart disease, cancer, and Alzheimer’s disease.

Cold Water Fish & Seafood

Cold water oily fish such as tuna, wild salmon, mackerel, sardines, anchovies, and trout are great sources of omega-3 fatty acids.

Omega-3 Fatty Acids offer key health benefits in aging
• Reduction in elevated blood triglyceride levels

• Healthy cholesterol and heart health

• Can alleviate joint pain and stiffness that results from rheumatoid arthritis

• Limited research suggests that omega-3 fatty acids may help protect against dementia conditions, including Alzheimer’s disease and may also prevent age related gradual memory loss linked to aging. These studies are limited and so not conclusive, but they are promising.

• Proven to help keep your skin looking radiant and help prevent skin cancer

• One type of omega-3 fatty acids found in seafood, EPA (eicosapentanoic acid), is known for its ability to protect and maintain the fibrous protein that makes your skin taut, and firm in your youth called collagen. EPA also repairs damage caused by the sun’s harmful rays.

• Omega-3s reduce low-grade inflammation from all the wear and tear on our bodies from stress, lack of sleep, unhealthy eating, and exposure to chemicals. We exhaust our immune system just cleaning up all that havoc wreaked on our bodies, which eventually accelerates the aging of our brains.
One of the best-known choices in fish for its anti-aging effects is cod, which contains selenium that protects the skin from sun damage and skin cancer by decreasing inflammatory compounds that can lead to tumor growth.

Seafood is also a wonderful source of protein, which helps build and sustain your muscles, and boosts your energy levels.

Oysters are rich in zinc, which is largely responsible for protein synthesis as well as the formation of collagen for younger looking skin.

**Dark Chocolate**

Eating dark chocolate drink will help curb your sweet tooth and is rich in flavonoids, which benefit the body by increasing blood flow to the skin. Flavonoids also absorb UV radiation, which means they protect your skin from the damaging effects of the sun.

They are also one of the best ways to main healthy functioning of blood vessels, which lowers your risk of high blood pressure, type 2 diabetes, dementia, and even kidney disease. One or two ounce squares daily are quite enough to avoid weight gain, as chocolate is high in calories.

**Nuts**

Studies show that those who eat nuts regularly live an average of 2 ½ years longer than those who do not. Nuts give you heathy unsaturated fats and omega-3s. They also have a vast variety of essential vitamins, fiber, protein, minerals, and phytochemicals, including antioxidants.
A handful of almonds, roughly about 23, contain 34% of your daily nutritional value of vitamin E, which helps with anti-inflammatory process in the body. It also helps bolster the immune system and protects cells from the damaging effects of free radicals. Vitamin E is an antioxidant not made naturally by the body but can only be obtained from food.

Just two or three South American Brazil nuts provides the daily recommended value of selenium, a powerful antioxidant that plays a critical role in DNA synthesis. It also helps protect the body from oxidative damage that accelerates aging and promotes disease and infection. This mineral repairs cell damage and slows down the skin’s aging process, and its concentrations in the body begin to dwindle with age so obtaining it from food is important.

Eating a 1-ounce serving of nuts (one handful) 5 days a week is optimal to get their maximum benefit, you do not want to overdo it, as nuts are high in calories.

**Seeds**

Whether you prefer pumpkin, sunflower, or flaxseeds, if you’re including them in your diet, you’re on the right track. Seeds are rich in nutrients, plant proteins, and healthy fats. You can eat them on their own, or as snack bars, in your cereal, or on top of salads or desserts.

Sunflower seeds contain lignin phytoestrogens, which give a boost to your skin’s lipid barrier and prevent the breakdown of collagen, keeping your skin radiant and glowing.

Pumpkin seeds contain high levels of zinc, which helps reduce inflammation inside the body that may accelerate aging. For an afternoon snack, munch on ¼ cup of unshelled pumpkin seeds to get your daily dose of zinc.

Sesame seeds are high in calcium, fiber and iron as well as other key minerals such as magnesium, and phosphorous. Tahini, made from sesame seeds, can be used as a base for a Vinaigrette, or seeds can be sprinkled on salads, fish, chicken or inside sandwiches.
Blueberries are highly nutrient rich fruits that should be enjoyed every day. These delicious low calorie fruits are loaded with antioxidants to fight free radicals that can damage cells in the body and cause wrinkles.

Blueberries contain compounds that help prevent inflammation and oxidative damage, both of which are linked to age-related memory and motor function issues.

A study published by Tufts University reports that the blue color of blueberries results from anthocyanins, which help prevent oxidative stress, one of the key components of unhealthy aging. Anthocyanins also promote the production of dopamine in the brain helping to keep memory function healthy and boost positive mood.

Blueberries have more antioxidants than almost any other fruit. These antioxidants help protect skin cells against harmful UV-related damage from sun exposure, pollution and stress. Vitamin C keeps your skin looking youthful and wrinkle-free.

Here are more benefits of blueberries:

- Reduce risks of cancer
- Reduce cholesterol levels
- Reduce risks of heart disease and stroke
- May reduce risks of neurological diseases
- Brain and memory health
- Support immune system health
- Improve urinary tract health
- Improve vision and eye health

Other Berries

- Black raspberries are powerful cancer fighters. They’re harder to find fresh, so it’s more likely you’ll find them in the frozen section.
• Cherries are rich in the anti-cancer agent known as queritrin.

• Strawberries contain natural anti-inflammatory agents called phytonutrients that protect your heart in addition to having cancer-fighting properties. They also contain large amounts of vitamin C, which helps prevent wrinkles and dryness of the skin, both symptoms of aging, one cup of strawberries delivers about 150% of the daily recommended amount.

• Blackberries help prevent chronic diseases and reduce the risk of cancer since they contain a healthy dose of antioxidants, ellagic acid, as well as vitamins C and E.

• Cranberries are chock-full of polyphenols, a powerful antioxidant. Polyphenols may help reduce the risk of cancer, as well as inhibit the growth of cancer cells, and reduce inflammation from gum disease and stomach ulcers.

• Acai berries contain antioxidants and are capable of destroying cultured human cancer cells. They can be mainly found in Brazil.

**Fresh Raw Garlic**

Garlic is known as the triple-threat since it has antibacterial, antiviral, and antifungal properties mainly due to the antioxidant, allicin, which is what gives garlic its potent taste and smell.

It protects the body from several types of cancer, is known to improve blood flow by relaxing blood vessels, may help prevent plaque from building up in the arteries, lower cholesterol, and help regulate blood pressure.

Once it’s been cut, garlic tends to lose its potency within one hour. So the best way to eat it is to take freshly chopped or pressed garlic, wait a few minutes so you get the maximum benefits then eat it, preferably by swallowing it whole, rather than chewing it. Powdered or dried garlic doesn’t have the same effect as fresh garlic does.

**Leafy Greens**

Leafy greens such as spinach, kale, turnip greens, collard greens, and romaine lettuce, are nutrient dense power vegetables, true gifts from nature.

Kale is truly a nutrition powerhouse!
The Fountain of Youth

- It is an **excellent** source of antioxidants, vitamin K1, vitamin C, beta carotene (converted in the body to vitamin A), copper and manganese

- It is a **very good** source of vitamin B6, vitamin E, vitamin B2, calcium, fiber and potassium

- It is a **good** source of iron, magnesium vitamin B1, omega-3 fats, phosphorus, protein, folate, and vitamin B3

Kale can do so much for your body, and many of its benefits are directly related to healthier aging:

- Prevents oxidative stress that accelerates aging

- Protects from damage caused by free radicals

- Immune system health

- Healthy blood pressure

- Healthy blood clotting

- Reduced risk for cancer

- Skin health

- Healthy cholesterol for heart health

- Contains lutein and zeaxanthin, which numerous studies have shown to greatly reduce risks for age related macular degeneration and cataracts, two of the most common eye disorders in older people

Romaine lettuce is high in beta-carotene, which turns into vitamin A in the body and supports skin health by increasing new skin cell growth.

Spinach is also packed with antioxidants shown in studies to fight cancer, like beta-carotene, vitamin C, and sulforaphane. Vitamin C also keeps your hair and skin looking shiny and smooth, while minimizing dryness.

Spinach also contains folate, which helps preserve short-term memory. Folate also reduces the risk of heart disease and cancer since it slows down low-grade inflammations caused by the wear and tear of DNA. Spinach also has the ability to destroy dangerous free radicals that wreak havoc on our cells.

Some leafy greens, like collard greens, salad greens, kale and spinach, contain the all-important vitamin K1, which offers numerous benefits:

- Plays a major role in keeping veins healthy and relaxed, and helps prevent varicose veins

- Important for maintaining strong bones

- Helps regulate blood sugar levels

- Healthy blood clotting

- Heart health
• May protect from Alzheimer’s disease
• Reduced risks of certain cancers, such as lung and liver cancer

Caution: Vitamin K1 interferes with blood thinner medications, ask your doctor.

Broccoli

Broccoli is a dark green vegetable that is part of the cruciferous family. While all cruciferous vegetables are highly health promoting, broccoli contains the most isothiocyanates (organosulfur compounds), of all the vegetables in this family.

• Isothiocyanates promote the release of cancer-fighting genes and decreasing those that promote their propagation.

• Studies have found that eating ample amounts of cruciferous vegetables is linked to lower risks of lung and colon cancer, due to their high content of sulforaphane, a compound within the isothiocyanate group.

• Folate is another important vitamin provided by broccoli that is believed to decrease the risk of breast cancer in women.

• Vitamin K in broccoli supports bone health. The high amounts of vitamin C in this wonderful vegetable promotes youthful skin by enhancing collagen production lost due to aging, and is a key antioxidant for preventing damage caused by free radicals.

• Broccoli is also high in fiber and the Department of Internal Medicine and Nutritional Sciences Program at the University of Kentucky confirms that a high fiber diet significantly lowers risk factors for chronic diseases, which are associated with aging, including heart disease, type 2 diabetes, stroke, and digestive disorders.
Other Cruciferous Vegetables:

- Arugula
- Bok choi
- Broccoli rabe
- Brussels sprout
- Cabbage
- Cauliflower
- Chinese broccoli
- Chinese cabbage
- Collard greens
- Daikon
- Horseradish
- Kale
- Kohlrabi
  - seeds and leaves
- Pak choi
- Radish
- Rutabaga
- Wasabi
- Watercress

**Swiss Chard**

Swiss chard is a great anti-aging vegetable choice providing you with chlorophyll, a nutrient that is believed to block the effects of chemicals that cause cancer. It is very low in calories and nutrient dense, so can be enjoyed liberally every single day.

One cup of Swiss chard gives a day’s worth of vitamin K and beta-carotene for healthy bones, and eyes. The potassium in this dark leafy green helps to lower blood pressure, while magnesium and alpha-lipoic acid promote healthy blood sugar and insulin levels.
Tomatoes

Tomatoes get their gorgeous red color from lycopene, a pigment that helps keep your skin smooth and glowing. It also protects the skin from harmful UV radiations and helps prevent wrinkles.

Since lycopene is a powerful antioxidant, it is advised for heart health, strong bones, and possible cancer prevention. Lycopene can help to lower cholesterol and triglyceride levels in the blood.

The nutrients found in tomatoes are linked to prevention of the sticking together of blood platelets in the arteries, which helps reduce risks for stroke and heart attack.

Cooking tomatoes doubles their lycopene power and maximizes their anti-aging effects.

Other foods that contain lycopene:

- Pink Grapefruit
- Carrots
- Watermelon
- Guava
- Red Peppers

Watermelon

Watermelon is a source of lycopene, which protects the skin from UV rays. Packed with lycopene, watermelon acts as a natural protector from the harmful effects of ultraviolet rays that damage and ages the skin, and creates sunspots. Watermelon is also packed with water to help hydrate and plump your skin for all natural anti-aging.
Cucumbers

This salad favorite is great for skin. Cucumbers have the highest water content of any food. Cucumbers with an unwaxed peel offer silica to boost collagen production and reduce wrinkles for younger looking skin.

Soy Foods

Soy provides phytoestrogens, which are compounds that behave like estrogen and have been related to a decrease in cardiovascular disease and bone loss. Phytoestrogens mimic estrogen the female hormone that is depleted during menopause, making soy foods a possible option to hormone replacement therapy (HRT) for menopausal women suffering from symptoms.

Tofu, as well as other types of soy food, such as edamame and soymilk, is rich in isoflavones, which help keep your skin taut and youthful by preserving collagen in skin cells, and preventing the breakdown of collagen, which happens as we age.

Guava

This exotic fruit is packed with vitamin C, which boosts collagen production for smooth, youthful-looking skin. To get your dose of vitamin C, eat 2 cups of guava weekly.

Bell Peppers

Bell peppers have high amounts of vitamin C, a potent antioxidant, which may prevent certain types of cancers and cardiovascular disease.

They go great with everything, on the grill, in your stir-fry and in stews. Even when eaten raw as snacks with dips or in salads, they provide 158% of the daily value of vitamin C, which plays a great role in the healing of wounds, in fighting off infections and bolstering the functioning of the immune system and skin health.
Oranges

Oranges are also wonderful sources of vitamin C, which helps boost the immune system and builds collagen, which makes your skin more supple and younger-looking.

Blood Oranges

Blood oranges are very delicious and contain anthocyanins, which are antioxidants that combat free-radical damage and UV rays.

Black Currants

Black currant contains a compound called anthocyanosides, which helps protect your eyesight and improves vision. On top of that, black currant contains triple the amount of vitamin C found in oranges, which helps boost your immune system and keep your skin taut and wrinkle-free.

Pineapples

These juicy fruits are rich in manganese, which is essential for activating a certain enzyme called prolidase. This enzyme provides the amino acids needed for the formation of collagen in the skin, providing you with healthy, youthful, radiant skin.

Concord Grapes

Concord grapes are known for their dark purple skin and seeds, which are full of polyphenols, a compound proven to boost your brain power, keeping you sharp and alert.
They also bolster your arteries, reducing the risk of heart disease while increasing blood flow to the brain.

Since these grapes are harvested for a few short weeks during the fall, finding them fresh is very difficult, so opt for drinking 100% pure grape juice instead to get all the benefits of these potent fruits.

**Mushrooms**

Many studies have been carried out on the healing powers of mushrooms.

- They can reduce and prevent inflammation
- Help fight cancer
- Boost the immune system
- Detoxify the body naturally
- Protect the heart
- Mushrooms also provide B vitamins, which are crucial for turning your food into sustainable energy and promoting healthy metabolism
- Mushrooms are the only plant food that contains vitamin D, which helps the body absorb calcium and supports strong bones.
- A great bonus is the type of fiber found in mushrooms, called beta-glucan, which helps with weight management. Additionally, mushrooms are very filling, delicious, and super low in calories, making them a great addition to your weight loss efforts.
Carrots

Beta-carotene is a carotenoid antioxidant that gives orange fruits and vegetables their color, and has powerful anti-cancer and anti-aging properties.

Carrots are excellent sources of beta-carotene, which is converted to vitamin A in the body and is essential for healthy skin, eye health, and shiny hair.

Sweet Potatoes

As with carrots, this tasty vegetable is chock-full of beta-carotene, which helps restore and regenerate damaged collagen, a major contributor to the elasticity and regeneration of our skin cells, keeping them young and supple.

Beans and Lentils

Beans and lentils are packed with protein-based amino acids to combat age related muscle loss.

Furthermore, these foods are no fat sources of protein, and so they are supportive of heart health and healthy cholesterol.
Pomegranate Seeds

Pomegranate seeds contain ellagic acid and punicalagin, both of which fight damage caused by free radicals in the body. These compounds also help preserve collagen in the skin that helps maintain a youthful appearance.

Wheat Germ

Wheat germ contains zinc, a key mineral for the production of new skin cells. Wheat germ also offers anti-inflammatory properties, and may help reduce acne breakouts and prevent eczema.

Saffron

This potent reddish spice contains two major carotenoid phytonutrients, crocin, and crocetin, two major antioxidants that have anti-tumor effects.
Saffron is believed to protect from oxidative stress and free radical damage to cells in the body. It also inhibits cancer growth factor signaling pathways, which may help stop cancer cell proliferation.

**11 Anti-Aging Drinks**

Just as food is important for aging gracefully, what we drink also plays a major role in the health of our cells and organs. Here are some of the best beverages to drink on a regular basis for optimal health and vitality.

**Water**

We tend to forget to drink enough water, especially in the colder months. Then we start complaining of headaches, digestive problems, not being able to focus, fatigue and exhaustion. These symptoms may simply mean that you are dehydrated.

Make sure you bring a large bottle of water with you wherever you go, it may be tedious at first, but when you get used to it, you'll be glad you have it with you, as you will feel the difference.

**Lemon and Lime Juice**

Drinking the juice of one or two lemons or limes per day is enough to get your daily nutritional value of vitamin C. This essential vitamin is crucial for immune system and DNA health as well as younger skin with fewer wrinkles.

**Cranberry Juice**

Cranberries contain flavonoids that help prevent inflammation. Cranberry juice is known for treating urinary tract infections, preventing tooth decay, and improving blood circulation.
Coffee

Drinking one cup of caffeinated coffee on a daily basis may lower the risk of skin cancer. It also helps protect against type-2 diabetes, heart rhythm problems, and dementia. In addition, it boosts your energy level and helps keep you focused and alert.

Cocoa

Those who drink generous proportions of cocoa enjoy a healthier functioning of blood vessels thanks to the flavanols found in cocoa and healthy blood vessels lower risk of high blood pressure, type 2 diabetes, kidney disease, and dementia.

In a surprising turn of events, it’s been proven that there is in fact, no connection between chocolate and skin problems. On an even brighter note, some types of cocoa may be considered as food for your skin.

Cocoa contains a type of flavonoid called epicatechin (so do tea and red wine). Epicatechin is vital for keeping your skin healthy since it increases blood flow to the skin, along with a good dose of oxygen supply and nutrients.

Choose quality 100% pure cocoa, not instant cocoa products.

Beet Juice

The nitrates naturally found in beets are essential for boosting blood flow to the brain, thus reducing the risk of dementia, Alzheimer’s, and other diseases.

Nitrates help keep blood vessels strong and resilient, which increases the flow of blood throughout the body. Other vegetables that contain natural nitrates are cabbage and radishes.
Soymilk

Soymilk contains isoflavones, which help sustain collagen in the skin and prevent the breakdown of collagen, which is a natural part of the aging process, thus preventing the skin from sagging and losing its youthful texture.

Milk

Starting as early as in our thirties, we start to lose up to 1% of our lean muscle mass on a yearly basis. Since the amino acids found in proteins are what essentially make up our muscles, especially one known as leucine, we need to focus on getting enough of it to maintain our muscle mass, and milk does just that.

Since milk contains whey protein, which is one of the best-known sources of amino acids out there, it’s crucial that we get a lot of it. Other foods that contain leucine are Greek yogurt, lean meat, soy, whey protein powder, and fish.

Your best choice in milk is grass-fed or organic viruses the conventional options because when the milk comes from cows that graze on grass instead of being fed grains by farmers, their milk will have more omega-3s and conjugated linoleic acid (CLA), which promotes bone mass, reduces body fat, and promotes immune system health.

Orange Juice

It’s a well-known fact that orange juice is brimming with vitamin C, which is an antioxidant that protects the body against numerous diseases and inflammations.

Vitamin C also helps keep your skin looking vibrant and fresh. Always juice your own, or choose 100% pure fresh squeezed and not sugary juice drinks.
Limit your intake, as juice is high in calories, and drink it in the morning so you can take the day to burn off those calories.

**Green Tea**

Green tea is great for maintaining healthy cells and protecting them against damage and stress. Packed with flavonoids, green tea helps protect against disease and block DNA damage associated with other toxic chemicals that cause destruction in the body.

It also contains theanine, which is an amino acid that helps keep you calm, focused, and less stressed. Several studies have found that pure green tea also promotes weight loss.

Always choose 100% pure green tea and not bottled green tea drinks that may contain sugar and preservatives.

**Wine**

Many studies have been carried out on the health benefits of moderate amounts of red wine since it contains resveratrol, a compound that may help slow down the aging process and prevent heart disease.

In addition, alcohol intake in general and in moderation may protect against diabetes, memory loss linked to aging and heart disease.

Please note that the American Heart Association does not advise anyone to start drinking for heart benefits.

**Quick Tips**

Here are a few tips on maintaining a good, healthy and balanced diet as you age. While it’s a fact that we can’t stop our bodies from aging, there are ways to slow down the aging process so you enjoy every moment of your life no matter your age.

**Caloric Intake**

As we age, our metabolism slows down, so we need to reduce the amount of calories we take in in order to avoid age related weight gain.
Reduce Unhealthy Fat Intake

We must reduce the amount of unhealthy, saturated fats in our diet by opting for low-fat milk and yogurt, lean poultry, fish and legumes instead of red meat that is ladled with fat.

On the other hand, eating moderate amounts of monounsaturated fats are good for you, so include these in your diet.

Some of the best sources of monounsaturated fat include

- Olive oil, peanut oil, sesame oil, canola oil, cashews, pistachios, almonds, walnuts, avocados, olives, sunflower seeds, and pumpkin seeds
- Polyunsaturated fats (Omega-3 fatty acids) are also very healthy fats the body needs to thrive
- Oily fish, including mackerel, tuna or salmon, nuts and seeds such as walnuts and flaxseeds

Boost The Calcium

The risk for osteoporosis increases as the years pile on. Therefore, once we hit 50, we need to increase our calcium intake to 1200 mg daily and assess vitamin D intake.

This can help lower the risk of osteoporosis, as well as low bone mass and the overall deterioration of the bone structure.

Eating low-fat yogurt and drinking calcium-fortified orange juice are two of the best ways to get your calcium intake naturally, vitamin D supplements may also be needed, ask your doctor.

Eat Clean

Reduce or better yet eliminate processed and junk food from your diet. Eat clean, whole food created by nature and you will enjoy much better health. Refined sugar is poison to the body, so it is beneficial to also limit it or rid yourself of it altogether.

How Much Iron Do You Need?

When women are in their childbearing years, they need 18 mg of iron daily. When women reach menopause, that amount drops to less than half, only 8 mg daily, which is the same amount men need.
If you’re taking a multivitamin that has iron in it, check to make sure it doesn’t exceed the recommended dosage. In addition, eat foods that are naturally rich in iron, such as lean meats, beans, beef liver, and leafy greens.

**Conclusion**

We’ve probably heard it too many times to count that eating fruits and vegetables, whole grains, dairy, healthy proteins and fats, while reducing fats, sugar and salt, is key to enjoying a healthy lifestyle and preventing many types of diseases and inflammations.

However, as the years go by, we tend to forget that our bodies are well-oiled machines that need care and love to run smoothly and to stay running longer. Just as you pay close attention to your car, smartphone, kitchen gadgets, and other tools, you need to pay close attention to your body.

The most important things are to frequently drink water throughout the day, eat the right types of food, and exercise on a regular basis.

The body changes as we age, from the way we look to how our insides work. So make sure your body maintains its zing and vitality by eating and drinking right. Your future self will thank you for it.
Topic 4: Human Growth Hormone & Physical Activities

It is known that an overall fitness program is important to good health. A physical activity that increases breathing and heart rate will have positive effects on the production of growth hormone.

Any kind of physical activity like hiking, walking, jogging, weightlifting, resistance training even dancing can give positive effects in the secretion of growth hormone.

Consistent balance is the main component of an exercise fitness program. You should devote 3-4 times a week at least to your favorite exercises, which should be enough.

A combination of aerobic and resistance exercises can provide a broad range of benefits to your overall health.

Good examples of an exercise to raise the level of HGH in the body are push-ups. They are a popular exercise that involves your chest muscles, triceps, shoulders and abs all at the same time.

Push-ups can be performed just about anywhere by performing the following method:

Remember to breathe. Inhale. Exhale.

The standard push-up variation is best for beginners to develop overall pectoral muscles and if it’s too difficult for you, go ahead and do knees push-ups – a variation where you place your knees while doing push-ups.
When you can do at least 30 push-ups and ready to move on to the advanced level, you can switch it up with different push-up variations to challenge yourself and engage different parts of your chest.

Begin in the “up” position. Hand position can vary but should be at least slightly wider than the shoulders.

Keep the elbows close to your body and lower yourself very slowly.

Keep your back straight and do not allow the knees to touch the floor.

Lower to within 1-2 inches of the floor and pause momentarily. Keeping your back straight, slowly raise your body to the “up” position.

Do not hold your breath. Practice inhaling and exhaling throughout the entire movement back and forth.

Do note that the wider your hand placements are, the more engagement will be involved in the outer pectoral muscles.
Final Thoughts

You now have the knowledge of The Fountain of Youth, - Human Growth Hormone.

When your body starts feeling the benefits, you will become more relaxed & enjoy life a little better. Spread the word when others see you feeling & being young again.

Stay well and take care!

Keith Rossignol

Joint Venture Book Publishing

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