

Optimum nutrition strategies can dramatically reduce your risk for all major diseases, including cancer, heart disease, diabetes, and osteoporosis. You can boost your immune strength, conquer depression, maximize energy and vitality, and even minimize your risk for diseases, thought to be mainly hereditary—all through the power of dietary supplements. —Stephen Cherniske, M.S.

There are two markers of age: chronological and biological. Your biological age is the age that most normal people would be when they have a body and mind similar to yours. Your chronological age is the number of years you have been alive. The far more relevant is biological; your body's real age. I am 56 years old. My biological age is that of a man in his mid 30's, some 20 years less than my age. I didn't achieve this by accident! It's from my health regimen. Biological age is measured by a variety of factors: BMI, heart rate, VO₂ max (maximal volume oxygen uptake), blood pressure, cholesterol, triglycerides, lung function, muscle and brain function, to name a few. These are the markers that will extend your life by many years, if they are kept in good shape. Needless to say, a regimen of exercise (weight training, cardio and enjoyable physical activities) and proper nutrition (organic fruit and vegetables, nuts, beans, seeds, free-range chicken and eggs, grass-fed beef, no dairy or grains) are a huge part of slowing, and even reversing, the aging process.

Unfortunately, just eating right and exercising is only the tip of the iceberg. Stress, pollution, toxins in our everyday food, air and products, lack of sleep and sunshine, greedy corporations tainting our food supplies for profit, and the ill effects of technological advances, endanger our health at every turn.

It is essential in our modern times to supplement with a variety of things. Many of my subscribers ask me what MY SUPPLEMENT REGIMEN consists of. I have added, deleted and refined this list over the last 25 years of trial and error and emerging science. Here is my list of the most important herbs, antioxidants, seeds, and vitamins that I take on a daily basis to help me achieve my state of health.

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| Coenzyme Q10 | Chlorella | Cloves |
| Ionized, Alkaline Water | N-Acetyl-Cysteine | Turmeric |
| Mona Vie (for fruits) | Alpha Lipoic Acid | Olive Leaf Extract |
| Boku Superfood Green Food | Krill Oil | Kelp pills |
| Superoxide Dismutase | DHEA | Detoxified Iodine |
| Digestive Enzymes | Vitamins E, C and D3 | Virgin Coconut Oil |
| Nitric Oxide | Colloidal Silver | Astragalus Extract |
| Glutamine | Trimethylglycine | Siberian Ginseng |
| Serrapeptase | Green Tea Extract | Cayenne |
| Probiotics | Cinnamon | Saw Palmetto |
| | | Seeds: Chia, Pumpkin, Flax, Hemp |

To find out how to empower yourself with the knowledge to make appropriate choices for you and your family in nutrition, exercise, and supplementation, and to be able to live the longest, healthiest, happiest, disease-free life possible, subscribe to my newsletter/blog at www.totalhealth4life.net —Rico Connor **SLV**

HAPPINESS: THE HEART PROTECTOR

Researchers report that people who maintain a positive outlook on life with enthusiasm and contentedness, without worry and disappointment, are doing more than making the world a happier place. Their personal happiness is actually reducing their risk of cardiovascular disease. The conclusion was found that if everyone simply did more things that made them happy daily, they could significantly reduce their risk of heart attack and angina.

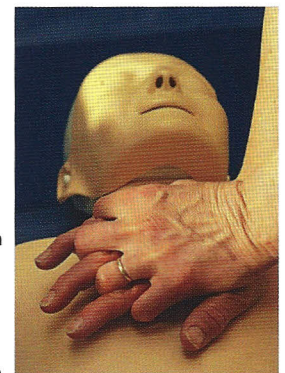


Happier people tend to sleep better and to practice more heart-healthy behaviors. "But they may also be physiologically different than those of us who are more unhappy," Lead Researcher, Karina Davidson, explained. In addition, these people tend to have less stress in their lives and handle the stress they do have better than less happy people.

The study looked at symptoms of depression, hostility, anxiety and the expression of positive emotions (known as "positive affect"). This is defined as the experience of pleasurable emotions, such as joy, happiness, excitement, enthusiasm and contentment, according to Davidson. It was found that the happier the person, the less likely they were to develop heart disease. However, unhappy people had a 22 percent increased risk of having a heart attack or chronic chest pain, compared with those who were somewhat happy. These somewhat happy people also had a 22 percent increased risk for heart problems compared with people who were moderately happy, and the generally happy people that had a few symptoms of depression didn't see an increase in their already lowered risk for heart disease. **SLV**

CPR? CHEST COMPRESSIONS ALONE (WITHOUT MOUTH-TO-MOUTH) NOW CONSIDERED BEST

In past years, while CPR training has been beneficial for many, the training was difficult to remember, so much so that participants were advised to retake their certification again and again every year. New information and techniques have proven to not only be easier to accomplish and remember over time, but even more importantly, save more lives across the board. Even if you haven't been well-trained in CPR, if you see someone having what appears to be a heart attack, just doing chest compressions to help keep the blood flowing can be as effective as CPR that includes mouth-to-mouth breathing, new research claims. Experts hope, that by simplifying the procedure and removing the mouth-to-mouth contact, more bystanders might be willing to attempt CPR. "Bystander CPR can double your chances of survival, but the biggest thing is getting more people to try it. Only one in three people who need it get bystander CPR," explained the lead author of one of the studies, Dr. Thomas Rea, medical director of the Emergency Medical Services Division of Public Health for Seattle and King County in Washington. "If we can make it less complicated, it may enable more people to perform CPR."



Emergency dispatchers can provide instructions on where to place your hands. If someone else is available to help, have them call 911 and to go look for an automatic defibrillator, which are now present in many public places, such as malls, schools and stadiums. "Push hard, push fast and don't stop. If you do stop, keep the pause as brief as possible," Rea instructs. "You can make a life-and-death difference by providing chest compressions. You don't have to be perfect; all you can do is provide benefit. Your actions can save a life." **SLV**