Stop Your Snoring Habit Naturally!

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Snoring is No Laughing Matter

As innocent children armed with our trusty toolbox of crayons and markers, we often depicted a snoring person as someone lying in bed with a series of “Z’s” casually emerging from a peacefully sleeping body.

However, what we neglected to draw – and again, rather innocently – was the severe underlying damage that was occurring in that ordinary picture.

Snoring is one of the biggest threats to a happy marriage. Snoring is a greater threat to marriage than a teenage child. It has led to divorce as well as gunplay.

The silencing of a snorer -- without pistol or chloroform, that is -- has been a miracle as eagerly sought as the Fountain of Youth.

The Damage is Far-Reaching

Damage to whom? Well, damage to at least one person, and potentially many more. Primarily, snoring has the very real potential of causing health damage to the snorer him or herself.

There are many reasons as to why this happens. The most common are overweight, clinically significant obesity, smoking and alcohol. As these conditions are treatable by the patient, a better understanding of why they increase the likelihood of snoring will enable the patient to tackle the problem more effectively.

This damage can range from relatively mild sleep disturbances, to outright fatal Sleep Apnea. Indeed, when looked at under this light, those innocent Z’s in our childhood drawings don’t seem quite so harmless, anymore.

Yet is that where the suffering ends -- with the snorer? Hardly; and this is where the dilemma of snoring – and it is indeed a dilemma – takes on an added hue of suffering and misery.
To understand this in its painful clarity, let’s return quickly to that childhood drawing of the sleeping person (usually a man) slumbering away after a hard day of work, possibly dreaming about something pleasant, as Z’s floated up from his peaceful, sleeping body.

Now, how many of us took the time to draw the person trying to sleep next to that snoring partner? Hardly any of us, I would venture to presume, took the time to accurately depict the total anguish that the non-snoring partner of a snorer undergoes on a nightly basis.

But really, that’s where a great deal of snoring-related suffering is contained: in the life of someone trying to live (and love!) a snorer. We’ll take a deeper look at the tragic dilemma faced by these people later on in this book.

*Snoring must be solved!*

Of course, non snorers who have valiantly slept in the same bed, or even in the same house, as a chronic snorer know precisely how severe this problem is, and they don’t require any convincing that snoring is a problem that requires a solution! Yet there are some, perhaps, who haven’t yet experienced the true violence of living with a snorer; and for those people, I humbly invite you to try sleeping with any of the following devices; *all of which* have been ranked as emitting the same or fewer decibels than the average snorer:

- An operational lawn mower (and not the super-quiet luxury kind, either)
- An industrial vacuum cleaner (the kind that picks up nails and glass!)
- A running motorcycle (these things have no muffler, really, and you can hear them from blocks away!)
A passing jet (the kind that wakes up babies, scares cats, and sets off car alarms)

An operational chain saw (hopefully you haven’t actually slept while one of these things are operating…unless you were a horror movie actor)

A blender, food processor, or hair dryer (not one; all three at once!)

The Noise is often NOT Temporary!

And remember, please: we aren’t talking simply hearing these sounds and then having them fade, such as what we’re used to when we hear a passing jet (i.e. we only have to hear it for a minute or so, and then it’s gone).

Imagine, if you can, listening to these sounds all night long; and then you’ll have a very real and non-exaggerated sense of what a non-snorer withstands, or tries to withstand, on a nightly basis when attempting to co-exist with a full-time snorer.

So in a nutshell: if your exposure to the world of snoring is simply and innocently depicting some happy Z’s floating up from a peacefully sleeping person, possibly beside another peacefully sleeping non-snoring person, then it’s time to update the records: it’s not a laughing, innocent matter at all. For both the snorer and the non-snorer(s), snoring is an extremely serious matter.

And, as you can imagine, because of that seriousness, a number of people are desperate to end snoring; either their own snoring, or that of a partner. And as you can just as easily imagine, that desperation has inspired an array of so-called solutions; some of which are effective and safe, and others that are risky and exploratory.
Unfortunately, because the problem of snoring is so acute – it’s actually fatal in some cases, and you can’t get more acute than that! – There exists widespread confusion and misinformation with respect to how to end snoring once and for all.

A chronic snorer tries various anti-snoring products and finds that although their effectiveness is modest, Breathe Right nasal strips provide the best results. Other products tested included a ball-on-the-back device from Nicolet Biomedical and the Sharper Image's Ultra Snore Control.

The Purpose of This Book

The purpose of this book is simply to provide an answer to that most fundamental of snoring demands: **how to end snoring once and for all!**

And as you’ll see in just a few pages, the answer often does *not* lie in expensive and risky surgeries. In fact, in some cases (and we’ll talk about this later on in the book), surgery can be counter-productive and expose the snorer to other health risks! Fortunately, however, there exist several *proven* non-surgical anti-snoring devices, techniques, and tips that have worked wonders.

These non-surgical solutions have literally *saved lives*; and just as valuably, they’ve profoundly improved the quality of life for millions of people who found themselves at their wits end when it came to snoring; both their own, or in that of a loved one (who was becoming less and less loveable as the snoring continued!).

Before we look at these non-surgical methods of ending snoring once and for all, it’s helpful to understand just what snoring *is* on a biologic level. We’ll look at what causes snoring, and what creates those Z’s (which we now know are not as happy and enjoyable as we remember them from our childhood drawings).
Once we’ve looked at the causes of snoring, we’ll take a deeper look at why snoring is a problem. Obviously, we already know that it’s a problem; but it’s well worth the time to understand just how devastating untreated snoring can be; both for the snorer, and indeed, for the non-snorer. You’ll likely be amazed – if not a little disturbed – by the dizzying array of problems that are quite clearly traced back to snoring; problems that manifest on both the physical and emotional levels.

After that, we’ll be in a position to take a look at remedies for snoring; and our first focus here will be on surgical procedures. Why? Because it’s important for us to understand, scientifically, why surgical procedures to end snoring are dangerous and often counterproductive.

This is very important information that everyone should know, because it paves the way for the final section of this book: non-surgical, safe, and proven methods of ending snoring once and for all.

So remember, if you have kids and see them draw or paint happy pictures of sleeping people with Z’s rising from their peacefully dreaming bodies, you might want to think twice before sticking those keepsakes to the fridge, or framing them and putting them on your desk at work.

Once you’ve finished this book, you’ll likely never be able to look at seemingly innocent, safe snoring in the same way!
SECTION 1: THE CAUSES OF SNORING

So…Just What the Heck is Snoring, Anyway?

Technically, snoring is defined as any resonant noise from the respiratory tract that emerges during sleep.

Biologically, snoring refers to a vibration in the airway connecting the nose and the mouth; a vibration that can emerge through the mouth, the nose, or (as some non-snorers are painfully aware), it can emerge through both!

Snoring is not a disease, rather a symptom of various clinical and pathological conditions, some minor, others more significant. When we breathe in, air enters through the nose and into the oropharynx, where it passes through a region of lymphoid tissue in a ring around the back of the nose and throat.

During the day the oropharyngeal muscles work to hold open the airway, which allows air to travel through it easily, but during sleep our muscle tone is relaxed. The airway becomes narrower or partially obstructed, when breathing in, and the walls of the oropharynx (throat) begin to vibrate and produce the sound we know as snoring. The tissues of the oropharynx bring about the actual noise of snoring and in particular those of the soft palate (roof of the mouth) and the base of the tongue set into intermittent vibration. In fact, the tongue plays a far more important role in the incidence of snoring than was once thought.

Moderate or severe snoring can be associated with increased respiratory effort and hypertension.

As the throat (and its subsequent tissue) relaxes during sleep, the wind tunnel/airway becomes narrower and hence, snoring occurs.

As you can sense, the more narrow the airway, generally speaking, the more intense the vibration; and ultimately, the louder the snore.
You may also be wondering why snoring only seems to emerge at night; after all, people literally use their airway every moment of their life; so why is snoring a nocturnal dilemma?

The answer to this is found in looking at the tissues within the airway. This tissue is very soft, and at night becomes relaxed; it’s similar to how some muscles, like biceps, become relaxed at night since the body does not require them.

Obstructive sleep apnea is a more serious condition that affects 40,000-100,000 snorers. It is a temporary closure of the upper airway, which can occur up to ten times an hour. Sufferers complain of daytime sleepiness and morning headache, and the condition can lead to cardiac arrhythmias or even sudden death.

**Why Do Some People Snore Louder than Others?**

This, too, is the reason why some people snore louder than others; and why the actual tone and pitch of one snorer may be rather different than another.

The actual snoring sound that emerges is dependant upon the force of wind that is being pushed through the (narrowed) airway. As you can envision, the more potent the force of wind (i.e. the faster the speed of the wind), the louder the snoring. This is also why even babies can snore; but it’s often not considered snoring in the conventional sense, because an infant’s force of wind through their wind tunnel is so mild, that it can easily be ignored (though this can lead to complications; infant snoring can often be a symptom for a breathing and/or respiration problem, including allergy).

However, while snoring affects people of both genders and of all ages, it typically does afflict more men than women. There are a few reasons for this.
Snoring Tends to Favor Men

Overall, men’s necks tend to be larger than women’s necks; and thus there may be more fleshy tissue in there just waiting to combine with air flow and cause snoring. Another reason is that women produce the hormone called Progesterone, which is considered by some medical experts to be an aid in reducing or preventing snoring. In fact, there are some anti-snoring treatments that involve Progesterone therapy for snoring men.

Factors that Increase and/or Lead to Snoring

There are several health and lifestyle factors that contribute to snoring; and this is true for both men and women, since snoring is a condition that does affect both genders (though surveys suggest that men snorers outnumber women snorers by a ratio of 2:1).

Some of the major health and lifestyle factors that can contribute to snoring include:

- Allergies, which can clog the airway and trachea
- Allergy medications, which can dry the nasal cavities
- Cold and Flu, which can similarly clog the airway (this is why some people experience snoring only when they’re suffering a cold or flu)
- Thickenes tissues in the nasal passages, which can sometimes result from some surgeries unrelated to snoring
- Overuse of nasal sprays which irritate the nasal passageway
- Enlarged adenoids and/or tonsils
- Goiter (swelling of the an ineffective thyroid gland in the neck)
- A disproportionately large tongue that blocks airflow
- Ineffective regulation and neural control of mucus membranes
- Obesity and excess weight (leading to an enlarged neck and excess soft tissue in the trachea)*
- Excess gut/belly (relatively decreasing the size of the lungs)*
- Drinking alcohol**, which:
- Sedates the throat muscles and causes them to collapse
- Dilates blood vessels which swells up throat tissue
- Cigarette smoking, which inflames the upper airway
- The normal aging process, which can simply lead to a loss of muscle tone in the neck and thus snoring

* Since relatively more men tend to experience an excess gut, this is one reason why more men tend to experience snoring than women.

** Any medication (prescribed, over the counter, or illicit) that leads to excessive relaxation can lead to snoring.

So while we’ve looked at what snoring is, and what (rather common) factors and variables lead to/increase snoring.

**SECTION 2: THE PROBLEM OF SNORING**

Again, one of the very strange challenges that the entire topic of snoring faces, is that, well, most people don’t think it’s all that big of a problem. The word itself – snoring – is rather harmless sounding, really; and it’s nowhere as terrifying as some angry medical words such as tumor or cirrhosis.

As a result, many people are quite skeptical when told that snoring is a severe physical and emotional health problem. If you might find yourself among these skeptics, or if you’re just unsure of just how serious this problem is, then this section is for you.
Snoring: The Physical Problems

It only takes a minute, or a cursory glance, at the list of physical problems associated with snoring to quickly embrace this funny-sounding noun/verb into the class of serious health problems.

Here is just an opening list of the health problems associated with snoring (and remember, please, that we’re just looking at physical problems right now; emotional problems come later!).

- Sleep apnea (described below)
- Heart disease
- Stroke
- Headaches throughout the day (due to poor quality sleep and poor airflow through trachea)
- Night sweats
- Heartburn
- Swollen legs and arms (due to lack of oxygen flow)
- An overall weakened immune system
- Hearing loss (if snoring is very loud; remember, snoring can be as loud as a passing jet!)
- And more…

In addition, most of us assume that snoring is associated with adulthood; and, as such, that the physical ailments noted above are limited to adults. This is not the case at all, since many children and adolescents snore (particularly those with related airflow inhibiting conditions, such as asthma).
Sleep Apnea: A Closer Look

Of all the snoring-related physical ailments noted above, arguably the most severe – and ironically least understood – is a condition called Sleep Apnea. These two words should be emblazoned in the minds of every snorer, and anyone who lives with or cares about the safety and well being of a snorer.

The word *apnea* in the term Sleep Apnea derives from the Greek term for *absence of breathing*. That, in a nutshell, gives a sense of how dangerous Sleep Apnea can be; it literally refers to a condition where breathing stops during sleep.

There are three types of Sleep Apnea:

1. **Obstructive Sleep Apnea**

   This is the most common type of sleep apnea and occurs when your airway collapses during sleep and becomes blocked by your tonsils, tongue, uvula (the hanging tissue at the back of your throat), your throat muscles or some fatty tissue in the throat. Your brain gets signals that your breathing is blocked and you wake. Obstructive sleep apnea can lead to excessive daytime sleepiness and even narcolepsy (sudden lapse of consciousness), which can be dangerous. The continual deprivation of oxygen during episodes increases the risk of heart attacks, strokes, and other cardiovascular problems.

2. **Central Sleep Apnea (CSA)**

   This is a less common form. Your breathing muscles stop temporarily when communication to or from your brain is interrupted. The symptoms are like obstructive sleep apnea but there are usually some others such as changes in your voice, body weakness, numbness of body parts and difficulty in swallowing.
Central sleep apnea, like obstructive sleep apnea, causes extreme sleepiness and lack of concentration during the day, irritability, heart diseases and high blood pressure. Some people living in high altitudes or who have suffered severe heart attacks or brain injuries and have Central Sleep Apnea may even experience apneic episodes while they are wide-awake.

3. Mixed Sleep Apnea
This is a combination of both obstructive and central sleep apnea, due to both improper functioning of brain and blockade of your airways.

3. Who Gets Sleep Apnea?
Sleep apnea can occur in anybody, in any age group, and of any sex.

However, occurrence of any type of sleep apnea has been more prevalent in the following:
More middle-aged men than middle-aged women suffer from sleep apnea. Some middle-aged women have it during menopause and some women start snoring during pregnancy. It is thought that this might cause the disorder later. Overweight people may develop Obstructive Sleep Apnea. The risk is higher if you are gaining weight rather than if you maintain a stable body weight. Many obese people suffer from this disorder. Loud snorers develop sleep apnea.

The normal preconception is that sleep apnea occurs only in middle-aged and elderly persons. This is not true and sleep apnea can occur in toddlers. Infant Sleep Apnea occurs when the baby is unable to breathe while sleeping for around ten to twenty seconds or more due to lack of regular airflow through mouth and nose. If the apnea is due to blockages in airways, it is obstructive sleep apnea. However, if there is no normal breathing, it may be a central nervous system problem. Normally, sleep apnea in infants begins at thirty-seven weeks or roughly nine months. When such a baby suffers breathing problems in sleep for no apparent reason, it is ‘Apnea of Infancy’. 'Apnea of Prematurity' is when the baby is younger than nine months and suffers breathing problems.
**Sleep Apnea is as serious as it gets!**

Sleep Apnea and snoring are directly linked because during snoring the airway of the trachea is constantly subjected to repetitive collapse and obstruction; in fact, it is that collapse and obstruction that leads to the vibration that, ultimately, manifests itself as audible snoring. Sleep Apnea thus occurs when, due to that continuous collapse of the airway, breathing actually stops.

While death is obviously possible due to this obstruction of the airway (and subsequent lack of breathing), there are many very serious effects that, while not fatal, are most certainly severe.

Even when it is not fatal, Sleep Apnea deprives the body of essential oxygen; and hence, overall blood oxygen levels are reduced and concurrently, carbon dioxide levels rise. This can lead to toxic buildup that can cause heart disease, stroke, and brain damage.

**Snoring: The Emotional Problems**

Readers who themselves aren’t snorers, but have lived with (or currently live with) a first class snorer, might find themselves shedding a tear or two as they read this section. That’s because often overlooked in the whole snoring discussion are those people who don’t snore.

These are the husbands, the wives, the kids, the nanny’s, the siblings, the in-laws, and even the neighbors who have found themselves on the receiving end of a chain saw, or a lawn mower, that tended to start at around 10:00pm, and continued – unabated! – Until about 7:00am the following morning.

For such people, trying to fall and stay asleep was not merely an exercise in stress coping; it was an exercise in crisis management!
It’s not at all *overly dramatic* to suggest that the emotional costs of snoring are as severe, or possibly even more severe, as snoring’s physical toll. This is because snoring can lead a disturbing array of emotional problems, including:

- Lack of sleep, leading to depression and anxiety
- Marital breakdown and divorce, due to lack of sleep and lack of empathy (remember, the snoring partner *doesn’t often know* the pain that they are unwittingly causing!)
- Eviction by a landlord and the resulting humiliation (this may sound funny, but some people have literally been kicked out of their homes because of their snoring!)
- Warring roommates and neighbors
- Job loss, due to inability to concentrate and focus (because of sleeplessness)
- Memory and retention problems due to sleeplessness

And within these problems (and this just a simple list, an entire book can be filled to document the real life emotional damage caused by snoring) are a host of painful mental states that infect both the guilty-snorer, and the enraged non-snorer.

These unproductive emotional states include:

- Frustration
- Anger
- Feelings of violence
- Helplessness
- Desperation
- Anguish
- Exhaustion
- Growing resentment
- Lack of confidence and self-esteem
And let’s not forget the millions of non-snorers who drive cars or operate heavy machinery; without a solid night of sleep, some of them can (and regrettably do) put both themselves and others at risk.

Indeed, the emotional problems associated with snoring are, unfortunately, less discussed; especially since the snorer himself or herself isn’t aware that he/she is causing so much unintentional emotional damage! Yet, as you can easily see (perhaps even in reflecting upon your own life), the emotional costs can be severe and incalculable.

**Different Degrees of Snore-Related Suffering**

Ultimately, the point here is not to try and see whether the physical problems associated with snoring are more important, or more devastating, than the emotional problems. Different people are going to experience different aspects of both levels; and some, unfortunately, are going to experience the worst of both.

Quite simply, it’s enough for us to conclude without question that snoring is one of the most serious health problems in the world; and the notion that it is merely a nighttime inconvenience, or something that can’t lead to anything severe or lasting, is just plain incorrect.

Snoring is a real problem, and hundreds of millions of people around the world – both snorers and non-snorers – would readily agree.

**The Race to End Snoring**

It is in this light – that snoring is such a massive global problem – that the quest for a solution has been nothing short of monumental. Virtually every corner of the health care world claims to offer something to mitigate or eliminate snoring; from acupuncture to invasive surgery.
On the one hand, this focus on solving snoring is quite welcome; it signifies that qualified medical people (i.e. the educated folks in lab coats who are paid to solve health problems) are very interested in finding some answers, and very willing to commit their large brains to this important task.

Yet on the other hand, this focus on solving snoring is, ironically, beset with additional problems. Quite simply, there is a lack of quality information with respect to what solutions work, and what solutions quite frankly don’t work.

Though it’s always more fun to focus on the positives – and that’s certainly what we’ll do in this book – it’s necessary for us to first take a look at something a bit negative: surgery; or more specifically: why surgery isn’t often the way to go if you want to end snoring once and for all. We take a look at this in Section 3, below.

**SECTION 3: WHY SURGERY CAN BE A BAD IDEA**

One of the nicest things about living in the 21st century is the amount of surgical options available to more people, including more and more people in the developing world (though, obviously, not enough).

Quite sincerely, countless numbers of lives have been outright saved, or inestimably improved, due to surgery. I doubt you’d find anyone who would absolutely conclude that surgery, as a concept, is a mistake; or that we should long for pre-surgery days, where infections and ailments so easily morphed into life-threatening conditions.

*Are We Addicted to Surgery?*

Yet (and yes, there’s always a yet!), there is a bit of a cloud attached to this surgical silver lining. We now live in a world that is, for all intents and purposes, addicted to surgery. It has become the first option – and in some cases, the only option – that both doctors and patients consider when trying to remedy a problem.
Advances in medical technology have played a role here as well; transforming within the span of a generation a surgery that once required 7-10 days of hospital care, to an “in by 2:00pm, out by 4:00pm” outpatient experience.

And since many (enhanced) medical insurance plans cover many types of surgery – all it needs is a doctor’s okay – it’s not uncommon to come across people who have had a litany of surgeries over the past few years. They might even know the surgeons by name, and have a favorite parking spot at the hospital.

**Snoring and Surgery Is Often a Bad Combo**

It is in light of all this is that we look at snoring, and at surgery. In a nutshell: the two don’t mix; and this is a bit of a problem to people who are persuaded by medical doctors (or by surgery-addicted colleagues, friends, and relatives) to go under the knife to get rid of that “pesky snoring problem”. These people may be well intentioned, but they don’t have all of the facts.

One of the things that they probably don’t (yet) know – again, not deliberately – is that surgery is not an exact science. It may look that way, especially when one sees the army of hi-tech equipment that clogs many operating rooms and makes one think that they’re at NASA Mission Control instead of a local hospital.

**Surgery Is Exploratory!**

However – and even surgeons will readily admit this (or their insurance companies will if they won’t) – surgery is, always has been, and always will be, somewhat exploratory.

True, some surgeries are better known and more ordinary than others, and the chance of a successful outcome for, say, a quick knee surgery might be radically more predictable than a kidney transplant. But the bottom line is that both of these procedures are surgical, which means that they both have risks.
This, indeed, is something of a wake-up call for people who have equated surgery with certainty.

**Snoring Surgery is not Always Successful**

So how does this relate to snoring? Quite bluntly, it’s this: whereas some surgeries are a bit more tried and tested than others, surgery designed to stop, mitigate, or treat snoring have been less than successful for many people.

Why is this the case? Surgery to treat snoring is designed, ultimately, to increase the airflow in the trachea; and the most common surgical way to do this is to cut away some of the tissue that is clogging up that passageway. Is this a wise choice?

Possibly, yes, for some snorers this can be a remedy; but not for all, and certainly not for most. This is because the problem of snoring is often much deeper than a constricted trachea.

Yes, as we discussed earlier in this book that is how snoring manifests itself as sound: air from the lungs vibrates in the airflow.

Yet for many people, this is not the ultimate cause of snoring; that cause, like many medical ailments, is often something of a mystery, and can change significantly from person to person.

The example on the following page will help shed some light on this potentially complex point.

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**An Example: From Snoring to Insurance**

Let’s look at something simple and non-medical: car insurance. Let’s take 20 people who are considered bad drivers by their insurance companies. As a result of that dubious distinction, all of these drivers are going to face a premium increase of $500 when they’re insurance is renewed.
Now, seen at a distance, it might appear as though all of these drivers are in the same boat (or same car, as it were). And given that assumption, a method to deal with this problem might be to simply give each of these people an extra $500 in cash. Really, as strange as that sounds, this is a way to solve this problem for each of these 20 drivers: they need to find $500 more to pay their insurance premium, and hence, that is what this so-called solution is going to do. Yet is this wise? No!

Some of those drivers – probably more than a few of them – are not going to actually correct why they might be classified as a “bad driver” by their insurance company. They simply won’t know why they’re bad drivers, and hence, some of them will likely remain a “bad driver”, and face higher insurance premiums next year – but this time after a few more accidents or tickets.

As you can easily see, the real cause of the so-called “bad driving” isn’t solved when each person is given a nice gift of $500 with which to pay his or her increased insurance premium. And since the problem isn’t really solved, the bad driving can crop up again, and cause financial problems and even worse, it can endanger health and safety.

So when people readily turn to trachea tissue-cutting surgery to cure their snoring, they may quite easily be overlooking the real root cause of the snoring; something that may be related to diet, sleep position, jaw or tongue dysfunction, lifestyle, genetics, or be an indication of an even more serious health problem; an indication that could be dangerously suppressed (temporarily, at least), after a seemingly successful surgery.

Going to surgery as an easy, off-the-cuff solution for snoring, is like giving these bad drivers $500 in cash. It may seem to solve their problem, but for many, it will just be a temporary fix; masking even deeper problems that can lead to severe consequences down the road, including Sleep Apnea.
Other Reasons to Just Say NO to Snoring Surgery

Again, we return to the unfortunately familiar theme that surgery has become an easy first option for many physicians who, for a variety of reasons (including, sometimes, financial ones) find themselves recommending surgery as an almost off the cuff solution to a serious snoring problem.

Sometimes, what is lost in this snoring surgical-obsession are some very basic and established risks. For those who are not immediately familiar with such risks, they include:

- Post-operative medical conditions, including aesthetic and cosmetic concerns
- Infection from hospitals (including the emerging antibiotic-resistant “super bugs”)
- Scarring of tissues that can lead to painful inflammation
- Expensive follow-up to surgery
- Time consuming follow-up which may cause extended periods of leave from work (potentially adding to the overall cost of the salary in lost wages/salary)
- Expensive medications to control swelling
- Possible damage to speech, including changing voice
- Possible problems with swallowing
- Possible hemorrhaging
• Possible uncomfortable and distracting dry mouth

• Possible intense ear pain

**Snoring Surgery Reviews**

It’s necessary and well worth repeating (sorry, but it is…) that; overall, surgery is often a truly wondrous means of solving, or at least alleviating, some serious health problems.

Nobody wants to return to a pre-surgical world, where procedures that are swiftly addressed today would otherwise render a sufferer in agony for years; or perhaps even hasten an early death.

So it should not be surmised that the view in this book is that surgery is inherently bad; because it’s not. *But surgery is simply a tool, and one that should be used only when necessary* (not unlike any other tool).

The problem is that some people rely on surgery as an automatic fix. What’s that old saying: *if all you have is a hammer in your hand, then everything looks like a nail?* For some people, this is regrettably true when it comes to surgery; every health ailment that they see is worthy of *surgery*.

Yet these same people would probably seriously reconsider their views when faced with the substantiated evidence that surgery is not often working for snorers (and their loved ones).

On the following page is a rundown of the most common snoring surgeries; and why they aren’t working as well as people *expect* them to.
<table>
<thead>
<tr>
<th>Name of Surgery</th>
<th>Designed to…</th>
<th>Reported Problems…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tracheotomy</td>
<td>Create an opening in the trachea (sometimes this is called a tracheotomy)</td>
<td>× Irritating to tissues and possible scarring</td>
</tr>
<tr>
<td></td>
<td></td>
<td>× Requires follow-up surgery</td>
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<tr>
<td></td>
<td></td>
<td>× Nasal secretions can clog air pipe and lead to breathing difficulties</td>
</tr>
<tr>
<td>UPPP (Uvulopalatopharyngoplasty)</td>
<td>Expand the airway and end snoring</td>
<td>× Expensive</td>
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<td>× May require follow-up surgery of obstruction</td>
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<td>× Post-operation infection</td>
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<td>× Possible speech defects</td>
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<td>× Higher than normal hemorrhage risk</td>
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<td></td>
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<td>× Swallowing problems</td>
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<td>× Not effective for Sleep Apnea</td>
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<tr>
<td>Name of Surgery</td>
<td>Designed to…</td>
<td>Reported Problems…</td>
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<td>------------------------------------------------------</td>
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| LAUP (Laser Assisted Uvuloplasty)                    | Uses lasers to remove uvula and obstructing tissues, without removing tonsils or lateral tissues | × Dry mouth  
× Changes to voice (to be avoided by people who require their voice to earn their living!)  
× Pain in the ears  
× Unpredictable success rate  
× Can mask deeper problems and/or lead to new complications |
| CAPSO (Cautery-assisted palatal stiffening operation) | Burns the palate in order to stiffen it against vibration, and removes the mucosa along the uvula. | × Post-operation discomfort and pain  
× Currently in experimental stages (unproven)  
× Difficulty predicting if surgery will be successful  
× Expensive |

And there are a few new surgical options that are gaining some attention, including somnoplasty and snoreplasty. Like CAP SO, these procedures are unproven and the success rate, and long-term impact, is not yet known.

Overall, then, while snoring surgery can be useful and effective for some sufferers (and their families, roommates, neighbors, heck, even their pets!), it’s clear that surgery has
not proven to a panacea, offering risk-free cures for this dangerous, and potentially life-affecting condition.

Fortunately, however, there are some proven non-surgical remedies – some quite old and some rather new – that are helping hundreds of millions of people deal effectively, responsibly, and safely with their snoring problem. We now look at several of those non-surgical remedies in Section 4.

**SECTION 4: NON-SURGICAL REMEDIES**

As noted previously, there is a range of proven and effective methods to stop snoring that don’t involve surgery of any kind. This is welcome news to those who wish to seek a non-surgical alternative for any number of reasons, including:

- The high cost of surgery
- The vulnerability to post-surgery complications
- Potential post-surgery side effects (noted in Section 3)
- Potential medication requirements that can have additional side effects
- Potential masking of other problems, of which snoring was a symptom, not a cause

In this section, we’ll look at key categories of natural snoring remedies. These categories are:

1. Lifestyle Changes: Diet
2. Lifestyle Changes: Exercise
3. Sleeping Positions
4. Alternative Therapies
While any of these treatments may be effective, and possibly more than one (since some of them are closely related), it’s critically important that you monitor your snoring to ensure that you are making measurable progress towards your (or your partners!) stop-snoring goals.

In other words: some of these non-surgical treatments might work better for you than others; and it’s important that you carefully investigate your options fully in order to find the solution that works best for you.

**Lifestyle Changes: Diet**

- **Allergy Alert!**

Surprisingly, many people aren’t entirely sure of what they’re allergic to! It sounds strange, and yes, people are typically aware of the major things that they’re allergic to, but the minor things – the things that promote congestion, runny eyes, and minor breathing difficulty – are often neglected.

The idea here is to carefully monitor any adverse reactions that you might have to food, drink, or anything at all (including pets!). Anything that leads to congestion can enhance snoring.

So if, for example, you discover that an hour after you drink milk you feel stuffy, then watch out if you’re a snorer! Simply changing your diet around, or in this case choosing to avoid milk – or at least not drink it close to bedtime – could substantially improve your snoring problem.

For people with some fruit allergies, vitamin C can be a significant irritant. People should monitor their reactions when taking vitamin C in both supplement and direct form
(through fruit or juice). Other foods that can lead to excess snoring are noted below in the “Eating Right” section.

- **Weight Loss**

As discussed earlier in this book, excess weight can contribute to snoring, as excess skin in the neck area provides more flesh/tissue for air to vibrate against.

In light of this, losing weight can not only lead to profound health improvement and lowering the risk of a dizzying array of problems (such as heart disease and stroke), but it can also lead to a snore-free life; a nice bonus indeed!

- **Eating Right**

We’ve already noted that some foods can enhance congestion (which would possibly be:

- Dairy products
- Fried foods
- Chocolate
- Frozen foods
- Some baked goods (e.g. pizza)

Generally, snorers should avoid these foods; or, at least, they should not be consumed near bedtime.

We’ve also noted that excess weight can lead to snoring, as it has the dual effect of enlarging the flesh of the neck (thus providing more tissue/skin for the air to vibrate against), and reduce efficiency of the lungs, thus requiring the body to compensate by pushing *harder* to expel carbon dioxide (thereby increasing the force of wind through the airway).
However, there are some foods that are purported to be *good* for snorers; which means, of course, that they can possibly help alleviate some degree of snoring; or perhaps wipe it out completely! (Hey, it’s possible!). These anti-snore-friendly foods (i.e. foods that tone the trachea) include:

- Mustard greens
- Pears
- Thyme
- Horseradish
- Onions
- Garlic
- Leeks
- Scallions
- Lobster
- Seaweed

**Healthy Living**

Generally speaking, a healthy lifestyle is conducive to *not* snoring. Of course, there are exceptions, and many factors (such as hereditary, environment, and other health ailments) can lead to snoring despite an attempt to live and eat well.

Mindful of this, the following healthy living suggestions could help alleviate or outright cease some forms of snoring:

- Avoiding alcohol (promotes too much relaxation of the trachea)
- Avoiding sleeping pills (same as above)
- Quitting smoking (can irritate the trachea and lead to congestion)
- Avoiding caffeine and other diuretics (dehydration can lead to respiratory problems)
Of course, it’s also important to note that there is (as yet) no *magic food* that will alleviate snoring. So beware of any advice, brands, or food products that promise an end to snoring!

*Lifestyle Changes: Exercise*

- **Throat Exercises**

Exercises that help strengthen and tone the muscles in the throat can help alleviate snoring and, in some cases, actually get rid of it altogether. Here are three simple ways of improving throat strength/toning throat muscles:

- Take a pencil and hold it between the teeth for up to 5 minutes. The grip should be firm, but not painful at all.

- Take your finger and gently press against your chin for a few minutes (no more than 3).

- Push your tongue against your lower row of teeth for about five minutes.

These exercises should be performed just before bedtime, and no strain should occur. It should not at all be a painful experience! The goal is simply to retrain some of the throat muscles that have lost their tone through a variety of factors, including age itself. Any or all of the above exercises should help tighten the neck muscles, and thus lead to less airway vibration (and subsequent snoring).

Additional exercises that help tone the overall body can also help with snoring. There are a number of factors, however, that will determine if the fat that has gathered around the neck is actually going to reduce; if an individual is genetically predisposed to acquire fat in that area, it could last for quite a while.
However, *some* improvement in muscle tone should lead to an improvement in snoring; at least, perhaps, in the reduction of noise. While this may not be the ideal solution, it can be a step in the right direction.

- **Throat Muscle Toners**

Throat muscle toners help strengthen the muscles in the throat, thus reducing some of the loose skin and hanging tissue that can lead to vibration, and hence, lead to snoring.

These throat muscle toners generally aim to achieve the following:

- Restore throat muscle strength
- Keep the air channel open
- Allow the air to flow to the lungs without any obstruction

Muscle toners are, like most non-surgical devices, un-medicated, non-habit forming, and generally inexpensive. Throat muscle toners come in a variety of sizes, shapes, and even colors to suit individual preferences and requirements.

**Sleeping Position and Sleep Factors**

Snoring is widely considered a sleep disorder; both for the trouble that it (potentially) causes the snorer, and the trouble that (almost always!) cause those around the snorer. Therefore, an effective target in the battle against snoring is sleep itself.

There are two areas that can be focused upon to potentially help prevent (or lessen) snoring: sleep position, and sleep factors.

- **Sleep Position**

Many snorers have found surprising relief from simply putting something under their chin as they sleep; either their hand, or a pillow, or even a rolled up sock.
This can help firm up the neck muscles; or at least, give the impression that this is happening. The bottom line is that since there is less loose skin (and thus tissue) that can vibrate against air in the trachea, there is less snoring.

Putting a pillow beneath the small of the back, and thus propping up the abdomen, is both extremely comfortable, and also an effective remedy for some snorers. This position helps open up the airway, and expand the lungs.

For those snorers who snore predominantly through their mouth, it might be helpful to learn that sleeping on one’s side helps keep the mouth closed. However, many snorers actually snore out of both their mouth and nose, and this may not solve the problem. It may, however, lessen it somewhat; which, at least in the big picture, is a positive step!

**Sleep Environment**

The room in which a snorer sleeps can also play a factor in whether snoring occurs. This is quite a surprise to most people, who are convinced that snoring is a purely internal biological process.

In other words, they think that they’d snore on the moon if that’s where the slept, or in the middle of a desert, or on an island in the South Pacific. Maybe some people would; but some wouldn’t, because environmental factors can indeed play a role in reducing (or increasing) snoring.

For example, a room that is humid will typically help alleviate snoring. Dry air can cause nasal and airway congestion that can lead to vibration and snoring. If you live in a dry area, a humidifier can make a massive difference. This is especially true to so-called seasonal snorers who tend to snore during the winter months (when the air is typically dryer).
Ionizers, which emit negative ions in the air (and thus clean the air, similar to how rain, which is full of negative ions, cleans the air), have also been used by some snorers to help alleviate some snoring.

A darker room and stopping external noise can actually help stress as well; which is a big surprise to some non-snorers who keep the TV or radio on at night simply to try and drown out the lawnmower that they happen to be sleeping next to.

The quality of sleep can be negatively influenced by external light and sound; and this can lead to stress. While it may seem quite counter-intuitive, people may with to experiment for a few days or weeks of sleeping with no TV, no light, and no external distractions. While at first it may just seem like the snoring becomes louder, in a short while, it may actually subside.

**Alternative Therapies**

There are several alternative remedies – some ancient, some fairly new, and some in-between – that have provided snoring relief for countless people around the world.

Many of these alternative medicines are not *alternative* at all in parts of the eastern world; in fact, in some countries (such as India, China, and Russia), some of these remedies are quite mainstream, and if you travel to those countries you’ll quite easily find many of these solutions in use.

In the western world, particularly the United States and Canada, practitioners of these alternative medicines are emerging quite rapidly. Educational institutions are quickly developing certification programs, and standards organizations are developing frameworks within which to help responsibly guide and develop these alternative therapies.

If you’re interested in learning more about these therapies, a quick Internet scan, or a visit to a holistic health shop (or probably any health store) will most often lead to some
quality information, both referrals and literature. Some of the most popular anti-snoring alternative remedies are noted below.

- **Warm Beverages Before Bedtime**
  Drinking warm beverage just before bedtime has proven to be effective for a number of snorers. Adding a small amount of honey to the water can help coat the walls of the trachea. Some people have even found that combining honey, warm water, and apple cider vinegar creates a rather potent, yet non-addictive and non-fattening anti-snoring drink.

  Herbal tea, particularly the kind labeled “Breathe Easy” (or anything that promotes an unclogged airway) can help prevent snoring. Some of these teas can also contain chamomile or other herbs that promote sleeping.

  Bear in mind, however, that if the snorer becomes too relaxed, then while sleep may occur quite readily, it’s important to remember that sleep isn’t the problem: snoring is the problem! So don’t necessarily choose herbal teas that promote drowsiness or “sleepiness”; for snorers, any herbal tea that will clear the airflow/trachea should help alleviate some snoring.

- **Relaxation Techniques**
  As noted above, stress can be a factor in causing snoring. We’ve discussed how reducing external stress, in the form of sound and light, can potentially help alleviate snoring (as strange as that may seem). Yet in addition to this, there are (of course) other forms of stress: the kind that builds up at our jobs, or while we’re stuck in traffic, or filling out our tax returns, and so on.

  This kind of stress can be equally damaging to the snorer; and various relaxation techniques, such as:
• Tai Chi
• Yoga
• Medication
• Reiki
• Gentle massage
• Relaxing music

These treatments can also help treat other ailments that may or may not be linked to snoring, including lung problems, obesity, and more.

**Addition Alternative Therapies**

In addition, there are numerous alternative therapies that are generating growing attention as potential anti-snoring options. These additional alternative therapies include: the use of crystals and gems, light therapy, and color therapy.

The efficacy of these potential solutions is being tested, and scientific research on these methods is not yet well established; and hence, we will not explore them further in this book. However, this does not mean that they lack promise; for they do.

As any snorer – or someone who lives with a snorer – will attest, *anything* that promises a healthy, long-term, safe, and surgery-free solution to snoring is a good idea, no matter how far fetched that idea may seem today!

**CONCLUSION**

As you know, snoring is a serious problem; both for snorers, and for those who live with (and love!) snorers. And you also know, in case you had any doubt when you started this book, that snoring is somewhat more serious than it may appear; those happy floating Z’s aren’t quite so harmless after all!
Yet, as the old saying goes: *knowing is half the battle*; and you now know, beyond a doubt, that snoring can be treated *without* resorting to surgical methods.

Remember, too, that this doesn’t mean that surgery is inherently bad; of course it isn’t. It has its place; though, for many snorers, that place *isn’t* at the top of their “possible solutions” list. Instead, taking up at least the first *dozen* spots can be the array of non-surgical solutions that have been provided in this book.

The next step for you (whether you’re a snorer, or reading this to help the snoring of someone you live with) is to explore further the particular non-surgical options that could make a lasting impact in your (or your snorer’s) life.

Here is a quick recap of the numerous non-surgical remedies that can literally transform an unbearable problem into a non-issue *almost immediately*!

- Monitoring potential food allergies that lead to congestion and breathing difficulties
- Losing excess weight to tone the skin around the neck and chin
- Using a Sleep Position monitor to prevent sleeping on the back
- Performing simple and effective throat exercises
- Creating a soothing and stress free sleeping environment
As always, it’s necessary that you use your own judgment and common sense when researching and possibly purchasing and using an anti-snoring product and/or service (such as acupuncture, for example).

It’s also good advice to obtain several opinions to ensure that well-meaning medical experts are not unintentionally persuading to pick a particular option that works best for them.

The solution that you choose for yourself, or for someone that you live with, must be unique and suited to your (or your beloved snorer’s) specific lifestyle needs, preferences, and tolerances. For example, some people simply won’t be able to use a snore ball; but nasal strips could be their (and your!) ticket out of sleeping madness.

Talk to medical professionals, and read product reviews; remember, too, that even within a particular device or remedy, several different brands may exist, and each one may offer something slightly different (i.e. the device may be available in different materials, the spray may be available in different potencies, and so on).

Clearly, as you know now, there are a myriad of non-surgical anti-snoring choices waiting for you to explore, and to benefit from for the long-term (snore free) future.

Knowing really is half the battle; the other half is taking action. Now, armed with the knowledge that you need to move ahead, you can plan your solutions, and see the light at the end of that tunnel of Z’s.
Staying Young

How to Stay Young no Matter How Old You Get!

AGELESS BODY SYSTEM
AGING AT THE RATE OF A SNAIL
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Introduction – What’s The Purpose of Staying Young?

What’s the purpose of staying young, you ask yourself. Well, there are a lot of positive aspects of staying young in a person’s life. Staying young is something that is in demand now. There are many ways that you can look and feel that way, especially without having to spend a lot of money.

How do you define being “young”? Being youthful describes a state of mind, body and heart. Being young usually refers to being healthy and that your mind is sharp. It is important to a lot of people as to why they would not want to age.

Some people know that aging can present some effects that they don’t want others to see. It can also slow them down from functioning, which is something a lot of people don’t want.

The Factors of Aging

The aging process is not always a pretty sight. It causes changes that affect you internally as well as externally. The two places that they are noticeable are your hair and your skin. You can also feel a difference in your tissues and cells, but you won’t see them. However, you may feel them inside your body. When you age, it affects each cell in your body.

The presence of fat comes about on your tissues and other organs inside your body. Because of this, your organs slowly start losing cells and your body doesn’t function like it used to. Your bones, muscles and skin began to get stiff. The cell membranes lose their ability to retain oxygen and start releasing carbon dioxide. Since there are so many cells in your body, you probably won’t recognize that your body is constantly losing cells and therefore your body’s ability to function is weakened.

When cells disappear, your organs start acting different. With some people, they can start aging as early as 40 or 50 years old. When you age, your blood circulation is affected. There’s the possibility of losing your memory slowly and could suffer from other health problems. Even with that, you may not notice under you get up in age.

Did you know that some of the medications you take may actually contribute to aging prematurely? Some of the medications on the market today are so strong that they may possibly play a role in that.

`There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age`
It seems that **Stress** is ever-present, attacking us at work, at school, on the road, and at home. I knew I had to do something. How did I do it?

Exhibiting the rigors of stress can play a part in aging. The strain that you exert on your mind and your body can actually speed up the process. You’re missing out on the chance to feel free. Instead, you’re allowing your body to take in all of the cares and pressures that you cannot possibly solve by yourself.

If you are exposed to **toxins** in the environment, they may affect your body in an opposite way. Genetics can also influence the way and how fast people age.

If you start **smoking, drinking or using illegal drugs** when you’re young, it will definitely show as you get older. These habits contribute to poor nutrition because you don’t think about eating healthy. You’re thinking about puffing that next nicotine stick, hitting that next bottle or finding that next sniff or smoke on the pipe.

As your liver and kidneys flush out the toxins in your system, some of the **medicines** you take for certain ailments may remain in your system. As you age, your liver and kidneys may not function like they used to. Any leftover medicines in your system can contribute to you aging prematurely.

If your liver starts to slow down, your cholesterol levels may be affected. The liver is responsible for the maintenance of cholesterol levels. If your cholesterol level is high, you could be prone to more ailments within your body.

For these reasons mentioned, it is imperative that you would want to stay young and not look like a prune. Doing the right things that will keep you healthy and vibrant can help to hinder the aging process. You can be older chronologically, but you don’t have to be old physically.

`When your friends begin to flatter you on how young you look, it's a sure sign you're getting old`
Staying Young is about Attitude and Mindset

**Attitude**

Your attitude is a state of mind and the way we perceive things. It is what sets us apart from others as far as anything in life is concerned. It represents your likes and dislikes. Attitudes can be defined as positive, negative or neutral perceptions of certain things or ideas. Attitudes can be formed as different forms of judgments that may be true or untrue.

As people grow up seeing things around them, they can form attitudes based on what they see. What they see can affect their perception of a certain person, thing or idea. Attitudes are part of a person’s personality and the well being of a person.

Attitude is responsible for projecting a personality, be it positive or negative. Your personality can be a factor in determining a mental state of being and contributing to the aging process.

Your attitude can also be defined as a form of an egotistical state of mind, regardless of whether it’s about acceptance, expression of control or other traits that are considered to be selfish in nature.

If you are continuously angry and feel a hatred towards others, that can be described as having a negative attitude. These forms can affect how you think and act towards others. When you start having negative thoughts, you open yourself up to premature aging and possible health issues. It’s very important that you steer clear from having a constant, negative mindset.

Of course, this transformation takes time. After all, you didn’t form these negative thoughts overnight. You have to work at making an honest effort to change your attitude and your outlook about things. If there were things that bothered you in the past, you have to release them and move forward. Being bitter will not help you; it will only accelerate the aging process and could also affect your health, physically and mentally.

It’s easier and healthier to look at the bright side of life. Doing this will refresh your mind and your body. Don’t let things that are out of your control get you down. A lot of times, it may be out of your control. Don’t be mean to people because they are mean to you. Being nice will help to maintain a positive attitude, no matter what the situation is.

`We don`t stop playing because we grow old, we grow old because we stop playing`
Why you should Refrain from Negative Thoughts

When you think negative, it can affect your mind and your spirit. Everyone in their lifetime has either said or thought something that did not line up with anything positive in their life. It seems as though people spend more time in pessimism than they do in optimism.

Some people tend to make negative thinking a part of their daily lives. There are obstacles that seem to block us from what we want to do. Instead of pushing those obstacles out of the way, some people find it easier to complain.

They don’t realize that it won’t help the situation. They will still be stuck in the same place with no movement.

You will continue to be stuck in the same place if you are a constant complainer. Everytime you complain, you take away a moment of happiness and fulfillment that you could have. Plus, other people don’t care to be around chronic complainers.

Think about what you are saying when you do that. You could be using your time doing things that will uplift you and keep you active. Before you know it, you’ll be so involved in what you’re doing you won’t even think about complaining anymore.

When you think negatively, you want everyone else to think the same way. People that think negatively often have imbedded bitterness because of things that happened to them in the past.

They never got over the situation; it may have been from being passed over for a promotion; a boyfriend, girlfriend or spouse leaving them; or feeling rejected from a parent when they were little.

Any of those scenarios can still up feelings of bitterness. Or they can be jealous of someone else that is doing better than them in things like losing weight, making more money or just being happy. They can’t stand to see the other person happy and they continue to ingrain bitterness inside of their soul.

`If you don`t do anything stupid when you`re young, You won`t remember anything funny when you are old`
Bitterness can take a toll on a person’s health. It can cause them to have wrinkles and create health issues, such as high blood pressure or cancer. If you need help releasing these bitter tendencies, it’s best to seek counsel from a family member, therapist or minister. Otherwise you will look old before your time.

Look, Think and Feel Young

To prevent the presence of aging, you have to focus on doing what you can do to stay young. You have to work at implementing a few ways that this can be done. There are three areas in particular that will help you get to this point. They deal with the physical, mental and emotional aspects of not wanting to age.

Looking Young

Looking young is just not about dyeing your hair to get rid of the gray strands. It also speaks of how you act and how you dress. You don’t want to sound or look like an old person if you’re trying to look young. Try to maintain a good posture; you can do that by staying fit. When people get older, some of them feel that they need to dress up like an old maid. That is far from the truth. If you don’t look as old as you are, then dress a little more upscale and get rid of the granny clothes.

Feeling Young

Your feelings come from your internal state of mind. If you’re looking to maintain your youth, you shouldn’t feel that you can’t be active. Even if older people don’t look their age, it’s ok to get involved in activities. Of course, you’ll want to check with your physician first.

Thinking Young

You should not be thinking pessimistic thoughts just because you’re older. Pessimistic thoughts spread faster, like a virus. It’s important to remain positive in the midst of what is going on in your life. You need to know that things in your life will work out for the best. You have to keep the mindset that you know things are going to work out for your good and in your favor.

The best way to keep a balance in looking, feeling and thinking young is to take good care of your body. Also, stay far away from people who don’t bathe or wash their hands regularly. They can carry germs and put your healthy condition at risk.

Only those who believe they are old, feel old
Healthy Eating and Nutrition

People who don’t eat properly are not of much help to you or themselves. They tend to have a low energy level and are sometimes ill-tempered. They become ill more easily. It does not require strange diets to eat properly, but it does require that one eats nourishing food regularly.

Eating a balanced meal is the key to having a healthy body. It helps you to stay strong and keep your immune system healthy. It can also help you to ward off health ailments that could hinder your body.

Along with exercise, it’s important that you eat healthy and be sure to eat your three main meals each day. It’s also important that you eat small meals in between. You should eat at least three to four of them. This will help your metabolism and also set you straight on getting enough nutrition in your body. Also, make sure that you don’t overeat during meals, whether they’re the main ones or the small ones. Even with the main meals, you should be cautious of your portions.

Don’t even think about engaging in one of those crazy diets. You may quickly lose the weight with a crash diet, but it will hurt you in the long run. Not only will it mess up your immune system, but when you go back to eating normally, you will gain the weight back quickly. It’s imperative that you eat meals that contain plenty of nutrients.

`Solitude is painful when one is young, but delightful when one is more mature`
Eating smaller meals can help you to keep your blood sugar level stabilized. Try not to consume foods that contain a lot of sugar, sodium or saturated fats. For breakfast, you can eat carbohydrates. You can also incorporate fiber during breakfast. A good choice would be a bowl of oatmeal. Be sure to include protein for your muscles.

For dinner, eat some raw vegetables with your main meal. You can also do this if you are dining out. Having a salad provides you with plenty of fiber. Fiber is important for your body because it helps to regulate your digestive system. In addition to that, you will not feel so hungry because fiber is a filler.

As you reach your **twenties**, your calcium intake should increase. Calcium is a key ingredient to prevent osteoporosis from occurring. Calcium helps to keep your bones healthy and strong.

Folic acid is another component to have in your system at a young adult age. Anything vegetable that is green and leafy is a good choice. Also, citrus fruits like oranges can provide you with plenty of folic acid. Make sure that you include other fresh fruits and vegetables in your eating plan. It’s essential that you have as many healthy foods as possible.

As you get into your **thirties**, your metabolism starts to slow down. It is more important than ever to eat balanced meals daily. You should avoid most if not all junk food.

As you enter your **forties**, it is critical that you watch what you eat. At this stage, you need to get as many nutrients as possible so your body can function properly. As you get older, additional fat deposits travel to your organs. You will definitely have to watch your fat intake.

If you’re not sure about this, consult with your physician or nutritionist and they can help you create a plan that’s beneficial for your health. Also, make sure you’re going for your regular check-ups to make sure you’re healthy and fit.

**Binge eating**

Another no-no when you’re eating is binging. If you do that, you should stop right away. This eating disorder can have serious consequences if done constantly. Some of the food that you consume may not digest in your stomach properly. It sits dormant, and you increase your chance of developing colon cancer. You should learn to eat properly when you are young.

`The secret of staying young is to live honestly, eat slowly, and lie about your age`
Taking Vitamins, Supplements and Xanthones

In addition to healthy eating, you must consider including vitamins and minerals to have a balance. Sometimes, even though you’re eating healthy, you may not have enough vitamins and minerals to sustain you.

For example, if you eat vegetarian dishes, some of them may not contain enough minerals. You could add zinc, which is a mineral supplement that can help to balance what you’re already eating. Supplements are important to finish out the balance you need to make sure you’re getting enough all the way around.

Vitamins and minerals are imperative to have in order to maintain our body’s health and well-being. We have to get vitamins through the foods we eat. Even with that, we have to keep in mind that everything we eat will not supply us with all of the vitamins. Depending on what we need, we could take Vitamin A, B, C, D or E, or a combination of them.

These five vitamins do the following:

- Vitamin A – maintains healthy teeth and good vision
- Vitamin B – help you get energy, help carry oxygen to your body
- Vitamin C – help keep your gums and muscles intact, also helps to prevent infections
- Vitamin D – maintains strong bones and teeth
- Vitamin E – contains antioxidants, maintains your eyes, skin and liver

It’s important that you try to take all of them because they all serve a specific purpose in your body. These vitamins are also key to us maintaining that youthful look and vitality.

If you are lacking in one of these, it’s possible that you will feel the effects by way of illness or other health ailments. It is advised that people should take a mineral and vitamin supplement daily. If you’re not sure what you should be taking, consult with your physician.
**Supplements**

**Dietary supplement**

A *dietary supplement*, also known as *food supplement* or *nutritional supplement*, is a preparation intended to supplement the diet and provide nutrients, such as vitamins, minerals, fiber, fatty acids, or amino acids, that may be missing or may not be consumed in sufficient quantity in a person's diet. Some countries define dietary supplements as foods, while in others they are defined as drugs or natural health products.

**Bodybuilding supplement**

*Bodybuilders* often take a powdered form of protein, which contains the essential building blocks for muscle. The powder is mixed with water and often flavoring, resulting in a form marketed as a "shake" (as in milkshake) or "pudding". Protein powder is generally consumed immediately before and after exercising, or in place of a meal. The theory behind this supplementation is that having a sufficient protein intake allows for efficient growth and repair of muscle tissue.

**Xanthones**

In some cases it is even better to deploy the so called turbo vitamins. These are Xanthones that can be found in some tropical fruits like the mangosteen, which is used as folk medicine in Asia. While most people know about the antioxidant benefits of vitamins C and E, far fewer are aware of the incredibly potent antioxidant power of xanthones. In nature xanthones can be found in tree-bark and in fruits. There are about 200 xanthones found in the mangosteen fruit. The peel of the mangosteen contains more than 40 of these xanthones.

*Dr. James Duke says: “Every system, organ, cell, muscle or nerve has good powersupply for optimal operation of it. The mangosteen has a beneficial effect on the entire human body.”*

The *Mangosteen* fruit is tangerine-sized, deep purple on the outside, with a bright white pulp inside. For centuries the traditional medical healers of India, China, Malaysia, Thailand, the Philippines and Vietnam have employed mangosteen for its beneficial use. Many now believe the mangosteen will be the most important fruit on earth.

`A kiss makes the heart young again and wipes out the years`
The Mangosteen:

✓ gives you more energy
✓ maintains healthy cells and tissue
✓ helps lower cholesterol
✓ good for kidney and urinary tract
✓ benificial for bloodpressure
✓ promotes a regular menstrual
✓ helps to thicken the stool
✓ positive for body and mind
✓ gives you many more...

The Secrets to Staying Young

Staying Active

You should engage yourself in some form of movement, whether it’s exercising or a hobby. Being active is a constructive way to make good use of your time. It will also make you feel useful and give you something to strive for. It could be something that pertains to a goal or just something to pass the time away.

If you like hobbies, they will definitely keep you busy. There are gifts that you have that no one else has. For instance, you may be able to crochet or knit a sweater within a few days while it takes others weeks to complete.
Or you could have a gift for music where you didn’t even take one music lesson. Whatever your hobby is, make use of it for your own well being. This is a way you can have a connection with your innerself and gain satisfaction.

If you haven’t exercised in a while, now is a good time to start. Being overweight or obese is one of the main causes that people age quickly. Too many people prefer to live the sedentary lifestyle and not get enough movement in their life.

Staying young includes being fit and in shape. Being overweight or obese is a serious health issue for many people and if not corrected, can cause other health issues. Incorporating exercise in your daily routine will not only help you take off the weight, but you’ll also feel better about yourself.

If you choose not to become active with exercise, you become less robust. Your body slowly starts to become immobile and then your ability to move around becomes limited.

Your joints can become stiff and prone to injuries. You can also lose your sense of balance with a lack of exercise. As you get older, these issues could worsen, especially if you decide to remain inactive.

For instance, if you have a hip injury from a fall, it could have resulted from lack of balance. In addition to that, you would have lacked strength and endurance in your body to be able to keep your balance. If you had those two ingredients, you may have been saved from the hip injury.

It’s never too late to start a fitness regimen. If you haven’t started, don’t waste anymore time. You need willpower to make a fresh start, even if it starts out for 10 minutes a day. It won’t take a long time for you to see results.

You have to get in a mindset of being disciplined to start exercising or any other physical activity. Once you start, it won’t take long before you start to feel better in your body. As long as you do it on a consistent basis, you will gain more strength in your body and you will become more flexible.
It’s important for older people, such as senior citizens to engage in workouts such as cardiovascular training, strength training and exercises that will help your body to be flexible. These workouts will help you to stay in shape and provide your body with the physical boost you need.

Before you start, you need to determine what kind of workout routine you want to do. There are different things that you can do to keep your youth. Exercise has proven to increase the quality of life for older adults. It can make a way to hinder the aging process.

**Massage**

A full body massage could be a must! You feel so relaxed, both mentally and physically from the tips of your toes to the top of your head.

Massage involves acting on and manipulating the body with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids. Target tissues may include muscles, tendons, ligaments, skin, joints, or other connective tissue, as well as lymphatic vessels, or organs of the gastrointestinal system. Massage can be applied with the hands, fingers, elbows, knees, forearm, and feet. There are over eighty different recognized massage modalities. The most cited reasons for introducing massage as therapy have been client demand and perceived clinical effectiveness.

Massage therapy is recognized as one of the oldest methods of healing. Today massage is used for the benefit of the musculoskeletal, circulatory-lymphatic, nervous and other systems of the body. In most cases massage therapy is offered for:

- Relaxation
- Pain Relief
- Hospice
- Prenatal back pain
- Postpartum
- Stress Reduction
- Infant Massage
- Senior & Geriatric Massage

`Age isn’t how old you are but how old you feel`
Osteoporosis

With the lack of exercises health issues come. If you get stagnant and don’t engage in any physical activity, you could find yourself developing issues with your heart, or osteoporosis. With osteoporosis, it would be difficult for you to get around and worse yet, your bones would become brittle from lack of calcium and exercises. Exercising can help to reduce the onset of both of these health issues.

If you exercised on a daily or regular basis, your blood pressure and cholesterol level would stabilize. It would also lower the chance of you getting diabetes.

You could start out with 15 minutes of aerobic exercise. Then work your way up to 30 minutes, continuing in 15 minute intervals until you get to an hour. You should do cardio workouts at least 3 to 5 times a week.

It is not recommended to start out doing an hour’s worth of exercises if you haven’t exercised in a while. Start slow and gradually increase the time and the pace.

Another way to get involved with exercise is to join a health club. They have plenty of machines such as ellipticals, stationary bikes and treadmills. Health clubs have trainers that can work with you in getting an exercise routine together.

If a health club is out of your financial reach, you may want to try a YMCA in your area (if there’s one nearby). They have classes available on health and fitness for a minimal charge.

Or if that’s not for you, you can always go walking in your neighborhood or at an area park. You can start by walking for about 15 minutes until you can muster up the strength to push it to 30 minutes.

You can walk at your own pace and not feel rushed. However, you will eventually want to pick up the pace at some point because you will get more energy.

A great way to get in shape is with water aerobics. This exercise can help your joints and muscles. This exercise can also be a lot of fun.

In addition to the above, it’s a good idea to get in some strength training as part of your exercise routine. In your strength training, you should include weight lifting as part of your workout.
Some people think that weightlifting is not safe for older adults, but that is far from the truth. Weightlifting helps older adults gain additional strength, bone density and balance. Studies have shown that women between the ages of 50 and 70 years old that engaged in strength training, gained more bone density in their hips and spine.

The group that refrained from weightlifting lost twice as much bone density as opposed to those that included weightlifting in their workouts. The more that weightlifting was included, the more strength they gained. With that, their activity level increased.

It is important that you try to exercise all of your muscle groups as least twice a week. It’s better if you start out with lightweights in order to get accustomed to working with weights in general.

You can start out by doing a few repetitions at a time until you get familiar with those. Then you can move on to heavier weights. As you do that, you must increase the repetitions and the weights themselves. Make sure that when you lift weights, it doesn’t pose a danger to your body. If you have to stick with lighter weights for a longer period, then it’s better to do so than risk incurring an injury to your body.

Exercising is beneficial to everyone, whether you’re young or old. Remember that some type of physical exercise is better than none. Also, keep in mind that exercise is a good weapon to ward off many health ailments.

**Health Professional Website Platform™**

With the help of the internet it is nowadays possible to Join the Next Generation of Health Care Marketplace.

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At less than a dollar a day, *Healthimize Health Care Marketplace* helps you take your practice to the next level and harvest the power of the internet.

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I wonder what we would "feel" like if we didn't know how old we actually are```

16
Kick the Nicotine Habit

If you smoke, it won’t do anything for your appearance but make you look old and haggardly. In addition to that, smoking seriously affects your skin. If you’re trying to stay young, kicking the nicotine habit immediately is the best thing you can do for yourself.

The more you smoke, the more the blood vessels in your skin shrink. They are already small and smoking just adds to their diminished size. When this happens, your healthy blood flow is reduced.

In addition to that, you start to lose key nutrients such as vitamins, minerals and collagen. The collagen in your skin starts to crumble, thus losing the elastic movement in your skin.

Chronic smoking helps to waste your skin away. You will start to look older before your time and your skin will be dry and wrinkled. As you smoke, your face tends to create squinting movements, causing even additional wrinkles to appear.

Soon, you will start to look as through the frown on your face is your natural stature. An obvious sign of a chronic smoker is their lips. Their lips turn dark from the inside and spread to the outer lips. This makes your mouth look ugly.

If you have wounds or scars that need to heal, the healing process will take longer. As you’re smoking, you have sucked the vitamins and minerals that are needed to help with the healing. Also, you have less blood flow and that also impedes the healing process.

The most common thing that smoking does is cause different kinds of cancers. The number one cancer from smoking is lung cancer. This is because you’re inhaling the nicotine straight from the cigarette into your lungs. Even if you don’t smoke, you can still inherit lung cancer by inhaling second-hand smoke.

The sooner you quit, the better your chances are to reverse this. Your skin will start to clear and the blood will start flowing in your body. With more added circulation, your skin can be restored to its natural state. If you don’t stop, you will end up looking like a prune. You have the power to change the way you look before it’s too late.

`We are taught to consume. And that's what we do. But if we realized that there really is no reason to consume, that it's just a mindset, that it's just an addiction, then we wouldn't be out there stepping on people's hands climbing the corporate ladder of success`
Lay off of The Booze

Did you know that being an alcoholic could affect your skin as well as your health? If you knew what some others knew about it, you probably wouldn’t drink it at all. It’s ok to have a glass of wine occasionally, but once you start making alcohol your god, then you have a problem. When it becomes a chronic problem, you can damage your body both in- and outside.

Being an alcoholic won’t help you if you’re trying to stay young. You skin starts to age before your time. This would be the opposite of what you’re trying to do. You can’t expect to stay and look young if your lips are always touching a glass or a bottle.

Did you know that you can gain weight and look out of shape if you become a chronic drinker? As you gain weight, your skin stretches. You may also have red patches on your skin. This usually means that your blood vessels are getting larger from your chronic drinking.

Chronic drinking can also affect how you think. If you get depressed, you immediately want to get something to take away that feeling. However, alcohol is not the answer. As far as their thought process goes, they forget about their emotions and they’re not paying attention to much of anything. If you drink too much alcohol, you could get very sick and get alcohol poisoning.

Your kidneys are a very important part of your body. Kidneys are needed to help flush out the toxins that you don’t need. When you drink alcohol, you can dry out because you would not have consumed more water. Therefore, your kidney will not work the way that they should.

Chronic drinking can mess up the liver. The more you do it, the worse your chances for liver damage are. People that can’t or won’t try to stop drinking can end up with cirrhosis of the liver, which ends most of the time fatal.

There are things you can do to combat this problem if you want to stay young. Drink plenty of water, eat healthy and get lots of exercises. If you find yourself having problems trying to stop drinking, seek assistance as soon as possible. The sooner you do it, the sooner you can regain your youth you have left.

`Young people need models, not critics`
People who take drugs don’t always see the real world in front of them. They are not really there. On a highway, in casual contact or at home they can be very dangerous to you.

People mistakenly believe they `feel better` or `act better` or `only happy` when they are on drugs. That is just another delusion. Sooner or later the drugs will destroy them physically.

**Crack cocaine, LSD and Ecstasy** are the most addictive drugs on the streets today. You definitely won’t look, feel or act young if you get hooked on one these stuffs. These drugs affect the nervous system and can wreak havoc on your body.

Once people get addicted to these drugs, whether it’s the powder or the rocks (crack), it’s difficult to stop using. The drugs give them a “high” that they feel they can’t get anywhere else but from that drugs.

However, the downfall of being addicted to these drugs has many consequences:

- Accelerated heartbeat
- Chest pain
- Heart attack
- Seizures
- Strokes
- Nosebleeds
- Chronic runny nose
- Limited flow of blood
- HIV infection

The use of drugs is also known to decrease an addict’s appetite. When they don’t eat, they start to look gaunt. Their skin starts to wrinkle and they start to age very quickly.

Methamphetamine abusers also experience health problems as chronic users. Their brain is affected as far as remembering things and they can’t think straight. Their health is threatened, and they start to look old. The drugs make their skin wrinkled and they start looking at least 10 to 15 years older. Their teeth start to fall out, which adds to their aging process.

`It is hard to understand addiction unless you have experienced it`
Other issues that could affect methamphetamine abusers are:

- High blood pressure
- Accelerated heart rate
- Anxiety
- Convulsions
- Tremors
- Irritability

Trying to get off drugs is not an easy process. However, there are people out there who would be willing to help those in need in order to get rid of their addiction. Discourage people from taking drugs! When they are doing so, encourage them to seek help from a licensed professional or a minister.

**Get Plenty of Rest**

In order for your body to stay healthy, you must get plenty of rest. You should try to go to bed before midnight if possible. It’s important that you get some sleep at least between 6 to 8 hours per day. Each individual is different. Some need more hours, others need less. Only you would know how much sleep you need.

If you deprive yourself of the sleep you need, you will start to feel it. Your body can slow down from a lack of sleep.

If your body starts to slow down, it could be a sign that you’re starting to age, which is what you don’t want.

If you continue with this route, your lack of sleep can cause you to get wrinkles, making you look older than what you are. Did you know that lack of sleep can harm your brain? You can’t function or think properly if you don’t get enough sleep. You need to get enough sleep because without it, you won’t be able to connect to information that you need to commit to your memory.

**If your memory is failing, then people may consider you as “old”**.

You can also gain weight by not getting enough sleep. It affects the way carbohydrates are collected in our bodies. It may even change the hormone levels in your body. This in turn, can alter our appetite.

Lack of sleep during the night can contribute to sleeping during the day to make up for it. Plus, you wouldn’t be paying attention like you should. This can cause you to have an accident or cause you to err on a project or assignment.
You can also get mood swings by not getting enough sleep. You will get irritable, impatient and won’t be able to concentrate. You can experience bouts of hypertension. You can also experience issues with your cardiovascular system by not getting enough sleep.

Your immune system could be affected by this. If your immune system is failing, it will not be able to ward off diseases from your body. You would be able to ward off illnesses such as cancer if you got enough sleep.

For those who need to think in peace, meditation is a way that you can get some rest by just blocking everything out of your mind. Your brain is brought into a level of consciousness and you can heal from whatever is bothering you.

This self-healing process allows plenty of oxygen to flow in your body. The more you get into meditation, the more you will start to feel a sense of peace and personal gratification.

Another method that you can use for peace and tranquility is yoga. Yoga is becoming more popular now for those that need to have a sense of peace and purpose.

In addition to that, yoga can help you lower and stabilize your blood pressure, stabilize your heart rate, and decrease your stress level. It can also help your body relax and provide the release you need. Stress is the last thing you need when you’re trying to stay young.

**Take a Mental Health Day Without Feeling Guilty**

Taking a mental health day is a good thing to do every once in a while, and can really help to clear your mind and refocus. However, you shouldn’t just wake up one morning and say "screw it! Today's a mental health day!" It should be planned, or else it may make you more stressed than you were before.

1. **Figure out when you want your mental health day to be.**
   It is best to do so on days when things are supposed to be slow. Taking a mental health day when things are going to be busy is probably not the best idea.

2. **Get ahead in your work.**
   Whether it be school, work, whatever, get ahead. Work extra hard for a couple of days beforehand, and make sure you are ahead of schedule
3. **Be responsible.**
Don't take a mental health day when you know you have a lot of work piled up, or when you know you really should be there. Even on a day when nothing important is happening, arrange with a friend or coworker to pick up your missed work, and have them fill you in on anything that happened afterwards. It is crucial that this doesn't happen on the day of your mental health day, because it makes the whole point of taking the day off moot.

4. **Plan your relaxing day.**
Sounds kind of like a contradiction, right? Wrong. The goal with a mental health day is to sleep enough and not leave the house for anything you don't want to do (on the most basic level) Plan what you intend to do, that way you know what you're expecting. You want to get that DIY (Do It Yourself) chore done, or clean out the closet? Fine. You want to lay on the couch all day, watching bad sitcoms and eating ice cream? Fine. You want to wake up, and spend the entire day completely bored out of your mind? So not fine. Being bored does nothing for your mental health, it just annoys you and prevents you from getting anything accomplished, physically or mentally.

5. **Plan, plan, plan.**
If the goal of your mental health day is to not leave the house all day, then you need to make sure you have everything you will need to keep yourself occupied, fed, and comfortable. If you want to go to the manicurist and the spa and the pool, then set up reservations, plan it out, make sure your car has enough gas, and try to pay in advance. Spending money is hardly ever relaxing, at least for most people.

`Mental health is often missing from public health debates even though it's critical to wellbeing`

**Your Emotions**

**Don’t Feel Guilty**

Aging can come on you when you’re faced with unnecessary pressures in life. You can be blamed for some of the unhappiness that someone else is dealing with and it wouldn’t be your fault. However, since you’re closest to them, they have to blame someone.

How you are affected by it, or rather how you allow it to affect you can make the difference in whether or not you choose to rise above it. Allowing situations to affect you that you have no control over does nothing but bring stress and grief.

We all know that stress is an anti-friend to staying young. You may have to distance or even break off from that person in order to get the peace that you need.
**Cry When You Need To**

Most people cry when they’re feeling a sense of emotional pain and hurt. This may come from the way someone has treated you, or some other event in your life. It is not wrong to cry. A lot of times, it’s best to get it out.

Crying can actually make you feel better, as long as you don’t overdo it. Crying can release some of the pent up feelings you have inside your body. If you keep them holed up, it can affect your health and eventually cause you to look old before your time.

**Laughter**

It’s good to laugh, as long as it’s not ridiculing or making fun of anyone. Laughing has some benefits as far as your health is concerned. You can actually laugh your cares away. Laughing can remove some of the pain that you may be experiencing.

Laughing is considered a therapeutic process. You don’t necessarily have to have a reason to laugh, you can just laugh because you want to. Laughing also relieves you of any stress you may have pent up inside of you.

It’s good to release it and let it go. Did you know that laughter can strengthen your immune system? It can also help you to retain your memory and provide exercise to your muscles and your heart.

**Enjoy The Simple Things In Life**

This is something a lot of us fail to do. People spend so much time worrying about things that are out of their control instead of focusing on things that are constructive. Some of the things are so simple, that you don’t have to spend a lot of money doing them.

Try taking a walk in the park or going to the library. You may want to take a writing class. You may think these are not the most exciting things to do, but when you think about it, they are constructive activities that can add to your well-being.

`People have different emotional levels. Especially when you're young`
Make New Friends

It’s good to have a few friends around to keep you company. You don’t have to have an army full, just two or three is fine. Besides, if you had so many, how would you be able to keep up with them?

Living longer and staying young also depends on your circle of friends. They can’t just be any friends. They must be people of substance, people that will be with you in good and bad times. They must be people that won’t put you down when you make a mistake; instead they will lift you up with encouragement.

It’s usually better to stick with true friends than always commingling with relatives. There are times when relatives will try to undercut you just because you’re related to them. They are also quicker to take advantage of you than your friends will.

Your real friends will genuinely care about you. They will make sure that you are taken care of and that your needs are met. However, keep in mind that friendships are not created overnight. You should have positive relationships with your friends. This is what will keep you going and not to stray into the aging process. When your friends are positive, then that positive vibe can rub off on you.

You need friends to go out to dinner or a movie with just to have a good time. You can have a freedom with your friends that you may not have with your relatives. These relationships will make you feel vibrant and refreshed. You will have renewed energy in your life.

You won’t necessarily have to concern yourself with being stressed when you’re with friends as opposed to relatives. Because your relatives are familiar with you, they think that they can run over you and treat you any way they want to.

Do You Have Enough Friends? Would You Like To Attract People Into Your Life?

A Pet Can Be Just What You Need
Do you own a pet? You want to think about getting one. A pet is great to keep you company. Whether it’s a dog or a cat, pets can help keep you calm and focused. Older people in particular will enjoy their company, especially if they’re living alone.

**Loneliness** is not a good thing for older people. A pet would be the perfect choice to give them that boost that they need. Loneliness can affect your health. You can start to feel sad, which can lead to you neglecting yourself.

People with health problems that own pets will probably live longer than those that don’t have pets. People with pets feel loved and wanted. They may not want a companion living with them.

Pets can help people to relax. Petting an animal can help to reduce your blood pressure level. It’s been recommended by doctors to advise their patients to consider getting a pet if they suffer from blood pressure.

Pets can also be considered emotion rescuers. There may be a time where the person is going through significant changes in their lives. The pet is able to provide them with unconditional love, something that humans sometimes fail to do. With that unconditional love, people feel as though they have a reason to live on.

If you have a dog, they can help to provide discipline. While you’re walking with the dog, you are able to make eye contact with other people. Plus, both you and the dog would get plenty of exercise by walking. You would feel at ease and wouldn’t feel stressed. People that have pets are usually more happy and keep a positive outlook on life. This is essential for trying to stay young and not age.

**Conclusion**

If you want to start feeling, looking and staying young, you’ve got to make that step today. Each day that you wait to make a move is a day less to your goal of getting that vibrancy in your life.

You will have to purpose to remove the negative images and aspects from your life in order for this to happen. You will have to incorporate positive things to change that. You really have to work on staying young and not wanting to look or feel old. The old vices that you may have dealt with have to disappear. The new you has to be more youthful and healthier. There are too many things out there that can destroy your youthfulness if you allow it to. Take charge of your life and seek out a new younger you, today!

`Gray hairs are signs of wisdom if you hold your tongue, speak and they are but hairs, as in the young`