

# 7 TIPS TO

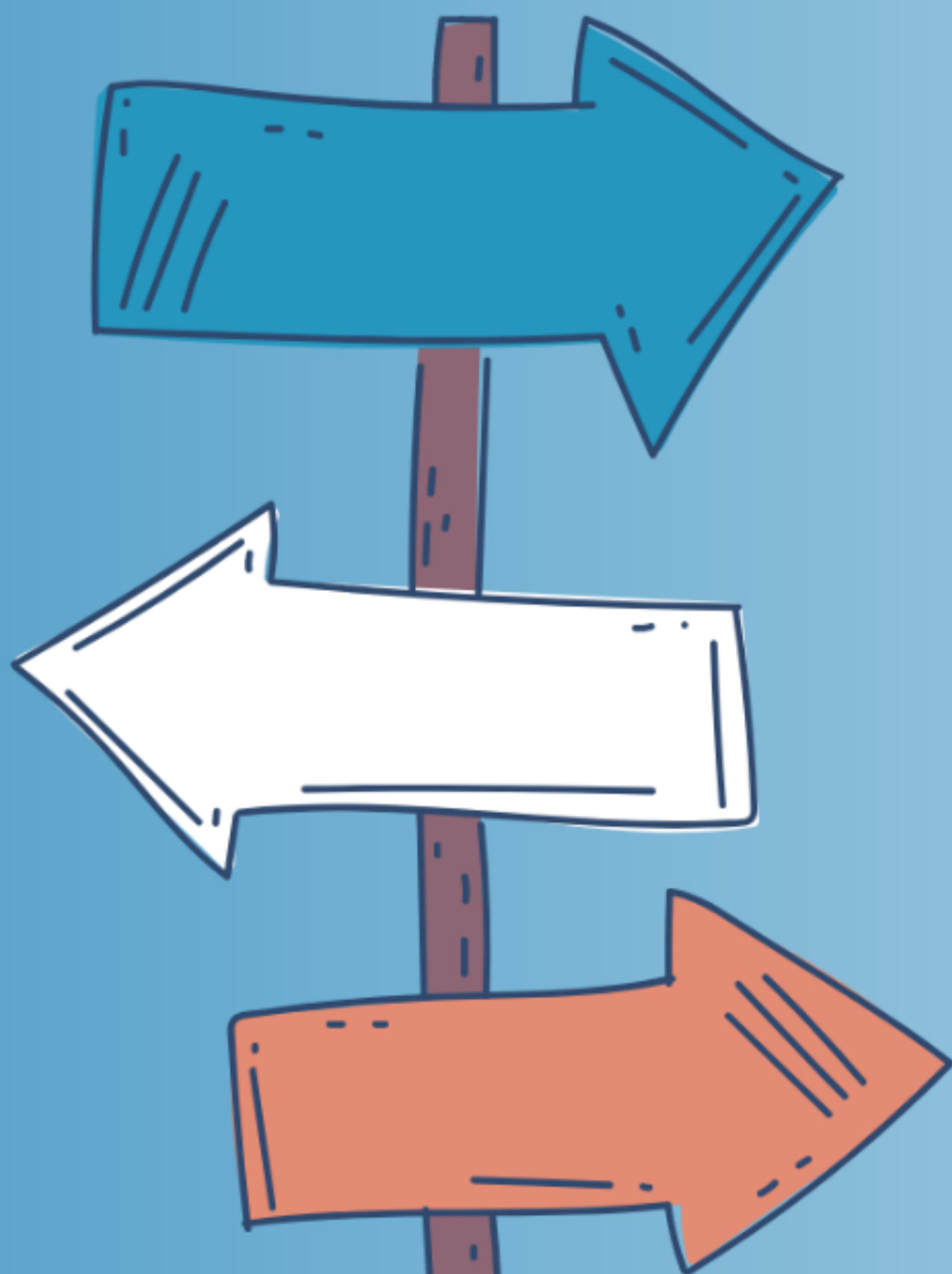
# LOOK & FEEL

# YOUNGER

# IN 7 DAYS



✓ Mini Guide



**Command Your Day**  
with Charlene Day

## 7 TIPS TO LOOK & FEEL YOUNGER IN 7 DAYS

Science has proven that many of the chronic diseases and leading causes of death can be prevented or at least controlled, often through simple lifestyle changes. Adopting the following healthy behaviours will promote better living and a healthy anti-aging lifestyle.

1. **Eat a Balanced Diet** low in saturated fats and rich in fruits and vegetables to have a positive impact on health conditions commonly seen in advancing age. Avoid white sugar.
2. **Maintain a Healthy Weight** to reduce the risk for the diseases of aging.
3. **Engage in Regular Exercise**, including endurance and weight-bearing exercises. Also exercise your brain and drink pure water. Take some time and walk barefoot on the ground.
4. **Quit smoking.** It's the most effective approach to reducing death and disease. Also, stress reduction, sufficient rest and sleep, and regular oral, vision, and hearing care are effective tools to support a healthy anti-aging lifestyle.
5. **Lower Your Exposure** to environmental pollutants, household chemicals and the pesticides, chemicals, antibiotics and hormones in nonorganic food and tap water.
6. Increase intakes of **Vitamin D** to reduce the risk for all cause mortality, **Calcium** for healthy bones, **B Vitamins** to support healthy DNA replication, and antioxidant nutrients such as **Vitamin C, Vitamin E and Beta Carotene** to address oxidative stress and cellular aging. Consider bioactive natural compounds that may play an active role in supporting a healthy anti-aging lifestyle.

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6. **Resveratrol** is a well-studied polyphenol that's been shown to positively impact multiple mechanisms of cellular aging, including DNA protection and repair, genetic regulators of cellular aging, and mitochondrial biogenesis that supports cellular function and longevity. Ask about **Vivix**, a tonic that **reverses all four aspects of cellular aging**.
7. **Become Mindful.** Focus on the simple tasks. Be present. **Breathe.** By slowing down and concentrating on basic things, you'll clear your mind. Concentrate and become mindful of sensations and experiences again: observe the rough texture of a strawberry's skin as you touch it, and really taste the juice as you bite into the fruit; and learn to truly focus on simple tasks while doing them, whether it's washing dishes or getting dressed.

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I hope you enjoyed these **7 Tips to Look and Feel Younger in 7 Days**. Please feel free to ask about the various programs that implement these tips promoting a healthy lifestyle for you and your family.

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