

# The Anti-Ageing Health Lab

## *7 Weeks to a Younger You*

“Your mission, should you choose to accept it is to develop anti-ageing super-habits over the next 7 weeks that save time while allowing your brain and body last longer , so that you can recharge and rejuvenate your cells and soul and feel up to 10-20 years younger in the next 6 months.”

### The 5 Modules to be taught over 7 weeks:

- 1) The Building Blocks, or Wrecking Balls of Super Aging - Raw Materials
- 2) Stress to Bust It or Be-Friend It
- 3) Building Your Body's 6 Batteries -the Keys to Energy
- 4) Xenohormesis and nutrient cycling - how environmental stress become your friends
- 5) The Dynamic Duo of SuperAging - The 2 Big Missing Factors!

*The purpose of the AAHL –to give you the tools, and create the mind-set, beliefs and conditions to attain the health you want to live your life Younger.*

### 1) The Building Blocks, or Wrecking Balls of Super Aging - Raw Materials

Your choices here will either build you up or tear you down.

Understand telomeres.

Homocysteine - what is it, and why supplements are so powerful.

In this module you will learn how easy it is to switch off a major Youth Killer so you know you are doing something every day to lower your risk heart disease, depression, osteoarthritis, rheumatoid arthritis, multiple sclerosis, renal failure, schizophrenia, Alzheimer's and Parkinson's.

So while you may not feel an immediate benefit in your body in the first 7 days, keep it up and your future self will be thanking you.

Getting this right makes everything else you do easier.

### 2) Stress to Bust It or Be-Friend It

Why Modern Life is Stressful

Hormesis - the good side of stress

7 Magnificent techniques to bust it ..

... or to make you more Resilient

Magic Mind-hacks

Why holding your breath could save your brain

Stress aggravates everything from physical pain, to gut issues. It clouds your thinking and stops you enjoying life. So wouldn't having the ability to cut through stress like a steely samurai make your whole world better?

Imagine

- becoming the calm at the centre of any storm
- build resilience to modern living
  - and just about every infection and illness
- easier fat loss
- stronger muscles
- thinking more effectively
- sleeping like a baby

### 3) Building Your Body's 6 Batteries -the Keys to Energy

Building Your Body's 6 Batteries -the Keys to Energy

In the Mighty Module you will learn about the 6 batteries you have, and how to recharge them and build more of them:

- 1) Mitochondria
- 2) Muscle
- 3) Cell membranes - brains and POWER
- 4) DNA
- 5) Structured Water - solar powered humans
- 6) Wind up the windmill of your brain - your Spine

The Shocking Truth about Adrenals and Thyroid glands

If you had unlimited energy what would you with it?

- Exercise more to build muscle and burn fat?
- Or maybe you want to look better in your favourite dress, or at the beach?
- More energy when you spend time with your partner, to improve intimacy and fun.
- Dance until 5 in the morning?
- Take your business to the Moon?
- Volunteer time at a charity?
- Wake up feeling amazing and go to bed happy having completed another full day.
- More energy gives you what you need to get things done!
- Energy truly is your anti-aging superhero to make you feel 10-20 years younger!

#### 4) Xenohormesis and nutrient cycling - how environmental stress becomes your friend

What is 'alien stress' and why is it good for us?

Why is there a new miracle herb or plant every week?

Why is there a new diet every season?

Chemical messengers that turn off and on good and bad genes

- Stop the confusion and finally get clear on the diet and supplement minefield
- Unlock the power of diet and supplement variation so you can switch on your longevity and Youth genes to:
  - Decrease arthritis
  - Boost your immune system
  - sharpen that brain

#### 5) The Dynamic Duo of SuperAgeing - The 2 Big Missing Factors!

Autophagy- The free health strategy that won the 2017 Nobel Prize for Medicine that could spell the end of medicine as we know it and save health care(and you)....

Glutathione – another miracle molecule

True Cellular Detox - the reason why you can't lose weight, gain energy or get out of pain

The nutrition secrets of the Canadian and US Olympic Teams (and maybe the UK team that I'm beginning to work with)

- balances hormones, decrease pain and inflammation,
- boost metabolism by 300%, burn 8 lbs of fat in 4 days and fit into your old clothes super-quick
- regenerate brain tissue to recover from old concussions
- decrease cancer rates by up to 97%
- 'cure' autoimmune diseases
- better athletic performance – get a new personal best
- controlled blood sugar –
- Better digestion, so you can enjoy the food you love
- Proven to kick-start total body and brain regeneration