

Anti-Aging Secrets

“Coffee, cigarettes, sex and whiskey - not necessarily in that order.” That was a quote from an old gentleman I met some years ago. So obviously there are many diverse opinions to the secrets of a healthy, long life. I still remember this old gentleman for his absolute joy and invigoration for life well into his 90’s. But for most of us we would perceive that health regime would not work. However, what obviously worked for this gentleman and many of the thousands of other older people I meet, is one thing they have in common and that is the joy of living without judgements, control mechanisms or buying into other’s emotions. The joy of being alive is truly the most powerful anti-aging factor you can bring to living this experience called life.

OK. Now let’s look at some of ways we can physically manifest how to look good in our old age. There is a difference between feeling good and looking good. Many in the Chinese cultures may be very old but by western standards but not “look” good - very wrinkled, weathered and withered which would be unacceptable to most in the western world.

Anti-aging is actually a total misnomer. None of us can stop aging. Aging is a lineal measurement of time. What we are really looking for is to hold onto our youthful vigor and appearance as long as practically possible. So holding onto that reality, the cigarettes and whiskey may not be the optimum program.

Sex, however, has been proven by many, many studies, to have a profound effect in helping us to maintain our youthful vigor. For men, regular sex in our mature years, helps us outlive those who do not have sex by a number of years, according to the studies. For women, the research shows that this is not necessarily the case. However, for their emotional well-being the studies show that women who have an active sex life in their mature years are far more happier and content within themselves, and thus maintain a more youthful skin tone.

Most of us in the western world relate aging to our looks and appearance rather than physical prowess. So let’s have a look at what affects our appearance. Of course the first thing we look at is the skin, especially on the face, and sadly for women cigarettes have a bigger detrimental affect on the appearance of the facial skin than it does for males.

The question that then begs to be answered is “what are the biggest issues to cause our skin and particularly the facial skin to deteriorate or ‘age’”? As I have said in many of my past articles, the body uses the skin as a depository for many non life-giving and chemical compounds. In other words, the body pushes the toxins away from the internal organs to the surface in a desperate attempt to keep the body working correctly inside.

These chemicals and other compounds then react with the sun resulting in that wrinkled, weathered, leathery appearance. If you like, the skin is trying to run a marathon every day and like any cell that has been stressed, it will lose it’s elasticity

and it's ability to function, unless it is nourished extremely well. So therefore, is our appearance of aging, due in some way to malnutrition? Yes, it is. But not malnutrition as we would normally understand it. The malnutrition I am referring to here is actually a lack of mineralization and good fats in the diet.

I looked into this many years ago when I was in agriculture. I took 300 heifers (young cows) from the mineral rich river bed soils of the Waikato to the glacial washed mineral depleted soils of Canterbury. Within 12 months those brilliant healthy young animals looked old.

After not getting any help from traditional veterinary science I looked elsewhere and an old mineral fanatic came onto my farm and told me my animals were mineral deficient. We subsequently poured tons of minerals into our cows and onto the soil and the transformation was nothing other than miraculous. The same happened with one of my clients who had extremely dry, almost crocodile feeling skin, and along with correct mineralization we poured high levels of the good fats into her, including butter, cream, and good old New Zealand lamb and today her skin is soft, beautiful and young looking. She herself said it has taken more than 10 years off her looks.

I myself use mineralization and advise all my clients worldwide that the single most important thing for their life force, vigor, looks and skin tone is mineralization. You can change the way you feel and the way your skin looks, your vitality, your libido, your immune system, your energy levels, and literally every single parameter in your body with correct mineralization. It is a known fact in North America and especially New Zealand that our soils are extremely deficient in most macro and micro minerals. Just as nearly every farmer and race horse breeder pours minerals into their animals so it is that we need to as well.

In agriculture I was known as Mr. Minerals, and as all my clients know, unless they supplement with minerals I am really not interested in helping them regain their vitality and health. It is just too difficult.

The next biggest thing that most people do not realize is the effect that movement has on the process of aging or put more correctly looking old prematurely. Prior to the second world war, 80% of us lived in a rural environment where physical activity was a big part of our daily existence. Today, 85% of us in the western world, live in an urban environment where the biggest part of our daily existence is sitting on our butts! Movement is life. Movement cleans the cells. Movement is required to make the food available to our cells. In other words, movement is like a spring cleaning on a daily basis. Without movement we will age prematurely, period.

The next major factor that I have observed in over 30,000 clients, is one's outlook on life. Those that get consumed with their own and other's emotions, feel life is dealing them a bad hand, and generally don't take responsibility for stimulating a happy and outgoing persona, appear to age much faster than those with a happy disposition.

Cancer is a case in point, even though you don't catch cancer, it is self inflicted in some way or another, in 9 out of 10 cases I can always find an emotional index in a cancer client's body. All emotions, judgements and control mechanisms have a tightening effect on our cells. As that tightening takes place the cells cannot get nourished properly, cannot uptake the minerals from our food, run out of energy, have a decreased ability to receive oxygen and thus a cancerous state is set up.

Yes, we can put all the creams and lotions onto the skin to try and make it look better or feel better and most off-the-shelf products do make your skin feel better, but if those products are full of chemicals and have no biological life force in them then we would be doing more long term damage to ourselves than if we did nothing. Our skin is a live, biological farm as well as being the biggest absorbable organ in the body.

Our skin reflects our life force. It tells us everything about us. Of course most people, particularly women, do not like their skin tone or condition. Hence, the thousands of tons of makeup that is applied annually. As we all know, make up is technically a paint that is used to cover imperfections and give the appearance of being younger and healthier. But surely applying makeup is an admission that our skin is not healthy so therefor rather than masking the issue it would be more advantageous to fix the problem!

Earlier on in this article I did not mention the adverse affects of coffee as many would. Caffeine, as we all know, is a stimulant and research has shown that caffeine, along with a little bit of nicotine (believe it or not!), and a little chocolate as well, has a very beneficial affect due to it's stimulating process on the cells. We all like stimulation. We all know how invigorated we feel from mild stimulation. And the research has shown stimulation or feeling invigorated has a very anti-aging effect. But of course over stimulation can drive us into adrenal fatigue which has the opposite affect.

So maybe the keys to anti-aging are: enjoy life, get out there and move, partake of the pleasures of life, including sex, and pour available, preferably liquid minerals into your body on a daily basis, be upbeat and positive and most of all let go your judgements and belief structures and just enjoy being you. And don't put chemical, biologically dead compounds onto your skin! Use biologically alive, non-chemical skin products. That is why I have spent the last seven years of my life, creating the Electric Body range of healthy skin care.

After 30 years in the health field and many years in agriculture prior to that, if you want to know the best available source of minerals, contact the author.

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