

How To Live Up To 10 Years Longer

**Discover The Secrets To Adding Up To
10 Years To Your Life!**

Living Longer: Complete Guide

MEDICAL DISCLAIMER

The medical information in this guide is provided “as is” without any representations or warranties, express or implied. We make no representations or warranties in relation to the medical information within this book.

If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition you should seek immediate medical attention.

You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in this book.

Table Of Contents

Introduction To Living Longer	4
Our Greatest Fear Of All	6
Your Personal Snapshot.....	10
4 Bad Habits That Are Killing You	12
Minimizing Your Risk of Cancer.....	15
How A Positive Outlook Will Extend Your Life	23
Improving Heart Health	25
Meditation Secrets	30
5 Steps To Living Longer	34
Your Family History.....	37
3 Quick & Powerful Lifestyle Changes.....	39
Final Thoughts.....	44
Further Reading & Resources.....	45

Introduction To Living Longer

Let me ask you a serious question: What would you do if you were given the opportunity to extend your life by up to 10 years?

Would you listen intently to the advice given by those who have been successful at living longer, fuller lives?

Would you soak it all up – the information dolled out to us by those who have carefully studied the average lifespan and discovered that it really is possible for some of us to live decades longer than others?

Between you and I, I've always had a paralyzing fear of dying. In fact, for many years I avoided the topic of death altogether, so that whenever it was brought up I'd tune it out, not wanting to even address the issue.

It is inevitable - Life, as we know it, only lasts for so long, so what was the use in analyzing things – in talking about such an absolutely depressing topic?

But I thought about it more than I cared to admit. In fact, there were times when I absolutely obsessed over my life, a panic rising up in my chest that literally wracked my body with such intense anxiety that I struggled to breathe. Why, did I fear death so much?

Then I thought about friends and family that had passed on over the years. I thought about how so many men in my family passed away so young, while friends and their family members went on to live well into their late 90's.

I wondered why certain families seem to be plagued by disease such as cancer, while others went on, generation after generation, living long, full and healthy lives.

Was it just a case of bad luck, or bad genetics? Or did it have something to do with key lifestyle differences?

I decided to dig deeper, to uncover any clues as to what I might be able to do that would extend my own life. After all, we only have one and I wanted it to last as long as possible.

This guide, "*Living Longer*", is based on my many discoveries throughout the years. It's designed to help you improve your day-to-day life while taking steps to extend the experience.

In fact, it's my belief that the information contained within this book has the potential to extend your life by up to 10 full years, so if that's something that's important to you, then please, take the journey with me.

It begins with a single step.

Our Greatest Fear Of All

Everywhere around you, there are products and services that are all focused on extending our lifespan and holding onto the time of our lives that we so desperately miss – **our youth**.

From anti-aging medication that promises you increased vitality (keeping you one step ahead of Father Time), to weight loss programs that promise you that just by losing a few extra pounds you'll live years & years longer, there is an entire industry focused around mankind's ultimate fear – dying.

And it's no surprise – the thought of our story ending, is incredibly sad. Who wants to think about all that that we'll leave behind? Of the times we'll miss out on?

But what is even more terrifying to us all is that we'll pass on before our time is really up. That the Grim Reaper will come for us before we're truly ready, before we've had a chance to accomplish everything that we've set out to do. Before we were meant to go.

That was the real foundation, the basis of my greatest fear: Not that I would die, for that is inevitable, but that I would die too young, too soon.

This is what led to my journey into self-discovery. I wanted to take myself

apart, piece-by-piece, and put my life back together as if it were a jigsaw puzzle that I needed to figure out. I wanted to dissect every tiny corner of my world so that I could put it all back together in such a way that it would be stronger, healthier, and better than ever before. I wanted to do all that I could to live longer – to extend my time on earth and to minimize any chance that I would be taken before I was truly ready to go.

I began with the most obvious of areas – my lifestyle, and this is where I discovered the majority of my problems.

I was leading myself down a very dangerous path, and without really thinking about the end consequences. I was living for the “here & now”, paying little attention to the implications later on.

And all around you, it’s happening. You’ll see people living unhealthy lifestyles with little concern of its later impact. Perhaps it’s because we feel almost invincible when in our youth or our prime, or perhaps it’s that we aren’t mature enough to see well into the future when our minds and bodies are still suffering the “side effects” of a wild and crazy youth.

Going into my forties, I was still living a lifestyle that was designed for short-term pleasures. I was overweight, unhealthy and unhappy in many different ways, yet in the back of mind I kept telling myself that I’d sort it all out eventually, as if I had unlimited time to get my act together.

What was the rush? I felt that I’d have more than enough time to get to it later on. I wasn’t in any hurry.

Then a health scare changed everything.

It's one of those things that have to happen to you personally in order for you to truly understand, but let me tell you that **nothing** shakes the very foundation of your life more than a direct threat on it does.

And it instantly got my attention.

When you are facing death you are able to see the real you in all of its glory. The years of burdening your body with extra weight, the toll that ongoing (un-treated) stress has taken on you, the ridiculous, twisted and outright irresponsible ways that you've abused your mind and body – and the cold hard truth that the situation you are facing is entirely your own fault.

In my case, I was sitting across from the doctor as he told me that I had diabetes and that if I didn't lose weight soon I would probably not last for another five years.

Sitting there across from him, I felt exposed. My throat tightened up, my breathing raspy, and I was sure that I'd black out if I didn't get some air – quickly.

But it was a wake up call and one that was ever so needed. If I didn't make dramatic changes to my life I would die. I no longer had the luxury of time; I couldn't risk putting it off for another few years.

The doc was serious, and for the first time in my life, I had to face my fear. I was forced to look Dr. Death in the face and I could either let him take me, or knock him down and survive another day.

When I finally started making changes to the way that I existed, I was shocked at just how great of an impact it had on me.

Not only did I FEEL better, I LOOKED better – and then and there I knew that I had just made a change that would shape the rest of my life – and ultimately, that it would extend it.

It's been twelve years since the revelation that would change my life and I have never felt better, stronger or more focused. I'm no longer afraid because I know that I've done everything in my power to minimize my risks.

Let's take a look at how you can do the same.

Your Personal Snapshot

In order to make changes that will extend your life and minimize your risks of health problems, you first need to analyze your life – as one complete snapshot.

Begin by drawing a visual picture of your life. Start with your day-to-day living, your overall lifestyle and any contributing factors that may cause stress, and unnecessary anxiety.

The idea is to analyze yourself and how you are directly contributing to a decreased life span, and make no mistake – there are always ways that you can improve your way of living so that you are able to live a longer, healthier life.

For me, I began by writing down a list of “Unhealthy Habits”, and I suggest that you start off doing the same thing because it will really help you identify potential problem areas in your life that need attention. Some of them were obvious (I was a 2-pack a day smoker), and some may not be as obvious, so dig deep.

Whatever you personally classify as “unhealthy” should be added to this list. These are areas that require both “physical and emotional strengthening”.

If this all sounds a bit complicated, it really isn't. Taking this step will provide you with a complete overview of who you are and what you can do to strengthen key areas of your life so that you are minimizing health risks.

Once you've gained valuable insight into who you really are, you'll be able to see for yourself, just how easy it is to fix problems, improve your overall quality of life and make sure that you're around for many years to come!

4 Bad Habits That Are Killing You

We're all in full control of the shape that our lives take, but for many of us, we simply overlook just how much bad habits affect our ability to live full and healthy lives.

A recent study revealed that there are 4 main behaviors that influence our ability to look and feel younger, and to live as long as possible. In fact, these bad behaviors can age us by as many as 15 years!

These are:

- Smoking
- Alcohol Consumption
- Lack of regular Exercise
- Bad Eating Habits

Bad Habit #1: Smoking

When it comes to smoking, the dangers are now very obvious. Smoking can cause cancer, heart disease, gum disease and ultimately, death.

Thankfully, we can do something about it. With quit smoking aids on the market, including patches, electronic cigarettes, inhalers and prescription based aids like Champix, we can finally kick the habit regardless of how long we have been smoking, or how much we smoke each day.

This was the first main change that I made and it was a HUGE one. I had started smoking at only 16 years old, so by 40 I was smoking almost two packs a day.

I used to look at smoking as a “social” habit more than a dangerous one. I knew that I had certain triggers that would cause me to smoke more than usual, such as coffee or stressful times in my life, but it wasn’t until I started struggling to breathe that I finally decided it was time to kick the nasty habit.

I couldn’t go it alone – quitting cold turkey didn’t work and I only ended up smoking again and again, each time growing more frustrated in my inability to let go. Then one day a friend suggested a non-smoking aid, and after three months taking the patch, I was able to completely quit.

Now, two years later I remain a proud non-smoker, and the benefits of it go beyond extending my life (though that was the main motivator). I can now breathe! I can run, keep up with kids; work out as hard as I want to, not to mention how much better my food tastes!

If you are currently a smoker, quitting should be your top priority. Don’t rush into too many life changes at once; otherwise you’ll minimize your chances of success in sticking with any real change but instead, start off by kicking the worst bad habit that you have, and once you feel strong enough, move onto the next.

It took a year of staying off the tobacco wagon before I felt that I was strong enough to start tackling my next bad habit – unhealthy eating.

It's been proven that quitting smoking can add up to 10 years to your life (6-8 year average if you can quit by age 40), so don't put it off another day. Develop a plan to quit and kick it into high gear.

The key to successful change is to focus on just one area at a time, only moving on to the next area when you are 100% sure that you're ready.

Bad Habit #2: Drinking Alcohol

The level of regular alcohol consumption also plays a major role in minimizing our natural life span.

Men who drink more than three glasses of alcohol a day are at a greater risk of heart disease.

However, in the same 2010 study conducted by the Journal of Cardiology, men who drink two glasses of red wine a day experience from significant heart benefits.

So, drink in moderation and pay attention to what you drink.

Red wine carries extraordinary heart and circulatory benefits that are not as available in white wines.

Bad Habit #3: Lack of regular exercise

In order to maintain good blood flow and circulation, you need to get up and get active. Daily exercise is the true secret to extended youth and vitality, and in a 2008 study, it was revealed that regular high intensity workouts, especially cardio-based can add up to **FIVE** years to your life!

Not only will regular exercise extend your life span but it will increase metabolism, help you stay focused by giving you mental clarity and lower your risk of heart disease and other heart related health problems!

Bad Habit #4: Bad eating habits

When it comes to bad eating habits, it's not just in what we need but in how much we eat, that affects us.

If you want to extend your life, you need to avoid over-eating. Author Dan Buettner, an expert in longevity studies, found that those who lived to be 90+ all had one thing in common: They stopped eating only when they felt 80% full.

Rather than stuffing themselves, they walked away from the dinner table *"barely satisfied"*.

Make no mistake – starving yourself will only lead to additional problems, so it's important that you don't under-eat, but rather than eating until you can't handle one more bite, consider stopping as soon as you feel content.

In a 2008 study that involved eating habits and longer lifespans, St. Louis University researchers discovered that eating less helps us all age much slower, in fact, they revealed that limiting the number of calories consumed each day lowered production of T3, a thyroid-based hormone that slows down our metabolism rates, and in turn, speeds up the aging process!

You also need to pay attention to what you eat. Our body requires fiber and vitamins that are found in fruits and veggies, so make sure to consume the recommended daily serving.

Keep in mind that fruits and vegetables also carry antioxidants that fight inflammation and help boost circulation, which will in turn, banish wrinkles!

Minimizing Your Risk of Cancer

Cancer is everywhere, and chances are that you know of someone who has suffered through cancer of some kind.

The good news is that minimizing your risk of cancer is easier than you may think. In fact, with just a few simple lifestyle changes you can dramatically reduce your risks to many different types of cancer.

Thomas A. Sellers, PhD, associate director for cancer prevention and control at Moffitt Cancer Center in Tampa, Florida says “As many as 70% of known causes of cancers are avoidable and related to lifestyle choices.”

Here are a few ways to minimize your risks of cancer:

Avoid Smoking & Exposure

Even if you aren't a smoker yourself, smoke exposure is incredibly harmful and in many cases, can be just as harmful as if you are smoking yourself.

Second hand smoke contains more than 50 different carcinogens, which disrupt normal cell reproduction, and has been proven to ignite cancer development.

Gone are the days where we were ignorant of the incredible risks associated with smoking. We know better today – and we have no excuses left. Research different quit-smoking aids and create your own

personalized campaign today.

Here are a few things worth considering:

Patch

The pros' are that they are affordable and effective at short-term quitting but the cons' include lower success rates over a long-term basis, and they can cause skin irritations.

Worth considering if you need a quick, easy and affordable way to kick-off your quit smoking plan.

Medication

I personally used Champix to kick a 20-year habit, but there are many different options on the market that will help reduce cravings, making it far easier to rid you of the habit.

Get in touch with your family doctor to discuss possible medications that will help you quit, but always do your own research before you start.

Inhalers – eCigarettes

I used inhalers and electronic cigarettes to curb cravings and help me to stay on track when I finally quit smoking.

Costs run anywhere from \$7 – 20 each and last up to 30 days. Just make sure that you choose a nicotine-free inhaler!

Avoid Sun Exposure

Being exposed to direct sunlight for extended periods of time can cause skin cancer.

The first step is to avoid UV ray exposure, by wearing sunscreen, staying indoors during mid-day periods, wearing protective clothing when outdoors and avoiding tanning beds.

Filter Tap Water

You can instantly reduce your exposure to well-known carcinogens just by filtering your regular drinking water. In fact, countless studies have revealed that filtered tap water is actually safer than bottled water and is far more affordable.

Consumer Reports top picks include: Brita OPFF-100, Culligan brands and Pur Vertical – all found at local grocery shops and retail outlets.

Eat Healthy

It's been said that you are what you eat and when it comes to minimizing your risk of cancer, your eating habits play an important role in keeping you protected.

Fruits and vegetables contain important nutrients, vitamins and antioxidants that work towards repairing damaged cells and boosting our immune system. This keeps our body at full power, so that it's able to fight off cancers.

It's been proven that certain types of vegetables offer more protection than others, namely green, orange and yellow fruits and vegetables that contain a higher level of antioxidants as well as dark fruits such as blackberries, blueberries and grapes that contain a high level of anti-cancer properties.

Know Your Environment

When it comes to minimizing your risk of cancer, you need to know what it is that you're dealing with, and coming into contact with, on a daily basis.

You should know your environment, especially your workplace and what you are potentially being exposed to such as fumes, dust, dirt, bacteria's, arsenic, and other carcinogens that are often found in both indoor and outdoor work environments.

Limit Red Meat Consumption

It's important to limit your consumption of red meats and animal fat, replacing it with healthier alternatives such as poultry and fish. Red meats contain a high level of unhealthy fats, which not only put you at greater risk of cancer, but obesity.

In the event that you simply can't go without red meat, consider marinating it before grilling. Processed, charred and well-done meats can contain heterocyclic-amines, commonly linked to common carcinogens.

Drink Up!

According to recent studies, those who drink 5 or more cups of coffee a day had a 40% decreased risk of brain cancer, credited to the caffeine

found in coffee. (Decaf carried no benefits). So, drink up, java lovers!

Hydrate

Drinking plenty of water each day has been proven to decrease risks of various cancers and helps your body's organs thrive, while nourishing muscles and joints.

Try to drink at least 8 cups of water a day, according to the American Cancer Society.

Understand Carcinogens

You've heard the term "carcinogens" before, but you may not understand all that it includes.

Carcinogen is defined as "Any substance that can cause or aggravate cancer".

The International Agency for Research on Cancer assigns carcinogens a rating by grouping them into one the following five standard classifications:

- Group 1: The agent is carcinogenic to humans.
- Group 2A: The agent is probably carcinogenic to humans.
- Group 2B: The agent is possibly carcinogenic to humans.
- Group 3: The agent is not classifiable as to its carcinogenicity to humans.

- Group 4: The agent is probably not carcinogenic to humans.

How A Positive Outlook Will Extend Your Life

There's a very powerful reason to be happy and to do your part in living a life that is free of negativity.

Being happy can actually extend your life by up to 10 full years!

According to Health Psychology Journal, enjoying a happy marriage leads to greater life expectancy, especially in men.

In fact according to dozens of different studies conducted throughout the United States, Canada and the United Kingdom, men and women who were in happy partnerships were known to live longer.

It's easy to see why. Loneliness has been linked to a shorter lifespan, and so by engaging others and participating in a positive and nurturing relationship you are directly contributing to an extended life cycle.

A lot of it has to do with psychological factors. Happy people don't just go through life, ***they engage life.***

They enjoy every moment, and welcome it with open arms. They are found to be more positive, open-minded and are far more likely to be equipped with the tools and support system to effectively manage stress and anxiety.

They have a reason to keep going, a strong motivation to live. When you build your life around a sound system of support, of positive engagements and uplifting atmosphere, you are far healthier both mentally and emotionally.

So, it's no surprise that those in happy relationships outlive those who are single, or unhappy.

And hand in hand with being happy involves being social, so even if you aren't in a relationship you can still benefit from life-expectancy increases by simply getting involved in groups, social events, your community, church or by participating in local activities!

Improving Heart Health

When it comes to increasing longevity, you need to take matters to heart.

Literally.

Heart disease, including heart attacks, arrhythmia, high blood pressure and aneurysms account for thousands of early deaths every year, and many of those deaths could have been easily avoided.

Heart disease is a permanent condition that cannot be cured. In 2005, there were over 80 million people in the United States living with some form of heart disease, and sadly, that number continues to grow every year.

Who is at risk?

While there are many uncontrollable factors such as age, gender and family history, there are also many factors within your control such as smoking, high blood pressure, obesity, and allowing high stress levels to interfere with your daily life.

It's time to take action in minimizing your risks of heart disease, so that you can live a longer life.

Here are a few ways to keep your heart healthy and increase your life

expectancy:

Increase your dairy intake:

According to a recent study by the American Journal of Clinical Nutrition, consuming 3 or more servings of dairy a day can reduce your risk of heart disease by up to 40%!

"We don't know exactly how dairy lowers heart-disease risk, but other studies show that the calcium and magnesium in it can lower blood pressure," says study author Donna Spiegelman, Sc.D., a professor of epidemiology at the Harvard school of public health.

Do you want to lower your risks even further?

Consume products that are fortified with vitamin D. British researchers have found that daily D supplements will lower blood levels of C-reactive protein, a marker of arterial inflammation, by over 20%!

Avoid a sedentary lifestyle:

It's far too easy to fall into a relaxed, sedentary lifestyle and while it's important to take time out for yourself, you want to avoid becoming consistently inactive.

Maintain a healthy weight:

Don't let yourself become overweight, and avoid yo-yo'ing (which is equally as dangerous and remaining overweight for long periods of time). Maintain a healthy diet and maintain a healthy weight. Not only will this help

minimize risks of heart disease but it will lower your cholesterol and blood pressure.

Eat a heart healthy diet:

There are many fruits and vegetables that are good for your heart including asparagus, sweet potatoes to robust cabernet, and each food group will deliver a straight shot of phytonutrients to your heart.

Here are a few other “heart-healthy” foods to consider:

Salmon

Contains Omega-3 fatty acids.

Flaxseed

Contains fiber, Omega-3 fatty acids and phytoestrogens

Oatmeal

Contains Omega-3 fatty acids, magnesium, calcium and potassium.

Almonds

Contains plant Omega-3 fatty acids, magnesium, fiber and phytoestersols.

Black & Kidney Beans

Contains B-complex vitamins, magnesium, calcium, soluble fiber and omega-3 fatty acids.

Tuna Fish

Contains Omega-3 fatty acids, niacin and folate.

Walnuts

Contains plant omega-3 fatty acids, magnesium, fiber.

Tofu

Contains niacin, calcium and magnesium.

Soy Milk

Contains isoflavones, B-complex vitamins, folate, calcium, magnesium and potassium.

Blueberries

Contains beta-carotene, anthocyanin flavonoid, fiber, potassium, magnesium, calcium and Vitamin C.

Carrots

Contains alpha-carotene and fiber.

Brown Rice

Contains B-complex vitamins, niacin, calcium and fiber.

The most important thing to keep in mind is that you want to consume as much fresh produce as possible, with whole-foods in their natural form.

The less processed, the better.

Meditate 20 Minutes a Day:

Whether you're the "meditating type" or not, meditation has been linked to a reduction in heart disease.

According to Thomas Jefferson University researchers, daily meditation may reduce stress and anxiety levels by more than 50%, and that's an important part in keeping your heart healthy.

Take Aspirin:

Researchers at the University of North Carolina found that consuming aspirin regularly will cut the risk of coronary heart disease by 28 percent in people who had never had a heart attack or stroke, but were at heightened risk.

For maximum impact on your blood pressure, take a low dose just before bed.

Meditation Secrets

According to an extensive study conducted by Robert Schneider, those practicing transcendental meditation had a 23% lower risk of death from all causes.

So, maybe it's time that you thought about implementing some form of meditation into your daily life.

I know what you're thinking, especially if you are anything like me. I never saw myself as a "meditation" sort of guy. In fact, the whole idea of kneeling in some trance-induced state while conjuring up my "thoughts and feelings" was a bit of a reach. That was until I read countless studies where meditation was not only used as a self-healing technique, but that it was commonly associated with increased life expectancy.

So I thought, why not?

One of the studies that really changed my mind about meditation was conducted by the American Journal of Cardiology that revealed that from a group of 202 people, the group that practiced meditation had 30% fewer deaths from heart disease and 49% fewer deaths from cancer.

Needless to say, it was enough to change my mind.

It has the power to truly transform your life. Not only is meditation proven to improve your spiritual well being but it has been used for thousands of years as a way of managing pain, reducing stress and is thought to promote cardiovascular health by slowing the heart rate and pace of breathing, as well as the flow of blood to your heart.

Here are a few tips to help you get the most out of your meditation sessions, and if you're brand new to the world of meditation I suggest starting off slow – with 10-15 minute sessions, building up to 20-30 minute sessions.

Pay Attention To Your Breathing

During your first session, you'll be concentrating carefully on your breathing. This session will serve to begin teaching you the proper way to breathe. You will be concentrating thoroughly on the coolness and the warmth you feel as you inhale and exhale.



During this session, you will try to concentrate so thoroughly on your breathing that you tune everything else around you out. Every noise, every sensation, everything you see, feel, and think should be pushed out of your mind.

Concentrate thoroughly on your breathing. Inhale slowly through your nose for a count of approximately eight seconds, feeling the cool air against your nostrils as you breathe in.

Exhale through your nose for another eight seconds, feeling the warmth of your breath in your nostrils and under your nose. Take care to ensure that your stomach is filling with air rather than your lungs. Pay close attention to the rise and fall of your abdomen. Continue this for 10-15 minutes, and then end the session.

The Power of Visualization

Visualization is extremely useful for centering yourself and bringing your mind into a state of peace and contentment. There are several ways that visualization can be useful.

It can be used to aid you in many pursuits. Visualization can be used to:

- Take your mind to a calm, serene place in order to focus
- Free your mind of conscious thought that can disturb meditation
- To concentrate on solving certain problems in your life
- To visualize the things you want and make them more real
- To take yourself to a place where you are truly happy



For those who are using the teachings of The Secret (the law of attraction) in their lives, meditation in conjunction with visualization can help make it easier to attract the things in which you seek. The law of attraction requires that you picture yourself having what you want, living the life you dream of, and being the person you are meant to be. Visualization in conjunction with meditation can increase this power.

If you suffer from depression or mood disorders, visualization can be used to take you to a happier place whenever your mood dips. As you meditate, you can take your mind to that place which makes you feel true joy and peace, and you can train your mind to stay there long after your meditation session has ended.

If you have trouble centering your mind and concentrating during your sessions, visualization can help you focus. You can replace conscious thought with the things you visualize, which can help you concentrate much better.

Some people may have a lot of trouble drowning out background noise and interruptions. They may be able to use visualizations to replace all of those background interruptions in order to concentrate more fully and bring their minds into a true meditative state.

5 Steps To Living Longer

1: Minimize & Manage Stress

Stress can quickly take its toll on the mind and body, and when left untreated over a long period of time, anxiety and stress can actually decrease our life span by up to 15 years!

It's important to find healthy ways to reduce and manage stress levels in our day-to-day lives.

We all suffer from stress from time to time, and for most of us, interaction with stress isn't entirely unavoidable, but if you take measures to effectively reduce your overall stress levels, and to properly manage stress as it happens, you'll be far healthier in both your mind and body.

Consider short meditation sessions, a quick & hard work out, thirty minutes of cardio, yoga, or just take a bit of time out of each day to unwind. You deserve it – and it's an important component in a healthy mind and body.

2: Have More Sex

It's been proven that regular intercourse (up to 4 times a week) can add as many as three years to your life cycle. It also can burn a ton of calories helping you to stay trim and toned. In fact, one love making session can burn up as much calories as thirty minutes of cardio!

Regular intercourse has also been proven to lower blood pressure, help to reduce stress levels and boost your immunity system so that it's able to fight off harmful bacteria and viruses. So, get your groove on!

3: Get Active

Getting active goes beyond regular exercise. If you tend to sit in front of the computer for long periods of time, or you tend to watch a lot of television, you are ultimately reducing your life span by up to 10 years!

In fact, a 2010 study conducted in Toronto Canada, revealed that people who watched more than 4 hours of television a day were 46% more likely to die from any cause than those who watched less than 2 hours a day.

Take that into consideration and think it through. If you can increase your life span and minimize your chances of death just by getting up and becoming more active, while minimizing the amount of time spent in idle position (I'm talking to you, couch potato!) then get up and go!

4: Minimize Exposure To The Sun

If you are serious about minimizing your chances of getting cancer, you need to avoid an overload of exposure to the sun. Use sunscreen (SPF of 30 or higher) and keep in mind that your protection should go beyond just your face. Wear sunglasses, dress appropriately and make sure to cover up your neck, shoulders and chest when the sun is at its highest peak.

5: Eat Clean Foods

What are "*clean foods*"? They are foods that are free from added

hormones and preservatives. Consider purchasing produce grown without pesticides and make sure to thoroughly wash all of your fruits and vegetables before consuming.

Your Family History

It's easy to increase your life expectancy when you take proactive measures to reduce health risks, and to lead the healthiest and happiest life that you possibly can.

Apart from all that we've covered, here are a few other things to keep in mind when taking steps to increase longevity.

Know Your Family History

Knowing your family's medical history plays an important role in your ability to remain healthy, and to extend your life expectancy.

Family history, in fact, is one of the highest markers for longevity. If your family has a history of cancers, heart disease, diabetes or stroke, you will want to go in for routine check-ups and to pay close attention to your overall health, and any indication that you are at current risk.

By knowing your family history, you can take active steps to protect yourself by paying attention to early warning signs, and in closely monitoring your overall health with regular check-ups and health screens.

For example, if you have a history of prostate cancer in your family you will want to go in for regular screenings and tests so that you are able to identify potential problems early on.

Get Thorough Check Ups

One of the most dangerous things that you can do is skip regular checkups and routine screenings, but it's equally as important that you have thorough checkups and that you are tested correctly based on your family history and current lifestyle.

Depending on your history tests may include prostate checks, colonoscopies, testing blood pressure, glucose tests and heart monitoring.

3 Quick & Powerful Lifestyle Changes

If you are serious about increasing your life span and becoming the healthiest and happiest that you've ever been, there are a certain lifestyle choices and habits that you'll want to reconsider.

Early in this guide I asked you to create a personal snapshot of your life. This is a time to reframe your lifestyle, and to recreate it in a positive, healthy and happy way. This means that you may need to make drastic changes to both the way that you live your life, and the way that you feel about certain situations and relationships.

When I went through these changes it was a complete body, mind and soul cleansing. It felt as though I were detoxing my life from all negativity and impurities so that I was better equipped to live a life designed for longevity.

My health was always important to me, but when I analyzed the way that I disregarded certain habits that I knew to be negative influences, I was finally able to get on track towards a longer and happier life.

Here are a few areas in your life that may need some extra attention:

Your Sleep Cycle

Part of staying healthy involves a consistent sleep schedule, and your body and mind truly need adequate sleep in order to perform at their very best.

For those suffering from insomnia, our internal clocks are horrifically altered and with it comes our body longing for sleep and rest but our minds preventing it from ever happening.

The primary hormone in our body that triggers sleep and tells the brain that it's time to wind down and prepare for rest is called cortisol. This hormone follows a 24-hour consistent cycle, awakening in the early morning hours and tapering off as the evening draws near.

When the levels of the cortisol hormone rise, we experience a surge of energy, which explains why we all have more creative periods during the day where we are most productive and at top performance.

As the cortisol hormone tapers off and begins to drop, our energy follows suit and we begin to experience fatigue. For the average human, our cortisol hormone levels drop the lowest after it's very dark outside (around 3 - 3 1/2 hours after sundown), and our bodies then shift into "repair mode", which helps us to self heal, regenerate tissue, cells and overall recovery.

An optimal sleep pattern involves 7-8 hours of sleep, with our sleep schedule beginning at 10pm. It's been proven that physical repair to both our immune systems as well as organs and tissues begins shortly after we fall asleep and continues for up to 5 hours, ending around 3am (if we sleep at 10 pm in the evening).

This natural repair system takes care of many other potential illnesses and

ailments as well including eliminating cancer cells, viral deficiencies, repairs immune cells, tissue, eliminates bacteria and other harmful agents.

Our sleep pattern involves psychic repair as well, where our brain releases chemicals that improve our state of being, as well as enhancing our ability to fight off colds and flus with a stronger immune system.

4 hours from the time we fall asleep we shift into what is called REM sleep as well as non-REM sleep (rapid eye movement) which takes our minds on a journey between light sleeping into deep sleep (where you are likely to dream).

This period of our sleep cycle is very important and helps to relieve anxiety and stress as well as process activities, thoughts and emotions that we've experienced throughout the day.

Common symptoms of insomnia include:

- Constant irritability
- Always feeling tired
- Migraines and headaches
- Loss of memory
- Inability to focus or concentrate
- Waking up throughout the evening several times for no reason
- Being able to sleep only with the consistent aid of medication

So, what can you do to combat insomnia?

Natural Remedies:

Valerian is a sedative-based herb and can be found in local shopping marts and health food chains. Take 1-2 capsules a half hour before your scheduled bedtime.

Here are other herbs used to treat insomnia:

Chamomile

Popular variety of tea but the actual plant is used in a large number of herbal remedies and is known to treat insomnia.

Echinacea

Originally used by the Native Americans, this herb does more than combat insomnia but also help treat flus and colds.

Melatonin

This is a hormone that helps to regular the sleep cycle, getting you back on track towards a natural sleep schedule. The tablets are placed under the tongue and quickly dissolve. Take 2.5 MG prior to bedtime.

Time Out

Everyone needs time out and time away, including you. Whether you work at home, commute to a hectic job each day or you're retired – you still need to make sure that you are getting plenty of rest and relaxation. It's a required component in a healthy lifestyle.

Plan regular vacations, even if they are only short weekend getaways or simple trips. Change things up – it will help you retain a positive outlook and add excitement in your life. Be spontaneous, and soak up every minute that you can.

Minimize Stressors

When I used to feel heavy stress I simply chalked it up to part of life. I didn't expect to go through my days without encountering my share of anxiety. After all, everyone suffers with it every now and then.

The problem was that I was suffering from it regularly, and without realizing the toll that it was taking on my mind and body. I ended up dealing with bouts of insomnia, major mood swings, lack of appetite and consistent restlessness that led to continued fatigue and depression.

It's important to identify key stressors in your life and to do your best to minimize the level of anxiety that affects you on a daily basis. While you will never be able to eliminate anxiety and stress entirely, you can equip yourself with the tools you need to minimize its effects.

Final Thoughts

Extending your life expectancy is something that you can do just by making small, yet powerful changes to your lifestyle. Take matters into your own hands and minimize your risk of cancer, heart disease and other detrimental health issues that will cut your life short.

Focus – not on those that cause you harm, unhappiness or grief, but on those that contribute to your happiness. Surround yourself with a positive social circle of friends and family who share your zest for life.

Pay attention. Protect yourself from possible harm; know your environment and what you are being exposed to. Ask questions, it's your right to know as much as you can about the world around you.

Live to be 100. Take care of your body, as it's the vessel that will carry you through decades. Eat healthy, exercise often and stay fit.

And above all else, be happy. Live each day to the fullest, seizing each and every moment that you can. Don't sweat the small stuff – know how to prioritize your life and what is most important to you.

To many years ahead!

Your Name

Further Reading & Resources

American Heart Association

<http://www.heart.org/HEARTORG/>

American Diabetes Association

<http://www.diabetes.org/>

Heart & Stroke Foundation

<http://www.heartandstroke.com>

Do you want to know what your life expectancy is?

Take the “Living to 100” test to discover how old you will live to be!

<http://www.livingto100.com/>