

“AWAKEN Your Body to Healthy Aging’ Table of Contents

A Personal Letter from the Author of “Awaken Your Body to Healthy Aging”

Frank J. Sherosky, founder of HealthyAger.com explains why this book was written, its importance to you and your health, and includes invitation and address for future contact.

Preface

Improving your own immunity response starts with your mindset. The bottom line is that ill health destroys more than the one who suffers the malady.

1. How to Age in Health Using the Knowledge of “Personal Longevity Technologies

What do Healthy Agers in the industrial world have in common with people like the Azerbaijanians, Armenians, Georgians of Russia, the Bamas in China, the Hunzas of Northern Pakistan, the Tibetans, the Titicacas in Peru, and the Vivabamba Indians in Ecuador? For certain, 21st Century, Healthy Agers do NOT live in high altitudes, nor have they had access to tons of glacier water since birth. The common element must be their immunity response; and regardless of how they do it, it's in high gear, fine tuned and capable of supporting health in a period called - a long life.

2. Healthy Aging Know the Mechanisms of Disease

Throughout human history, infectious disease was the leading cause of death. By the 20th Century, non-infectious ailments like heart attacks, strokes and cardio-vascular disease along with cancer replaced it as the leading cause. Furthermore, this occurred among the industrial nations, despite greater wealth, better housing and so-called, better nutrition. So, whether you live longer and healthier than your parents just may depend, not on your monetary wealth or your medical insurance card, but on how well you know and react to the mechanisms of disease in the modern world.

3. How to Design Your Own Immunity Support Plan

As most health professionals and researchers concur that the foundation of good health is a strong and proactive immune system, Healthy Agers act on it. In other words, everything they do in regard to their health is centered on strengthening their immune system. In fact, immune-system engagement and reinforcement is the very basis for Homeopathic treatments; and I firmly believe that medicines and nutritional supplements that support the immune system will become the preferred medicines of the future!

4. Biochemistry Review

As the science of medicine continues its journey into ever smaller territory, the human body as a whole is viewed down to its separate systems and parts. So, biochemistry is not a subject to be feared or avoided, because it's not just about the cells or the organisms. It's also about the smallest parts of those organisms, the molecules; especially the cycles

that happen to make those compounds. And your awareness will only help you on the path of knowledge toward aging in health.

5. Clean Food Theory

While everyone wants to concentrate on drugs, smoking and drinking as major culprits to aging and health (and they are), there is another factor that is equally as sinister. Furthermore, it is highly underestimated by doctors and researchers; and that's MY contribution to this health/aging discussion. It involves the very food chain YOU choose to eat; and I do NOT mean fats and fast foods.

6. Clean vs. Unclean Food List

How fast your cells age just may be related to the food chain you choose to eat. Protecting your body from toxins, bacteria and parasites is best guaranteed with the only approved food chain ever meant for humans. This chapter includes an extensive list.

7. Body and Water pH Levels

The human body is largely made up of water, allowing nutrients, oxygen and bio-chemicals to be transported from organ to organ, cell to cell. This medium can have either acidic or alkaline properties which are measured by a graduated scale called pH. Scientists have found that healthy people have systems that are more alkaline than acidic.

8. Your Guide to Minerals

It may surprise you that minerals, not vitamins or herbs, are among the most researched and studied ingredients on the planet. As a result, they have a proven track record in the prevention and amelioration of a variety of disease conditions. Unfortunately, the populations of modern society have been experiencing virtual epidemics of mineral deficiencies.

9. Greens and Fiber

As many studies indicate vitamins and minerals in their isolated form are not as effective as the same vitamins and minerals within the natural matrix of whole foods, it is becoming clearer that the nutrients available in whole (green) foods are much more palatable to the human digestive system than traditional vitamin supplements. And the only retort coming from the synthetic-based industry is that their products are more cost effective (cheaper), while the quality of the delivered product is touted as supposedly equivalent. Are they?

10. Your Guide to a Healthy Gut

Every Healthy Ager knows that optimal health cannot be attained without a healthy digestive system. Their rationale is simple: Your gut is your body's primary organ for nutrient and energy absorption; meaning, it is not just the central control for the ingredients of food, but THE gateway for health as well as sickness.

11. Program Your Mental State Towards Better Health Habits

Mental health is crucial for a quality life, regardless of age. As the structure of your body and your mind are obviously physical, the mind's capacity performs at an even greater level. For example, while your body is composed of bone, muscle, ligaments, your brain is based on tissue, nerve senders and receptors; meaning your brain's structure is defined more by the thoughts and memories that dictate your actions than physical tissue. That is why Healthy Agers believe your mind operates at a meta-physical or spiritual level.

12. Homeopathy

Many Healthy Agers follow a prescribed pattern consistent with their beliefs. For certain, they believe in balance; and that follows through in their choice and timing of healthcare. That's why they tout alternative medicine must never totally exclude the traditional medicines when and if needed. In fact, many view the so-called, alternatives like homeopathy as supplemental or complementary.

13. Chiropractic and Massage: Caring for Your Structural Integrity

Chiropractic is a way of providing a service to your health. While mainstream medical professionals eschew it as quackery, there are reasons for that; and money is definitely one of them. Doctors of Chiropractic, nevertheless, receive extensive, demanding professional education on par with many medical doctors (MDs) and osteopaths (DOs).

14. Healthy Agers Recognize the Bias of Research

Certainly there are many researchers with moral intentions. However, there is also a host of research backers with deep pockets paying and influencing the outcomes of the research. That, in my opinion, has the tendency to bias the research or bias the conclusion of the research to fit the original belief. That's called funding bad science in the name of profits!

15. Health Care vs. Industry Hypocrisy

If you were to apply the same standards of Capitalism to the medical and pharmaceutical industries, you would find hypocrisy, collusion, greed, deception and, most of all, a monopoly without sufficient competition. And that's why, in my opinion, you have high costs with health care.

15. Nutraceutical Care and Storage for Maximum Health Benefits

Not many are aware how or why the storage and handling must be different for nutraceuticals in the natural form. The following report will help you understand how to get the most out of your natural vitamins and minerals; because, unlike their synthetic counterparts, every botanical or food has greater natural variations. That basic fact necessitates continual refinement and inspection during manufacturing to ensure the quality of the finished product, making their post-process handling by the consumer no less fragile.

Author Biography, Books and Websites