

7 Longevity Tips For a Longer and Healthier Life



The Alkaline Diet Special Report

www.TheAlkalineDiet.org

In this report, we are going to explore some of the latest health research and studies that will reveal to you how you can live a longer and healthier life.

Tip 1

Reduce Consumption of Sweetened Drinks

In a latest study published in a prestigious American Heart Association journal, known as the Circulation, it was found that men who drank a 12-ounce sugar-sweetened drink a day had a 20 per cent higher risk of heart disease compared to men who didn't drink any sugar-sweetened beverages.

You see, when our body does not require the excess sugar in the blood to fuel metabolic processes, the excess sugar are rapidly converted into free circulating blood fats and stored as body fats. And these body fats are usually stored in our waistline.

You can reduce the risk of heart diseases by simply reducing the consumption of sweetened drinks. You might also want to reduce the refined carbohydrates in your diet as well.



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Tip 2

Waking Up Naturally

Do you use an alarm clock to wake yourself up every morning for work?

A study conducted by the National Institute of Industrial Health in Japan reveals that participants who were suddenly forced to wake up had higher blood pressure and heart rate than those who woke up naturally by their own.



When we are asleep, our body goes into different levels of sleep. It goes through a cycle of sleeping levels and a simplified version is something like the following:-

- 1) Transition to light sleep
- 2) Light Sleep
- 3) Deep Sleep

It is only when we enter deep sleep, then our body can start the rejuvenating and repairing process.

However, if we were to wake up abruptly during deep sleep, it will leave us very tired and exhausted throughout the day.

According to a study published in the Journal of the American Medical Association earlier in 2012, it will also affect our short term memory, our thinking abilities, and even our ability to count.

You can simply improve your health by teaching your body to wake up naturally in the morning, even when you need to rush for work.

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Start by sticking to sleeping earlier every night and condition your body to wake up at a certain time.

For example, if you need to wake up at 6 am, you probably need to give yourself 8 hours and try to go to bed at 10 pm or even earlier at the start.

When you are able to do wake up naturally, you will find that you'll have more energy and stronger immune system in the long run!

Tip 3

Daily Minutes of Exercises

Do you exercise consistently? Or do you give yourself lots of excuses to not exercise?

A recent study in the journal Cell Metabolism reveals that inactive men and women who simply just exercise for even just a few minutes can change their DNA almost immediately - not our DNA code, but the DNA molecules within our muscles.



You might be asking, what happens when our DNA are altered positively?

The scientists have discovered that these altered DNA can protect us from chronic diseases in many important ways as it affects the metabolic processes in our body.

The study also reveals that the best forms of exercises to achieve this is to have short bursts of moderate to full intensity for several minutes, followed by a rest and then followed by another set of short bursts.

Tip 4

Red Meat Shorten Life Span

A latest study from the Harvard School of Public Health reveals that an increase in red meat consumption leads to an increase of mortality risks over a more than 20-year span. The study was conducted among 37,698 men and 83,644 women who reported eating red meat daily.

It doesn't matter if it is processed or unprocessed meat as both types of meat appear to hasten death.

There are also numerous research that show that red meat will lead to diabetes, heart diseases and cancer. All because of the saturated fat and cholesterol found in red meat.

What you can do to reduce the health risks is simply to eat lesser red meat or simply switching to white meat for a better health.

Yes, it may be difficult at the start to give up such "delicacies", but the truth is healthy foods can be delicious too. It's a matter of whether who's preparing it and whether he or she knows how to whip up a delicious healthy meal.

Tip 5

Avoid Sleeping Pills

If you are having problems sleeping and rely on sleeping pills to fall asleep, the following research might of interest to you.

A recent study published in British Medical Journal Open shows that patients who take various sleeping pills like benzodiazepines, non-benzodiazepines, barbiturates and sedative antihistamines for insomnia are 4.6 times more likely to die, on average, within two-and-a-half years than those who do not take these drugs.



This research collected the data of more than 33,000 patients who were taking sleeping drugs for their insomnia and after analyzing the data, it is found that one out of 16 patients who consumed sleeping pills died, compared to one in 80 patients died without taking the drugs.

There are a large number of alternative treatments or cures available for insomnia and you don't have to rely on sleeping pills now you know the results of this study.

Tip 6

Eat More Broccoli

Now after knowing some of the facts on what NOT to eat for a longer and healthier life, let's talk about broccoli and the latest research development.

Broccoli is a member of the cruciferous family that can boost the immune system and supports the elimination of dangerous cancer cells before they become detectable tumors.

A new research in the journal *Clinical Epigenetics* have found that a bioactive compound in broccoli, sulforaphane, provides two ways to prevent cancer through the complex mechanism of epigenetics.

Just by consuming broccoli raw or lightly steamed several times each week can help to prevent many chronic diseases like cancer and heart diseases and other health issues.



Tip 7

Flaxseed for Omega 3

Omega 3 can greatly benefit your health in the following ways; for instance, improving heart health, reducing inflammation, improving mood, lowering blood pressure, preventing osteoporosis and many many more...

Some of the sources of Omega 3 include flaxseed, fish oils, and fish foods such as salmon and sardines.

However, the ocean is so polluted nowadays that it is no longer safe to consume these fish. In addition, the recent Fukushima radioactive dump has affected the entire ocean, and made the matter worse.

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The only great sources of omega 3 lies in flaxseed and flaxseed oil. Besides preventing diseases and cancer like breast cancer and prostate cancer, it also provides fiber for our body for our necessary dietary needs.

Before you consume flaxseeds, you should ground the flaxseeds or use a coffee grinder to do so. .

As suggested by most experts, the ground seeds can be consumed by adding it to oats, cereals or even your favorite smoothies. You can consume around 2 tablespoons of ground flax each day to enjoy the health benefits of omega 3.

Can't Wait To Give Alkaline Diet a Go?

“These 7 Tips are only the tip of the iceberg on how to achieve a healthy, long life when you embrace an Alkaline lifestyle. In the Acid Alkaline Balance Diet, I'll be sharing with you more practical and specific steps on how you can have a healthy body that is free of illnesses and stress!”

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Warmest Regards,

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