



Dr. Demartini

How to slow the ageing process

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There are two definites in life – ageing and dying. Dr John Demartini explains how to slow both, physically and mentally

Physical changes

If you don't appreciate your body, change it. Once you feel better outside, it often takes root inside. So either love yourself the way you are, or transform into what you love.

Alternatively, write down 100 reasons why your body is beautiful as it is. Think of the benefits of your current age and turn these to your advantage. When you value your body, others will, too.

If you worry your partner won't find you attractive, remember: attraction starts from within. It's as important as physical looks.

Find attributes you admire about yourself in the mirror. Everyone has a unique set of traits that are attractive.

Contributing to the world in some meaningful way increases vitality and energy.

Slow the aging process: exercise, breathe deeply, eat healthily, drink water and serve others.

Mental changes

1. High levels of stress - from divorce, death, health issues, reduction of income - can accelerate aging. Stability and consistency ensures a long life.

2. If you believe you're too old to start something new, your body will make this prophecy come true.

3. Make a list of things you have done that have served you and others. Be grateful for your achievements.