



ASK OUR EXPERTS

12 WAYS TO AGE HEALTHILY



DR JOHN DEMARTINI, BSC, DC.
 info@DrDemartini.co.za
 www.dr-demartini.com

He is a leading inspirational speaker, authority on human behaviour, teacher and author. His knowledge

and experience are a culmination of 35 years of research and study of more than 28 000 texts in over 200 disciplines ranging from psychology, philosophy, metaphysics and theology to neurology and physiology.

Q *I know that ageing is an inevitable part of life but as I see it, there are two ways: You can age gracefully and then just die one day, or you can age slowly, suffer from one or more of the many dreaded diseases and live a poor quality of life and die slowly! Any tips to rather ageing gracefully? J.P.*

A DR JOHN DEMARTINI REPLIES: It's not hard to slow down the signs of ageing, both mentally and physically.

1 Decide what's meaningful in your life and focus on it: It could be family, work or a social cause, but if it is something that you love, you will want to jump out of bed every morning and do it and throughout your day you will feel more vital and enthused as you work on what is meaningful to you.

2 Have goals that you are constantly working towards: Inspiring and meaningful challenges keep people innovative and youthful.

3 Don't get highly stressed: Less day-to-day volatility equals more resilience in the long run.

4 Count your blessings: The more regrets, the shorter the life. The more you are grateful, the more you receive to be grateful for.

5 Embrace new ideas: Study. Read inspiring stories about people who have done extraordinary things.

6 Eat to live; don't live to eat: Hedonistic gluttons stuff themselves to fill a void. In the West, there are too many people who are overfed but under-nourished. Don't put junk in your body. Stimulants such as sugary drinks make you crash and burn. Instead, drink the universal solvent: water.

7 Do a service for somebody: Feeling that you're purposeful and useful boosts your brainpower.

8 Move your body: Walk (particularly uphill), swim, dance, do yoga, and make love, even if you are 100 years old.

9 Get into the sun briefly for a vitamin D boost for the bones: You need 15 minutes a day, from the morning and evening sun, more than the midday.

10 Practice yogic-style balanced breathing: Breathe in for seven counts, hold for seven, exhale for seven, hold for seven, and then repeat 10 times – three times a day.

11 Get adequate rest: This varies from person to person. Some people need longer breaks than others.

12 Have somebody to love, as well as loving yourself: Because hugs will prolong life.