

CHAPTER TWO

WHEN YOU'RE 45 ...



*“The man who views the world
at 50 the same as he did at 20 has
wasted 30 years of his life.”*

Muhammad Ali



There are many myths about aging, with stories ranging from reduced brain capacity to decreased libido. Many of these myths are just that, myths that have no scientific basis. The following is a list of the most common aging myths and the truth about them.

ENERGY

When you are 45, you do not have the energy you had when you were 30.

False. Low energy levels are more often related to poor aerobic fitness, stress and inadequate sleep. Those who are in shape have plenty of energy well into their seventies. A proper diet, exercise, supplementation program and adequate sleep will boost your energy level tremendously. They will make up for the physiological decline that comes naturally with age.

SMELL

Your sense of smell declines as you grow older.

True. Between the ages of 40 and 60, your sense of smell declines by 10% to as much as 50%. To keep your sense of smell functioning properly, expose them to various fragrances a few times a day. Stimulating your sense of smell can slow down the loss.

FEET

When you are 45, your feet look bigger.

True. Your feet continue to grow in both length and width throughout your life by up to one full shoe size between ages 20 and 50 due to softening of the bones and stretching of the ligaments of the foot. This is normal.

TASTE

When you are 45, food does not taste as good.

True. Your sense of smell controls about 90% of your sense of taste, so food tastes more bland as you get older as your sense of smell gradually deteriorates. As a result, you will crave for more sweet and saltier foods. To combat “bland” tasting food, you should chew your food more. This allows more aroma to reach your nose. Chewing your food longer also allows more digestive enzymes to go to work, which in turn facilitates digestion.

HEALING

When you are 45, cuts and injuries do not heal as quickly.

True. The rate of healing may decrease because of age-related reduction in blood flow that slows the healing response. You should keep antibiotic ointment and hydrogen peroxide handy for cuts. These keep out germs and hasten the healing process.

HOW TO ADD 20 YEARS TO YOUR LIFE ...

Prevent Stroke – Add 3 years

Strokes are caused by clogged vessels in the brain. People who have strokes become debilitated and even if they recover, they are usually never the same as before.

- Keep arteries unclogged and blood pressure down through proper diet, weight control, exercise and stress reduction.
- Keep blood vessels strong and flexible with antioxidants, vitamin C, L-Proline, L-Lysine and ascorbyl palmitate.
- Keep homocysteine and lipoprotein (a) (key independent factors of heart disease) level low by adding folic acid, vitamin C, B12 and B6 to a daily supplement program.

SEX

When you are 45, great sex is hard to come by.

False. Great sex has both a psychological as well as physical component. You may not have two to three climaxes a night, but that is because you have gotten better at having just one. The quantity may have decreased, but the quality has probably increased. Most people in optimum health are able to have great sex well into their 70s.

SLEEP

When you are 45, you do not sleep as soundly.

True. Brief moments of spontaneous awakening (which is a normal part of the sleep cycle) increase with age. Most aging adults find it necessary to wake up in the middle of the night because of a need to urinate. For better sleep, stick to a regular sleep schedule and avoid caffeine and heavy meals just before bed. Make sure you sleep in a totally dark room in order to maximize melatonin production by your body.

SWEAT

When you are 45, you sweat more easily.

True. As you age, your body cools itself less efficiently, so you could be operating at a higher temperature during a workout. Therefore, your body has to sweat more to keep cool. This is normal. Sweating is also an excellent way of detoxification.

URINATION

When you are 45, you cannot hit the urinal from three paces anymore.

True. Beginning at age 25, hormonal changes may cause your prostate to enlarge gradually and symptoms such as frequent

urination often surfaces after age 40. All men above age 40 should regularly check for prostate cancer. Also, men should consider taking Saw Palmetto, nettle roots and pygeum on a prophylactic basis after age 35 for optimal prostate health.

TOP 10 ANTI-AGING DON'TS

1. **Don't** rely on food alone for all your nutritional needs.
2. **Don't** let free radicals run wild in your body.
3. **Don't** think that medical prescription drugs are your only answer.
4. **Don't** neglect powerful phytonutrients.
5. **Don't** eat white bread or junk food.
6. **Don't** eat the same food everyday.
7. **Don't** lead a sedentary lifestyle.
8. **Don't** be negative in your attitude towards life.
9. **Don't** procrastinate in seeing a doctor.
10. **Don't** let life pass you by.

HAIR ON CALVES

When you are 45, your calves start going bald.

True. It is very common for your calves to start going bald, especially from the sock line down. The reason is that less blood moves through the lower extremities, and with this lower oxygen delivery, hair follicles gradually atrophy and die.

PENIS SIZE

When you are 45, your penis is smaller.

False. It may look smaller if the rest of you is getting bigger. When you gain weight, the fat pad on the pubic bone around the base of

your penis becomes thicker and that can hide up to an inch of the length of your penis.

FAT BURNING

When you are 45, your body cannot burn fat as fast as it did when you were 25.

False. While your metabolism does slow down somewhat, the more likely explanation for any weight gain is a change in habits (eating the same amount of food and exercising less). Simply exercise more and eat less.

MEMORY

When you are 45, your memory goes.

FREQUENT ANTI-AGING QUESTION

Q: Does sexual activity help you to live longer?

Many studies have been conducted in this area in the past few decades. Most of them confirmed that an active sex life does increase longevity. The difference can be as much as five to ten years. Energetic sex, the researchers say, can help reduce fatty tissues and also release endorphins that combat anxiety, stress and other negative emotions. Studies have found that such negative feelings increased a person's risk for chronic illness, including heart disease. Other researchers have found that a healthy sex life is linked to a stronger immune system, fewer bouts of sickness, and overall better mental health. Regular sexual activity is an important part of life.

False. Our memory does not deteriorate significantly until we hit age 70. Most likely, there is information overload and you cannot remember all the things you wanted. Morning is the best time for concentration and avoiding distractions if you are looking to get things done. Keep your mind active but not overloaded.

HEARING

When you are 45, your hearing goes down.

False. Most likely, the hearing problems have more to do with all the noises you have been exposed to (motorcycles, lawn mowers, etc.) causing hearing loss, instead of your age.

MENTAL DEXTERITY

When you are 45, it takes you longer to figure things out.

False. Your mental function is like a muscle. To get maximum performance, you have to use it. Start by learning something challenging, like a musical instrument, reading or painting. Nutrients such as phosphatidylserine and ginkgo biloba can also help keep brain cells healthy and functioning at their optimum state.

EARLOBES

When you are 45, your earlobes look bigger.

True. Earlobes lengthen at the rate of 0.22 mm per year after adulthood. At age 50, it is 0.25 inches longer, compared to what they were at age 30.

TOILET TIME

When you are 45, you spend more time in the toilet.

True. As you get older, the contractions in your colon and rectum are not as well coordinated. Therefore, you may be more constipated. Include vegetables, fibres, bran cereal, digestive

enzymes and sufficient water in your diet. This is a good way to increase regularity and decrease your toilet time.

HEARTBURN

When you are 45, you get heartburn more often.

True. The valve that keeps stomach acid out of your esophagus starts to lose its factory-tight seal and gastric reflux occurs. To minimize the effects of acid reflux, do not sleep until at least two hours after eating.

ACTION PRINCIPLE

Be Honest With Yourself

The first rule of war is: know yourself. In order to know yourself, you must first acknowledge and then compensate for your weaknesses. Ask your friends and mentors: What am I good at? In what areas should I improve? What do you do better than most people? Do not be afraid to ask for advice or help and do not be afraid to listen to the answers. Reflect and learn. Knowing yourself allows you to plan your days for peak performance.

Accept your limitations. Accept your circumstances. Be the best you can be internally, and your beauty and confidence will be reflected externally.

Sometimes, we may not like what we see. The fact is that the truth hurts, sometimes. Do not get discouraged. Congratulate yourself for being honest, as it is the first step to wisdom.