



THE 7 SECRETS OF SUPER-AGERS

PUREHEALTH®
RESEARCH

THE 7 SECRETS OF SUPER-AGERS

by

PUREHEALTH®
RESEARCH

This book is not intended as a substitute for medical advice of physicians. The reader should consult a physician in matters relating to his/her health. The information provided in this book is designed to provide useful informed advice on the subjects that are being discussed. This book is not meant to be used to diagnose or treat any medical condition. For diagnosis or treatment of any kind, consult your own physician. Moreover, the techniques and exercises listed in this book are meant to be carried out in a safe environment and on the readers own personal responsibility. The publisher and author are not responsible for any specific health issues or injuries that might occur from inappropriate practice.

Copyright © 2020 by PureHealth Research

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, contact the publisher, at the address below.

WWW.PUREHEALTHRESEARCH.COM

Table of Contents

Introduction	4
What is a Super-Ager?	4
Secret #1: Don't Smoke	5
Smoking Could Increase Alzheimer's Disease Risk	5
Stop Smoking Now	5
Secret #2 – Drink Less Alcohol	6
Light Drinking is the Key	6
Secret #3 – Eat Right	7
Improving the Dietary Lifestyle	7
Secret #4 – Get Plenty of Exercise	9
Strength Training	9
Start Slowly	10
Secret #5 – Stay Active with Friends	11
Being Social is Good for You	11
Secret #6 – Keep the Brain in Shape	12
Keep Learning and Have Fun	13
Secret #7 – Reduce Stress	14
What Can You Do to Remove Stress?	14
Conclusion	15
Citations	16
Resources	17

Introduction

Everyone gets older. However, not everyone ages the same. Many factors are at play when it comes to how someone ages. Genetics can play a role, for example. While you might not be able to change your genetics, there are still several things that you can do to age better and to become a super-ager in your own right.

What is a Super-Ager?

The term super-ager refers to people aged 70 and older who have the mental and/or physical capacity of people far younger than they are, according to Harvard Health Publishing from Harvard Medical School ¹.

Whether you are in your 70s or you are decades younger, there are things that you can do to make changes in your life right now to put you on track to becoming a super-ager.



Throughout the following guide, we will be examining some of the secrets to super-aging that you can start employing in your own life. When you begin changing aspects of your life, using the secrets we will discuss, you will find that you will begin to feel and look better, and improve your overall health.

Let's take a closer look at these tips, so you can get started on your path to becoming a super-ager.

Secret #1: Don't Smoke

By now, we should all be aware of the many health risks associated with smoking. Cancer, heart disease, strokes, and chronic obstructive pulmonary disease are known to be associated with smoking. Those who smoke tend to have more illnesses, particularly as they start to get older.



According to research published in 2013 in the New England Journal of Medicine, people who smoke remove about ten years from their life compared to those who have never smoked ². Not only will they not become super-agers, but those who smoke will also not live as long.

Smoking Could Increase Alzheimer's Disease Risk

Smoking can also cause problems with a person's cognition, not just their physical health, according to a 2014 study published in Alzheimer's & Dementia: The Journal of the Alzheimer's Association ³. Researchers found that smoking increased the risk of Alzheimer's disease in preclinical models and humans. They concluded that quitting smoking could help to reduce the risk of Alzheimer's.

Stop Smoking Now



It is important to stop smoking as soon as possible to live a longer life. Regardless of how long you have been smoking, quitting now can help to reduce the risk of developing or worsening conditions like those discussed in the study.

Quitting smoking might seem difficult, but it is something that you can do if you put your mind to it and are willing to try various cessation methods to help you to get off nicotine.

Secret #2 – Drink Less Alcohol

By now, we should all be aware of the many health risks associated with smoking. Cancer, heart disease, strokes, and chronic obstructive pulmonary disease are known to be associated with smoking. Those who smoke tend to have more illnesses, particularly as they start to get older.

A study published in PLoS Medicine in 2017 looked at cognitively healthy 65-year-olds and found that those who were light or moderate drinkers scored higher on cognitive functioning tests when compared with those who did not drink at all ⁴.

One study from 2017 found that people who were heavy drinkers and who had 14 to 21 drinks per week had more shrinkage of their hippocampus ⁵. This is the area of the brain related to memory. The study “Moderate Alcohol Consumption as Risk Factor for Adverse Brain Outcomes and Cognitive Decline: Longitudinal Cohort Study” did not find that light drinking provided any sort of help in cognitive function, as was found in the previous study mentioned.



Light Drinking is the Key



According to studies, if you enjoy an occasional drink, there doesn't seem to be any reason to worry. However, the important thing to take away from this is that it should be light drinking. Also, you will want to keep in mind other health issues that you might have or medication that you could be taking that would prohibit drinking, due to other risks.

Secret #3 – Eat Right



What you are putting into your body plays a massive role in how healthy you are. This doesn't only apply to nicotine and alcohol, as we've discussed above. It also has to do with the food and beverages you choose.

Those who eat unhealthy foods are at a higher risk of developing illnesses. Additionally, a study published in *Cell Metabolism* found that diets high in processed foods cause excessive calorie intake and weight gain ⁶.

Avoid eating processed foods whenever possible. Weight gain is associated with a range of health risks, such as diabetes, heart disease, and stroke. Changing your diet can result in an overall healthier life, both physically and mentally.

Improving the Dietary Lifestyle

You can change up your diet by eating more fresh fruits and vegetables, as well as lean meats. Berries, such as blueberries and strawberries, can be extremely healthy for you. They are rich in anthocyanins, which are antioxidant plant components that help to preserve the neuronal pathways, according to a 2012 study published in *Annals of Neurology* ⁷. This is important for memory and cognition.



In addition to eating berries, think of some other types of healthy food that you can add to your diet. Poultry, fish, leafy greens, sweet potatoes, and lean red meat can be healthy and delicious options. Choose whole grains and have nuts for snacks.

To make eating healthy easier, you will want to have plenty of recipes and types of foods that you can try. This ensures that your taste buds never get bored and that you enjoy what you are eating.

The sooner you start eating healthier, the sooner you will start to notice differences in how you look and feel. Eating better is one of the key ingredients to living a longer, healthier, and happier life.



Secret #4 – Get Plenty of Exercise

Being active and getting exercise goes hand in hand with eating better. Together, these things can help get your body into better shape and help you become a super-ager. However, exercise is one area that many people today are severely lacking. Often, people have sedentary jobs, which leads to a sedentary lifestyle. People often gain weight, even when they are eating healthy, simply because they aren't active enough. This quite often happens to those who are getting older, as their metabolism starts to slow down.

Strength Training

Fortunately, you can remedy this problem by becoming more active and getting more exercise. While walking, hiking, and cardio routines should certainly be a part of your routine, you also want to add weightlifting to the mix. A study from the American Journal of Preventative Medicine in 2003 looked at the benefits of strength training for older adults ⁸.



The study found that weight training can help to increase strength and muscle mass, as well as preserve bone density and vitality. They also found that strength training could reduce the risk of type-2 diabetes, heart disease, and arthritis, as well as reduce depression and improve sleep.

Another study in the Archives of Internal Medicine found that women experiencing memory loss who lifted weights twice a week for six months were able to improve their attention and memory more so than those who only did balance exercises ⁹.



Start Slowly

When you are adding more exercise to your routine, you must ramp things up slowly. Going too fast can cause injury or burnout, which will make you no longer want to exercise. Start at a level that's right for you, and then add more exercises over time. Find a program that you can stick to and that you enjoy, and be sure to add resistance training for the best results on your journey to becoming a super-ager.



Secret #5 – Stay Active with Friends

Staying active means more than just getting the exercise you need to keep in shape and to keep your circulation flowing. Being active also means enjoying spending time with your friends. Socialization has the potential to be both cognitively and physically stimulating.

Being Social is Good for You



When you are spending time with friends, you can get out and go for a walk or a hike, enjoy playing some sports, and add to the amount of exercise you get. You will also be able to speak with your friends, play brain games like chess, catch up on what's happening in each other's lives, and offer support to one another. This is good for the brain, and it can help to keep your mind sharp.

A study published in 2017 by the Cognitive Neurology and Alzheimer's Disease Center at Northwestern University Feinberg School of Medicine examined the social network of super-agers ¹⁰. Researchers found that super-agers had better episodic memory scores and had more positive relations with others.

Being more social is not only good for your mind, but it also makes aging more fun when you have a social group with which to share.



Secret #6 – Keep the Brain in Shape



The brain needs to be challenged regularly. By learning new things and engaging in new experiences, it can help to keep the mind sharp.

Because super-aging is about keeping both the body and the mind in good shape, it is important to exercise your brain just as much as your body. A good way to do this is by learning a new task that is likely to be difficult for you.

There was a study in 2013 published in Psychological Science that looked at the cognitive function of older adults who learned new tasks ¹¹. Over three months, they tested whether sustained engagement in learning new skills could help with working memory, reasoning, and episodic memory.

The participants of the study learned to quilt, learned digital photography, or learned both during the study. Researchers found that those who learned digital photography were able to improve their memory better than those who learned quilting.

This is because many of the people viewed learning digital photography as being more difficult, meaning that it challenged their brain more, resulting in improved memory.



Keep Learning and Have Fun

There are many daily ways that you can challenge your brain. You can read more often, download brain training apps on your phone or computer, complete crossword puzzles, or you can learn new activities.

Choosing a challenging activity can help to keep your brain engaged, and it can also be fun to learn a new skill. You might want to consider combining this secret with some of the others on the list.

For example, if you want to learn digital photography, as in the study mentioned above, you can learn with a couple of friends. Learning together helps you to become more social. You can also combine it with being more active. You could hike and take photos. There are plenty of ways to combine different tips in this guide.



Secret #7 – Reduce Stress

Stress is a huge problem for many. People of all ages are under stress from a host of different aspects of life. Stress can cause issues with your body, as well as your mind. In fact, stress can be toxic and eat away critical portions of the brain ¹².

Stress has been shown to affect many different aspects of a person's body and mind, including the cardiovascular system, immune system, cognition and learning, memory, endocrine system, and more. A 2017 review in EXCLI Journal Experimental and Clinical Sciences delved into just how dangerous stress can be ¹³.



What Can You Do to Remove Stress?

Everyone deals with stress differently, but there is one thing that you don't want to do, and that is to ignore it. Some of the best methods of dealing with stress include breathing exercises, meditation, exercise, eating right, deep breathing, yoga, and listening to soothing music.

The important thing is that you find what works for you as a stress reliever. Reducing your levels of stress is a huge factor when it comes to being a healthy person overall.

Conclusion

With the secrets discussed in this guide, you have the tools you need to help you start living a healthier and better life and put you on the path to becoming a super-ager. If you want to make a real difference in the way you feel, the way you look, and the way your brain functions, you will want to start making these changes in your life sooner rather than later.



Citations

- 1 – Harvard Health Publishing, Harvard Medical School, “What Does It Take to Be a Super Ager?” May 2017
- 2 – Prabhat Jha, M.D., Chinthanie Ramasundarahettige, M.Sc., Victoria Landsman, Ph.D., Brian Rostron, Ph.D., Michael Thun, M.D., Robert N. Anderson, Ph.D., Tim McAfee, M.D., and Richard Peto, F.R.S. – “21st Century Hazards of Smoking and Benefits of Cessation in the United States”, *The New England Journal of Medicine*, January 24, 2013
- 3 –Durazzo, Timothy C et al. “Smoking and increased Alzheimer’s disease risk: a review of potential mechanisms.” *Alzheimer’s & Dementia: the Journal of the Alzheimer’s Association* vol. 10,3 Suppl 2014
- 4 – Clare, Linda et al. “Potentially modifiable lifestyle factors, cognitive reserve, and cognitive function in later life: A cross-sectional study.” *PLoS medicine* vol. 14,3 e1002259. 21 Mar. 2017
- 5 – A. Topiwala et al. “Moderate Alcohol Consumption as Risk Factor for Adverse Brain Outcomes and Cognitive Decline: Longitudinal Cohort Study” *The BMJ*, 06 June 2017, *BMJ* 2017;357:j2353
- 6 – Kevin D. Hall et al. “Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain: An Inpatient Randomized Controlled Trial of Ad Libitum Food Intake”, *Cell Metabolism*, 2 July 2019
- 7 – Devore, Elizabeth E et al. “Dietary intakes of berries and flavonoids in relation to cognitive decline.” *Annals of neurology* vol. 72,1 (2012)
- 8 – Seguin R, Nelson ME. “The Benefits of Strength Training for Older Adults” *Am J Prev Med.* 2003;25(3 Suppl 2):141-149. doi:10.1016/s0749-3797(03)00177-6
- 9 – Nagamatsu, Lindsay S et al. “Resistance Training Promotes Cognitive and Functional Brain Plasticity in Seniors With Probable Mild Cognitive Impairment.” *Archives of Internal Medicine* vol. 172,8 (2012)
- 10 – Cook Maher A, Kielb S, Loyer E, Connelley M, Rademaker A, et al. (2017) Psychological well-being in elderly adults with extraordinary episodic memory. *PLOS ONE* 12(10): e0186413.
- 11 – Park DC, Lodi-Smith J, Drew L, et al. “The Impact of Sustained Engagement on Cognitive Function in Older Adults: The Synapse Project”. *Psychol Sci.* 2014;25(1):103-112. doi:10.1177/0956797613499592

12 – Garcia, Leslie Barker, “Stress Eats Holes in Your Brain” Star Tribune, December 4, 2018.

13 - Yaribeygi, Habib et al. “The impact of stress on body function: A review.” EXCLI journal vol. 16 1057-1072. 21 Jul. 2017, doi:10.17179/excli2017-480

Resources

<https://www.health.harvard.edu/healthy-aging/what-does-it-take-to-be-a-super-ager#:~:text=Finding%20role%20models%20who%20are,of%20their%20decades%2Dyounger%20counterparts.>

<https://www.thehealthy.com/aging/healthy-aging/secrets-of-super-agers/>

<https://www.nejm.org/doi/full/10.1056/NEJMsa1211128#t=article>

<https://www.nm.org/healthbeat/healthy-tips/4-habits-super-agers>

THE 7 SECRETS OF SUPER-AGERS

by

PUREHEALTH[®]
RESEARCH

COMPLETE[®]
VISION
FORMULA