

Christiane Northrup, M.D.

12 Ways to Remain Ageless

Hay House World Summit

1. Understand That Your Beliefs Are More Powerful Than Your Genes. We all have familial and cultural beliefs about aging. But, you are not your parents. How you grow older is up to you. And your beliefs actually can change how your genes get expressed. The science of epigenetics proves that your body responds to your environment, including your diet, thoughts, activity, and emotions.

2. Catch Yourself In The Act. Do you “act old?” For example, do you hear yourself complaining about things you believe are related to your age? If so, stop right now! It's depressing. And keeps optimal health at bay!

3. Eliminate “Too Late” Talk. Eliminate the phrase "At my age it's too late to (fill in the blank), and replace it with “You’re never too old to start (fill in the blank.)

4. Celebrate Your Birthday! Celebrating yourself on your birthday is a wonderful tradition, especially if you refuse to assign a number. Any number after age 25 -- the age at which you can rent a car on your own – does not get counted.

5. Never State Your Real Age. When asked how old you are, consider saying 33. This is the age at which Jesus died. And, 33 is the age we revert to when we die and go into higher realms (according to those who've had near death experiences and have returned to talk about them.) Remember, your body believes every word you say.

6. Move Your Body. Sitting is the new smoking. Sitting for more than 6 hours per day will age you very quickly. But, studies show that the genes in your muscles undergo major positive changes within 3 minutes of beginning exercise! Be sure to exercise for 30 minutes every day. Whether it's yoga or walking doesn't matter. Just move.

7. Choose Positive Role Models. What we call "aging" actually begins in childhood and young adulthood depending on lifestyle. These adverse changes are not inevitable. There are 90 year olds going on 40, and 40 year olds going on 90! Seek out the former and let them be your role models for a youthful life, no matter your age.

8. Stomp Out Your Cellular Fire. High blood sugar and cellular inflammation are the root causes of most chronic degenerative diseases. These can often be reversed with lifestyle. Get your fasting blood sugar, insulin levels, and hemoglobin A1C levels checked. If they're not optimal, follow a low-sugar diet and they will revert to normal, often within a few weeks. You'll be amazed.

9. Optimize Your Vitamin D Intake. Optimal levels of Vitamin D will reduce your risk of cancer

and heart disease by 50%. Your level should be between 40 and 80 ng/ml. You most likely will need to take 5,000 IUs of vitamin D per day to maintain optimal levels.

10. Follow Your Bliss. Whether travel, painting, dance, sports, reading, or enjoying a sunset, be sure to get your daily dose of "things worth living for." If you have a hard time doing this, ask your doctor to write a prescription for joy at least 1 time per day!

11. Hang Out with A Healthy Tribe. The people we spend time with have a huge impact on our biology. So, be sure you spend time with healthy, vibrant people of all ages.

12. Release Your Fear. Many of us are afraid of death. Remember, that you are an eternal being, temporarily housed in a human body. Death is not something to fear or fight! Remember the following mantra from Abraham-Hicks: Happy, healthy, dead!

This information is not intended to treat, diagnose, cure, or prevent any disease. All material in this article is provided for educational purposes only. Always seek the advice of your physician or other qualified health care provider with any questions you have regarding a medical condition, and before undertaking any diet, exercise, or other health program.

© Christiane Northrup, Inc. All rights reserved. Reproduction in whole or in part without permission is prohibited.

Follow Dr. Christiane Northrup on [Facebook](#), [Twitter](#), at www.drnorthrup.com, and by listening to her weekly Hay House Internet radio show [Flourish!](#)