

**Live Agelessly and Energized
While Looking and Feeling Younger
With 107 Tips
To Stimulate Your Body, Mind and Life!**



107 Tips to Stimulate Your Body, Life and Soul

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107 Tips to Stimulate Your Body, Life and Soul

From morning snacks to digestion, with calming stretches, internal and external habits and more. Better sleep habits and intimacy with energizing suggestions that can be used every day....this list will give you do-able tips that can be used as you get more beautifully vibrant and happier with the skin you are in.

Whether it be how you look or how you feel. The aging process can be one that you look forward to as you discover ways to remain youthful and have a zest for life inside and out as you go from aging to AGELESS!



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1. Keep a gratitude journal.

People that reflect on gratefulness and things they are happy about even during times of strife and sadness show better all around happiness and have a better outlook on life.

2. Challenge your body with a new task daily.

Balance on one leg for 30 seconds, eat with your non-dominant hand. (regenerates brain cells)

3. Take a D3 supplement.

From stronger bones and muscles, D3 has been shown to combat fatigue and aging. (If you live in the North East, I guarantee a blood test will show that you are deficient.)

4. Drink kefir to keep intestinal flora optimized.

Digestion is the biggest part of diet and nutrition. From absorption to elimination, each plays a role in weight loss and optimal health.

5. Carry an essential oil rollerball in your purse of lemon or grapefruit for an afternoon "pick me up"

Studies show that after inhaling these aroma's energy levels are raised as opposed to that cup of coffee that might give you the jitters and make you not sleep at night.

6. Eat lean organic protein with every meal.

Protein is essential for staying full, preserving firm muscle tissue, and a raised metabolic rate.

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7. Snack on raw almonds or nuts.

Healthy fats play an important role in a healthy diet and nuts contain necessary minerals as well.

8. Limit sugar to not more than 10 grams per serving.

Sugar is responsible for aging cells rapidly.

9. Eliminate artificial sweeteners completely.

Artificial sweeteners trick the brain into "feeling hungry" and are loaded with toxins.

10. Eat grass fed beef.

Beef is a great source of protein, however conventional beef is injected with hormones and antibiotics that studies show lead to cancers.

11. If you will be eating the skin, buy organic.

If it is a fruit or vegetable that is to be peeled, conventional is ok, but organic is always better, as the soil that it was grown in is ALSO organic.

12. Eat berries.

Fiber and skin saving vitamins and minerals are found in these pretty, tasty fruits. Add them to salads and smoothies. (and eat organic)

13. Eat spinach and Kale at least 2 X weekly.

Greens detoxify, have fiber and important nutrients. Spinach is a great additive to any smoothie!

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14. Use paraben free lip products.

Think of how many times you lick your lips?

15. Stretch lower back, hamstrings and hip flexors every 30 minutes for every hour of sitting.

16. Keep cardio to a minimum, or get it from having fun!

Cardio alone as means of exercise is muscle wasting...we want to keep and ADD muscle for a firmer, stronger body.

17. Take Milk Thistle supplements if having more than 2 drinks or when taking medications, for liver detoxification.

18. Add powdered Maca Root to smoothies.

Natural libido and energy properties make this a superfood.

19. Sleep 7 hours per night. Turn off all electronics 45 minutes before bedtime.

Studies show it takes your brain 45 minutes to "shut down" after looking at electronics.

20. Drink 2-3 cups of green tea daily.

Green tea has EGCG, polyphenols that have shown to support belly fat loss and overall health.

21. Add lemon and ground ginger zest to water

Ginger is a natural energizer that has stomach soothing properties. and aids in digestion.

22. Eat foods without a label.

Simple. Eat from the perimeter of the grocery store. Or at least eat foods that you can pronounce and know the ingredients.

23. Meditate.

With even 3 minutes of meditation research shows you can calm your mind and body, and focus better on achieving your “zen” place.



24. Exercise outdoors.

Sunshine and fresh air regenerate brain power and stimulate “feel good” endorphins.

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25. Subscribe to a healthy cooking magazine.

Recipes, grocery lists, fresh ideas and information are keys, and will keep you on track with new "foodie" ideas so that you don't get bored with healthy food!

26. Wash your hands often with a natural cleanser.

Forget antibacterial sprays. Use warm water and wash all the way up to your forearms.

27. Wear broad spectrum sunscreen EVERY day.

Sun damage accumulates even when it is cloudy.

28. Get mammograms after 40 unless family history dictates sooner.

Know what your breasts feel like. Density, bumps, lumps...know what "your normal" feels like so that you can feel any changes.

29. Challenge your brain to learn something new.

Learn a new word, a musical instrument or hobby. Practice crossword or puzzles that keep your brain engaged.

30. Read something weekly about how the body works.

Look at a medical site and discover how your body works, inside and out.

31. Know your family's medical history and have it written down.

Prevention is worth more than trying to fix ailments and diseases.

32. Sleep on your back with a pillow under your knees.

This keeps the natural curvature in the spine in it's proper place all night. Or, sleep on your side with a pillow between your knees to support hip alignment.

33. Get a massage, deep tissue, sports massage, thai massage, or swedish.

Massage increases blood flow, lymphatic drainage, circulation, and is relaxing. Sore tight muscles lead to injuries so I consider this a necessity!

34. Eat salmon and fatty fish for glowing skin.

Omega 3's are found in these fish. EPA and DHA is necessary for heart, brain, metabolism and skin health.

35. Practice getting up from a chair unassisted on one leg.

This prepares you for the future, incorporating balance, core strength and focus.

36. Dry brush with a natural bristle brush before showering to remove dead skin buildup.

Dry brushing has been used for centuries to increase lymphatic drainage and blood flow for glowing skin and circulation.

37. Eat steamed or grilled asparagus to detoxify.

38. Take digestive enzymes for better absorption of nutrients.

We are what we absorb, not just what we eat.

39. Eliminate processed foods.

Aim for foods that have ingredients you can pronounce and that come from nature.

40. Pack a healthy nutritious lunch and snack.

Healthy, fit and firm bodies don't "just grab whatever." they plan their nutrition for energy and a flat belly. And that now is YOU!

41. Take a brisk walk outdoors.

Fresh air increases circulation, brain power and calorie burning.

42. PLAN a night of lovemaking.

Don't just wait to "see what happens" when you get into bed. Think about it during the day to get the brain connected to your body.

43. Send someone a handwritten letter or card.

This will REALLY get someone's attention in our world of emails and technology.

44. Watch a comedy.

Laughing releases feel good endorphins and makes your forget your problems temporarily.

45. Practice a random act of kindness.

Then don't tell anyone...feeling good inside is enough

46. Learn a new yoga pose every other week and practice it before and after workouts.

Yoga can relieve stress, back and neck pain and increase blood flow to the brain.



47. Master a perfect bodyweight squat.

Hinge the hips back so that tops of legs are parallel to the floor and then while driving heels into the ground and squeezing glutes, come to a standing position by raising chest and elongating spine.

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48. Read "The Guide to Getting It On" by Paul Joannides.

An informative, mind blowing and comical 'how-to sex practices' book.

49. Buy Organic Bamboo sheets.

You'll never want to sleep on anything else.

50. Use coconut oil as a moisturizer.

Healing and moisturizing. Great for hair and skin.

51. Give someone a foot massage or get one.

There hundreds of calming nerve endings are in your feet.

52. Aim for 25 grams of fiber daily, (men 35 grams) to promote a feeling of fullness and to eliminate toxic buildup in your intestines.

Look to food for fiber instead of supplements as these can cause your body to become "addicted" to the supplement and prevent normal elimination, leading to belly bloat and possible disease.

53. Get your hormones checked after 45.

And understand what "normal" is.

54. Spend time with close friends that have a positive outlook on life.

Eliminate "energy and happiness vampires" from your life.

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55. Make dark chocolate dipped fruit or brownies.

70% or darker organic chocolate releases “feel good” hormones and is loaded with antioxidants.

56. Learn to give a great scalp massage.

Have person sit in chair in front of you. Rest one hand on forehead and the other on the back of the neck making small but firm circular motions with fingers of the back hand, moving up towards the front hand.

57. Practice holding an elbow plank for 1-2 minutes.

58. Buy some sexy lingerie and surprise your partner.

Slightly conservative or trashy...the surprise is what counts.

59. Make a sugar body scrub with 1/4 cup sugar, 2 drops of lavender oil and 1/2 cup of coconut butter.

Use as a shower scrub. (be careful the tub might be slippery)

60. Add ground flax and chia seeds to a smoothie or yogurt.

It adds fiber and omega 3's.

61. Eat baked, roasted or steamed artichokes.

Artichokes have tons of fiber and are detoxifying.

62. Add turmeric (the yellow spice in Indian foods) to soups and poultry dishes.

Turmeric is an anti-inflammatory and has anti-cancer properties.

63. Don't eat the charred parts of grilled meats.

The charred parts of meat contribute to aging, cancer and wrinkles.

64. Eat oysters for zinc. (or take a zinc supplement)

Oysters have been considered an aphrodisiac for centuries and zinc is critical for healing, hair growth and immune system.

65. Drink red wine, nibble on feta and olives drizzled with virgin olive oil and dine on fish and salad.

The Mediterraneans live longer than any population and these are their staples .

66. Use a salt lamp in your bedroom for detoxification properties and romantic lighting.

67. Eat Ezekiel breads in place of whole wheat.

This living sprouted grain bread, can be found in the organic frozen section.

68. Eliminate margarine and all trans fats.

Studies show these toxins are responsible for obesity and disease.

69. Use avocado oil for cooking.

High heat doesn't affect this oil and it doesn't have as strong a taste as olive oil but is loaded with the benefits.

70. Add raw organic honey to teas.

Healing properties are in raw organic honey.

71. Use glycolic, salicylic and azelaic acids in creams to exfoliate skin

This reveals the smoother newer skin underneath.

72. Keep bedroom completely dark.

Except when you're feeling romantic!

73. Add a plant based organic protein powder to shakes.

It's hard to get in enough veggies and fiber when on the go. Protein based shakes are a great way to add in plants. SunWarrior Warrior Blend in Vanilla is my fave!

74. Eat for energy, with no starchy carbs in last 2 meals or snacks of the night.

If trying to lose weight and to wake up with a flatter belly.

75. Master a minimum of 5 negative push ups.

Start against a counter and work your way to the floor. Unless extremely weak, doing this on your knees does not engage your core or glutes, so TRY to master this. This exercise is key in upper body and core strength and will translate to a stronger you as you age!

76. Shave your legs with coconut oil or moisturize with it after a shave.

77. Add one Teaspoon of organic coconut oil to coffee every am instead of sugar.

Healthy fats keep you full, and help to regulate metabolic rate and hormones.

78. Get a full body screen check for moles or suspicious spots every 2 years.

Don't think that "you know" what a bad mole looks like. The most unlikely ones are the ones that specialist check...

79. Drink at least 8 glasses of pure water daily.

Nearly everyone that gets hospitalized over 50 is in a state of dehydration. Water is necessary for every cell's activity AND weight loss.

80. Take a biotin supplement.

High levels of biotin (5-10,000 mcg) shows to speed up hair and nail growth and strength.

81. Take a reputable fish or krill oil supplement. (3 gms daily)

This keeps the metabolism running and combats inflammation.

82. Consume only organic dairy products and cheeses, in moderation.

Conventional cows are injected with hormones and antibiotics creating havoc in our insides. Opt for raw cheeses or goat cheese.

83. Shop at local farmers markets and buy seasonal.

For the best flavor with the highest sources of antioxidants that are not lost in the travel or transport process.

84. Eat only pasture raised eggs.

85. Eat nitrate free bacon or lunchmeat.

Nitrates are on the top of the list of carcinogens, eliminate or spend the extra money.

86. Make a romantic music playlist.

Calming and sexy music is great to get the mind and body ready for a "date night."

87. Exercise while visualizing your perfectly firm body parts.

Positive visualization has been proven to create results!

88. Learn to love saying “no” to junk food.

It isn't about willpower. It's knowing how good it will feel to not have to squeeze into your jeans.

89. Exercise in the morning to raise metabolic rate for the entire day.

Great way to get blood flowing to brain and body and have exercise crossed off of the “to do” list!



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90. Write a love note and stash it for a sexy surprise for your partner.

91. For a nutrient dense side dish.

Bake sweet potatoes, blend with cinnamon and 1 T. coconut oil

92. Master a breakfast smoothie made with protein powder, fruit, greens, coconut water and a 1/3 of an avocado.

93. Sleep on your back with an ergonomically correct pillow.

Never sleep with your face pressed against the pillow, this promotes wrinkles and can lead to neck pain.

94. Subscribe to Dale Partridges newsletter on line.

Tips on nurturing relationships and overcoming adversity in every avenue of life.

95. Eat fresh fruit every morning and in place of dessert.

Organic fruit satisfies a sweet tooth while adding in fiber and nutrients for glowing skin and overall health.

96. Use a Clarisonic or other spinning facial brush. Slough off old dead skin so that moisturizers penetrate instead of laying on top of old skin.

97. Make a salad with mixed greens as a main course.

98. Cook with new spices. Forget salt that bloats you.

Turmeric, Cumin, Madras Curry and spices found in Asian markets are tasty and healthy and will tantalize your taste buds. Sprinkle or marinate with a bit of avocado oil on chicken, soups, and fish!

99. Get rid of all cleaners made from chemicals, use baking soda, vinegar and steel wool pads.

Chemicals disrupt hormonal balance and create internal toxins that stay in the air, carpets and on tiles.

100. Drink Red Tart Cherry Juice or add to smoothies.

This rates as one of the highest anti-inflammatory fruits.

101. Use a spin toothbrush and floss 2 x daily.

Plaque is responsible for gum disease that studies show can lead to heart disease.

102. Practice deep meditative breathing every night before bed for 3 minutes.

Deep breathing calms and sends relaxation messages to the brain and body.

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103. Snack on raw nuts and pumpkin seeds.

Roasting and salting take away the important nutrients...opt for raw.

104. Use skin care products for wrinkles that contain peptides.

These will "fill in" and prevent future wrinkles while softening fine lines.

105. Practice your Kegel exercises.

This is the exercise that strengthens your pelvic floor and can be done by pulling in and squeezing the muscles as if you were trying not to urinate. Hold for the count of 10, and work your way up. This also has been shown to increase the likelihood of better and stronger orgasms!

106. Massage coconut oil into hair and scalp 1 X weekly. Sleep wearing a bandana, and leave on overnight.

107. Share this list with a loved one.

Nothing shows that you care more when you give or share the gift of healthy living.

