



(broccoli, brussels sprouts and cauliflower), lycopene-rich tomatoes and high antioxidant berries, grapes and anthocyanin-rich fresh fruits. Try to eat the way you would want your child to eat, with each bite adding some sort of nutritional value.

7. Make your skin look 10 years younger

I recently had sun spots removed from my face. They were caused by too much time outdoors without proper protection and a lack of knowledge about skin care. While working on the book, I met Harold Lancer, MD, a Beverly Hills dermatologist, whose research changed my entire perspective on skin care. I now exfoliate with a skin polisher, then cleanse and moisturize. Dr Lancer suggests that fine grain polishes are necessary to help shed dry and dead skin cells and also to stimulate blood flow. Some of his products use Vitamin C, a common nutrient well-absorbed through the skin. My skin looks better now than it did 10 years ago.

8. Warm up and warm down your body.

It still shocks me how many people do not do a proper stretch routine before and after their workout. A time-saver tip: if you can do your warm up in the heat or in a sauna, it will maximize your work out with little extra time. I do this in my own Sunlighten infrared sauna and have noticed increased flexibility, fewer injuries and a more effective workout overall for both myself and my clients.

9. Don't forget sleep

Sleep is one of the most overlooked anti-aging secrets. Good quality sleep is imperative for our bodies to properly repair and rejuvenate. In general, you should set yourself up for sleep success by creating an environment conducive to sleep. Start by removing all light and sound from your bedroom. I'm a nut and cover up even the smallest lights from electronics that may be in the room. Also, be sure you do not suffer from common ailments such as sleep apnea and gastric reflux. Both of these conditions can cause insomnia and poor quality sleep; they can be easily diagnosed and treated. Finally, make sure your pillow and mattress are up for the job. My Tempur-Pedic set changed my life and I recommend it to all my clients. Our bodies work hard for us, why not return the favor with a good quality mattress and pillow? Don't just sleep, regenerate.

10. Check your 'tude

Purposeful living is a source for a youthful attitude, which I'm convinced keeps us young on several levels. I always ask my clients to look at their lives and ask themselves if they are happy. If not, invest time in identifying and fixing the source of your unhappiness; be it a toxic relationship, unhealthy work environment, health issues or something else. The process of aging is an important part of our life journey. Have a good solid attitude about aging by associating it with gain, not loss. It will show! ■