



*Danna
Demetre*
INSPIRING INTENTIONAL LIVING

Growing Young

Age Defying Strategies for Body, Soul & Spirit

The room was packed with three hundred women who were excitedly anticipating their long awaited weekend retreat in the mountains of northern California. They had just settled back in their chairs and were listening to the emcee briefly share a few tidbits about their speaker for the weekend – ME. I knew that before I even said one word, these women would do what women naturally do – assess me from head to toe and register their first impressions. So, in an attempt to be lighthearted and transparent (and tell them what they were all wondering anyway), I stepped onto the stage and said, “Life flies by amazingly fast, doesn’t it? Just yesterday, I was twenty-five. And now – whoosh – I have daughters older than that. I can hardly believe that in 13 months (pause), 4 days (longer pause) and 3 hours (but who’s counting)...even longer pause....I will be 60 years old!” I said nothing more, because they weren’t listening. There was a buzz in the room as they discussed my age. Later, I discovered that some of them thought I was lying. Others assumed I’d had lots of “work” done and wanted the name of my plastic surgeon. I guess I should have taken that as a compliment. With the exception of a couple minor procedures and giving Botox a brief try – in a moment of vanity that left me expressionless – I’m pretty much a 1952 original.

Today, my journey toward 60 is even closer – 306 days and counting! Like most women my age, I am keenly aware of the pull of gravity and the feeling that time is being fast-forwarded out of my control. Yet, something contradictory is also happening as well. I almost hate to tell you – because I’m not trying to brag – I’m really not. I’m almost as amazed as others seem to be. But the truth is this: For the most part, I look and feel younger than I did ten years ago.

Since I’ve been speaking, writing and coaching women in the area of health and wellness for almost thirty years – this is a pretty cool development. I believe in “walking one’s talk” – but I never expected to look younger at almost 60 years old, than I did at 50! The most dramatic benefit of all is the fact that I feel really strong, energetic and fit as well. What good would it do for me to look maaaaaarvelous – if I felt like a rag doll?

A few nights ago, I’d just slid into bed with my face freshly washed sans all traces of makeup and turned on my side to face my husband. He looked at me with this funny smile on his face which I figured could only mean one thing – but he just kept smiling.

“Why are you looking at me like that?” I asked.

“Because you’re more beautiful than the day I married you,” he answered.

“You certainly know how to set the mood,” I replied.

“No, really – I’m not flattering you. You have almost no wrinkles. It’s pretty amazing. Here I am seven years younger than you – and most people think I’m seven years *older*. I think you should share whatever it is you’re doing with other women. I’m really blessed to be growing *old* with you while you seem to be growing *young!*”

“Hey, that’s a great name for a book – Growing Young!”

And that’s where the idea for this book germinated. About a year ago, I began to write an occasional blog on the subject and with very little promotion, it grew to several hundred followers in a few weeks and then over one thousand in a few months. Women are greatly interested in looking and feeling their best. And, if they can slow down (and sometimes even reverse) the aging process – that’s even better!

GROWING YOUNG is a realistic journey to rediscover your best self – body, soul and spirit – from midlife forward. You don’t need to lie down and give up on looking and feeling younger just because of the date on your birth certificate. If you’re willing to implement some lasting lifestyle changes and adopt some new attitudes – a newer, younger, more energetic replica of the old you will begin to emerge.

Despite many years as a registered nurse, lifestyle coach and fitness professional, I wrote this book simply as a real woman refusing to age any faster than absolutely necessary – not an anti-aging expert. Sure, I know a lot about health and nutrition. But, the research and discoveries in this field are exploding. So, I went to some superb experts who stay abreast of all the latest, greatest information and in the process became a bit of an expert myself.

My experts

Dr. Mark Stengler is naturopathic physician, author of many books, my former health radio show co-host and also presently hosts his own cable health show called Natural Healing. His book, *Prescription for Natural Cures* has sold over 500,000 copies and his popular Bottom Line monthly newsletter, *Natural Healing* reaches hundreds of thousands of readers. Mark has a wealth of knowledge about the most natural ways to stay healthy. He also stays abreast of significant advances in anti-aging strategies that are backed up by good science and well run studies. He has a personal practice in Encinitas, California where he helps men and women of all ages restore and enhance their health. He is especially respected for effectiveness in helping mature women discover natural cures for everything from hormonal imbalance to fibromyalgia.

Patti Milligan, is a registered dietician with a master’s degree in sports nutrition and has been a key nutritional spokesperson Henry’s Markets, Sprouts and other progressive health-oriented companies. She is currently a partner and director of nutrition for Tignum, an international human performance engineering consultancy that helps executives reach their maximum health potential. Like Mark, Patti stays on top of all the latest research and has a wealth of knowledge about food and supplements that can help us all grow younger. Patti is also an amazing example of a woman who is growing young despite that fact that her driver’s license says she’s 52. If she ever gets pulled over for speeding, I’m sure the officer will think she stole her mother’s I.D.!

My goal in writing this book was to choose the *best* information, techniques and tips from all endless *good* info out there, in order to provide you with a concise, practical guide to growing young inside and out. From simple beauty and fashion tips, to the most cutting-edge anti-aging

strategies – you will discover countless ways to slow the aging process in your body in the chapters that follow. You’ll notice that most chapters provide three levels for you to choose from, starting with the most basic. This allows you to customize your plan in each area based on your current lifestyle habits, resources and desired outcome.

Level One will always include the most simple, least costly or time consuming tips. Over the years, I constantly remind my clients and readers to build a strong foundation on the basics. For example, when it comes to nutrition – if you don’t implement the basics first with a consistent diet of healthful foods – fine-tuning with all sorts of expensive supplements is like putting expensive oil in a car that is out of gas. The same is true in many other lifestyle areas. So, start with the basics before you skip to the next level.

Level Two will allow you to notch up your lifestyle to a higher level. In some cases, it may include more time, expense or commitment. Level Three is for those of you who have decided that you will do whatever it takes to increase your longevity, improve your appearance and maximize your vitality. You may find that you have already mastered Level One in one or more areas. Then, Level Two is your next step. If after reading *Growing Young*, you master only Level One in most areas, I sincerely believe you will greatly benefit from this book. But, I have a feeling as you see and feel the visible changes, you’ll be motivated to go to the next level.

Time waits for no one, so let’s get started. It’s time to invest in your health so you can live life to the fullest and finish strong!

Forever young,

Danna

TABLE OF CONTENTS

Chapter One:

Growing Young Versus: Aging Gracefully

Chapter Two:

Extreme Makeover – Growing Young Edition

- Level One – Simple Beauty Tips for Looking Younger
- Level Two – Wardrobe Makeovers that Won't Break the Bank
- Level Three – Nip, Tuck, Plump & Fill – Count the Cost and Risk Carefully & Proceed with Caution

Chapter Three:

Nourish Your Skin and Grow Young

- Level One – Start with the Basics
- Level Two – Feed Your Skin Inside and Out
- Level Three – Reset Your Biological Skin Clock

Chapter Four:

Nourish Your Body and Grow Young

- Level One – Small Changes...Big Results
- Level Two – Moderate Changes...Even Bigger Results
- Level Three – Maximum Changes for Maximum Results

Chapter Five:

Cleanse and Grow Young

- Level One – Essential, Simple, and Free Body Detox Techniques
- Level Two – Supporting Your Body's Environmental Protection Agencies
- Level Three – Flushing, Fasting and Keeping Your Body Clean

Chapter Six:

Move and Grow Young

- Level One – Active Lifestyles Energize
- Level Two – Lean for Life Workouts
- Level Three – Ultimate Fitness at Any Age

Chapter Seven:

Lose Weight and Grow Young

- Level One – One Pound a Week Lifestyle Change
- Level Two – Overcoming Emotional Eating
- Level Three – Keeping the Pounds Off Permanently

Chapter Eight:

Rest, Regenerate and Grow Young

- Level One – Sleep Essentials
- Level Two – Stress-less Living
- Level Three – Accelerated Regeneration Techniques

Chapter Nine:

Think Right and Grow Young

Chapter Ten:

Motivation and Tips to Help Your Man Grow Young

Chapter Eleven:

To Infinity and Beyond – The Perfect Body at Last

Appendix A:

Skin Primer – A consolidated recap of all information in this book related to skin health.

Appendix B:

Supplement Primer – A “shopping list” of supplements mentioned in this book, their benefit and recommended dosages.

CHAPTER ONE

Growing Young Versus: Aging Gracefully

*Do not regret growing older. It is a privilege denied to many.
~Author Unknown*

AGING GRACEFULLY. What in the world is that supposed to mean? There is nothing graceful about watching our bodies wear down as a result of time, use and gravity. As my friend, Dr. James Balch, author of the best seller, *Prescription for Nutritional Healing* says, “Our bodies are essentially rusting and rotting” over time. Whoopee, sign me up for *that!* The physical part of aging lacks positive perks. What was once up is now falling down. What was tight is growing loose and what was in may be starting to fall out. Sorry for the graphic word picture – but *you* filled in the specifics on that one!

In all the years I’ve worked as a registered nurse, fitness professional and lifestyle coach, I’ve never heard one person over twenty-one exclaim, “I can’t wait to get old!” Yet, if we are blessed with a life that extends beyond our twenties, we will slowly, but surely become aware of the slow, insidious rusting and rotting that is occurring in our bodies. Sadly, most women care more about what is happening on the surface than the more dangerous deterioration at the cellular level. I’ll be honest – I care about *both* and I’m excited to take you on a journey to not only improve how you look, but how you feel as well. To me, aging gracefully means maximizing your potential by slowing (and sometimes even reversing) the aging clock so you can live your life to the fullest of your God-given potential.

The first signs of aging

Besides the date on your birth certificate, when did you first begin to notice the first sign that your body was aging? I remember seeing a few fine lines around my eyes in my early thirties and thinking, “It’s all downhill from here!” In my early forties, after raising two rebellious teen daughters, gray hairs began to appear and then seemingly multiply each night while I slept. Fortunately, God has a wonderful sense of humor and justice. Both my daughters (now in their thirties) are excellent hair stylists and have the lifetime mission of keeping my gray hair brown and stylishly highlighted until the day I die! They’ve become not only wonderful daughters, but also incredible friends. They give me great advice on fashion and makeup and love when I’m occasionally mistaken for their older sister. And, I love watching them discover their own fine lines and rogue gray hairs. Pay back!

Despite our society’s obsession with youth, there are many amazing benefits to living enough decades to be considered mature, seasoned, experienced, and yes – even old! Life experience and wisdom do not come with short cuts. However, just because you’ve lived past forty or fifty, does not mean you’ve gained valuable wisdom or experience. It just means that you’ve had the privilege and opportunity to do so. In past eras, few people lived long enough to even worry about wrinkles.

Just one century ago, in 1911, a women’s life expectancy was only 54 years. Oh my – I would have been dead over five years if I lived back then. But with the advances in medical and nutritional science, our life expectancy increased to 74 years in 1970, and at this writing in 2011,

it is 81 years. We are learning amazing things about how and why the body ages and how to significantly slow that process.

There is always a lot to be thankful for, if you take the time to look. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt. ~Author Unknown

One hot chick

If you want a great example of aging gracefully – or more accurately defying age – you need look no further than Betty White. At 89 years old, she's one of the most sought after and popular actresses of 2011. Her sense of humor –sometimes even a tad bawdy – is contagious. Her zest for life is inspiring. Her recommendation for those who are whining about being over 50: “Get over it!”

When Betty was asked about how she stays fit and healthy, she replied: "I have a two-story house and a bad memory, so I'm up and down those stairs all the time. That's my exercise. Hey, at 89 years old, it's definitely all about working your fitness into your everyday life!" She shows no signs of slowing down with her new sitcom *Hot in Cleveland* in its second year and endless invitations to appear on various shows. Recently, she appeared on David Letterman and delivered her “top ten” list for living a long and happy life. My favorite was #10: “Always get at least eight hours of sleep each night...nine if you're ugly.” She smiles full-dimpled into the camera and scrunches up her nose with an impish grin as if to say, “Just try to be offended by this little “old” lady!”

Betty gives me hope that some Americans are finally embracing the value of older people who have lived long and well – rather than worshipping the Hollywood ideal – a youthful, surgically enhanced and airbrushed image void of substance. She is wonderful reminder that having a great sense of humor and zest for life can truly keep you young at heart and potentially extend your years. She's pushing 90 and doesn't look a day over 75 years young!

Aging gracefully. Growing young.

It doesn't matter what words you choose to define how you're going to pursue the years ahead. What matters is the attitude you choose to live by. If you think that your best years are over, they probably are. If you believe your beauty is gone, it won't shine through. If you act like an old woman, you'll be seen as an old woman. It's my hope that you'll celebrate each and every birthday with gratitude. Yes, it's great to look younger than you really are, but it's even better to feel younger. Growing young is not simply a matter of health – it's a matter of the heart.

Choosing your perspective

Joan Collins once said, “The problem with beauty is that it's like being born rich and getting poorer.” Ouch. That kind of attitude about physical beauty and aging is destructive. No matter how much money you have for plastic surgery or how perfectly you discipline yourself to healthy eating and exercise, your body will eventually wear out and show signs of aging. How you view the sags, bags and wrinkles is up to you. No matter how young I may look for my age, I don't look under like I'm under 45 and soon, I probably won't look under 50. I strive to look and feel my best with reasonable, but not extreme effort or expense. Then, I simply accept the results and celebrate what I do have...this very day!

The lifestyle mantra I've spouted for years in the area of weight loss fits very well as we pursue a new anti-aging regime:

Do the right things, for the right reasons and trust God with the results.

The right things are your specific lifestyle choices, habits and attitudes. The right reason is to take good care of your body and promote ultimate health and longevity. You have control over how you treat your body. If you only care about looking younger, thinner or more beautiful, you may take shortcuts that could actually harm you in the long run. What you don't have full control over are the results. Genetics is out of your control. Past lifestyle choices or diseases may limit the ultimate outcome. But, doing the right things for the right reasons will always produce positive (not perfect) results – the best result possible for *you*. In this arena of growing young, I'll add one more phrase to my mantra:

**Do the right things, for the right reasons, trust God with the results...
and what you can't change...just get over it and live!**

Another beautiful actress has expressed a much different perspective on beauty. I've shared a slide show with pictures of this icon and her thoughts at many women's conferences and retreats and it bears sharing here. The icon: Audrey Hepburn. When she was asked her thoughts about beauty, part of her response was this:

"The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman is seen in her eyes, because that is the doorway to her heart, the place where love resides. True beauty in a woman is reflected in her soul. It's the caring that she lovingly gives, the passion that she shows. The beauty of a woman grows with passing years"

As you read the chapters that follow, it is my hope that you find a balance between pursuing anti-aging strategies and accepting with dignity that which cannot or will not change. As trite as it sounds, true beauty really is expressed most powerfully by living with gratitude, compassion and love. We can apply all sorts of beauty tips, trim and tone our bodies to perfection and dress in designer styles and never really be beautiful. A hard look, unkind word or selfish demeanor will cancel all the external beauty we have mustered.

This book provides you with more information and tips than you can possibly implement. Start with the basics – a great attitude, zest for life and habits that promote good health. Then, as you fine-tune your own growing young formula, choose those things that seem best for you and trust God with the results!