

**Ikaria Lean Belly Juice**

# **Anti-Aging Blueprint**



**ROBERT HARRIS**

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## Growing old: what are the consequences?

Since the 1950s, middle age has become unpopular. Any respect and privileges for our elders have been forgotten. The baby boomers made youth into an unbeatable asset, and the rest of society followed suit.

The result is that growing old is now almost considered not as a natural event, but rather as a disease.

Paradoxically, the overall age of the population is increasing (the famous baby boomers amongst them), and we're living for longer and longer; in the US, life expectancy is 78 years old, and 82 for women.

So, there are more and more of us who want to fight the ravages of time, and there are more and more of us who are growing old.

The result is that we accept the fact that the years are going by, provided that we can neither feel nor see their effects. This is the point where not all of us are equal; some people are going to live longer without suffering from joint problems, or losing their hair or even their independence.

Some people will live to be very old, but will suffer from a number of age-related health issues.

So, we want to grow up, but we also want to keep looking young and hold on to our good health.

### **What are the visible signs of aging?**

In women, apart from their skin becoming loose and wrinkled, there is a noticeable loss of muscle and bone density which can lead to more fractures.

In men, hair loss, losing muscle, and joint and sexual problems are most prevalent.

In both men and women, aging also leads to a loss of sight and hearing, a less effective immune system, memory and concentration problems, and an increased risk of cancer.

Realistically, we need to do a few things to make sure that aging isn't a problem:

**1:** Accept aging (we can't reverse time yet)

**2:** Reduce the damage caused by age

**3:** Lead a healthy lifestyle, meaning that you can grow old in good health.

## What treatments are available to prevent aging?

Whether you haven't taken care of your skin, or you've spent too much time in the sun, or if life has taken its toll on you, it's possible that your face will reflect your age a bit too reliably, or even make you look older.

Wrinkles, sagging skin, and blemishes tend to give your age away, and can even artificially age someone who has spent too much time in the sun.

If this is the case, all is not lost; there are in fact techniques which can enable you to do a complete U-turn without having to go under the knife of a cosmetic surgeon.

Cosmetic surgeons actually do offer a wealth of non-invasive (or not very invasive) anti-aging techniques.

Fighting sagging skin, removing blemishes from aging, filling in wrinkles and any parts of your face which are too hollow, making your breasts firmer, getting rid of the shadows under your eyes... there are so many things that cosmetic surgeons can do nowadays at a much lower price than traditional plastic surgery.

Botox injections, hyaluronic acid injections and Mesolift are the most common and least invasive techniques with a needle.

There's also a technique called lipofilling, which is a filling technique using the patient's fat.

Amongst the most effective non-invasive techniques, laser skin resurfacing has had a lot of success. With this, you can get rid of the superficial layer of the skin –the epidermis (the layer which looks old and damaged) –and stimulate the cells to regenerate for younger skin.

Chemical peeling is based around the same principle. After a chemical peel, the dead skin peels, leaving a younger covering of skin in its place. The level of intensity depends on the product's dose (glycolic acid and trichloroacetic acid up to 15, even

18%, depending on your requirements). You can undergo several peelings a month, depending on the effect you're looking for and the depth of the wrinkles you want to treat.

It's better to do this treatment in winter and protect your skin from the sun.

Each person's skin may react differently, and it's essential to talk with a dermatologist who is specialized in aesthetics, to work out what treatment is suitable for your skin.

Injections or applying products can be an immediate option if you want to make your face look more youthful. However, you could also work on your skin's youth by transforming it from within, with the help of a number of dietary supplements which aim to provide nutrients for the skin and promote cell regeneration.

These dietary supplements for beautiful skin aren't hard to find. It's important to choose the product carefully, to make sure of the quality of the product you're going to take. The elements displayed on the list of ingredients should be as natural as possible.



## The fight against age: prevention

As you get older, there are different things which will bother you:

- At the end of the day, the lines on your face are more obvious, your wrinkles are more visible, and when you wake up, they're angry, maybe even swollen.
- Sleep is less restorative, and not as deep as before. Sometimes insomnia even creeps into your life.
- You get sick more often, catch everything that's going around, and spend a lot more time getting better.
- Your general energy levels and strength are lower: you have trouble doing things which you did before without thinking. If you've recently lost all your energy, this is one of the signs that age is starting to take its toll on your life.

There are lots of techniques which can be easily implemented to prevent the negative aspects of aging. Here are some of the essential steps.

### A/ Doing exercise

A sedentary lifestyle is one of the main causes of accelerated aging. The cardiovascular system regains its vitality when it's stimulated, as do the muscles –not the other way around.

It's essential to do exercise for half an hour at least three times a week. It's easy to see that when you ask people how old they are, those who "don't look their age" are generally sporty and have a particularly healthy lifestyle.

Doing exercise doesn't necessarily mean signing up to a gym and going there every day. It means walking as much as you can every day, going swimming, playing with your kids and grandchildren. Physical activity has to become a part of your life at all times, from the moment you wake up to when you go to bed.

Besides, there's nothing like doing 15 minutes of gentle exercise when you wake up, to start the day off and loosen up painful joints.

You should also consider doing strength training on a regular basis. It's useful for gaining muscle mass, but also for firming up your skin. In addition to this, strength training is, somewhat surprisingly, a great way of taking care of your brain.

## **B/ Change your lifestyle**

What's the perfect recipe for dying prematurely? Drinking, smoking, and eating too much sugar.

- Do you want to repel the advances of time? Then stop smoking immediately. Not only does it aggravate your skin and accentuate natural deterioration, but tobacco also hardens your arteries and prematurely ages your organs. As well as the cancer risk, it also makes it more likely that you will suffer from spiratory impairment, which is, in itself, responsible for a large reduction in physical activity.
- Alcohol is equally debilitating for your organs, and speeds up aging in both men and women. So, you should limit your alcohol consumption to red wine (because of its polyphenols), without going over a maximum of one glass per day, with at least one or two alcohol-free days per week.
- Sugar not only makes you gain weight, it also leads to the arrival of type 2 diabetes, which attacks your nerves and arteries. Moreover, if we're talking from a purely aesthetic point of view, consuming sugar is a little-known cause of wrinkles.

The absorption of sugar, whether it's cooked or not, creates a phenomenon, glycation, which hardens collagen fibers in your skin, and accelerates the formation of wrinkles. Glycation also leads to loose skin at a faster rate than usual. To sum up, the first step towards wrinkle-free skin could be stopping your sugar consumption.

## C/ Take care of your skin

A lack of sleep is already difficult to deal with when you're young, but the longer it carries on, the more difficult it becomes to catch up after a sleepless night.

Worse still, a lack of sleep lowers testosterone in men, and can make them go into male menopause prematurely.

Not sleeping enough is also a driving force behind weight gain, which in itself wears down your joints and accelerates the body's overall aging process. Weight gain associated with age carries a strong risk of type 2 diabetes or high blood pressure, two conditions which can accelerate the natural aging process.

In order to get a good night's sleep, you should sleep in complete darkness, in silence, and with no electronic devices close by. It may also be useful to drink relaxing plant infusions, such as chamomile or valerian.

## Conclusion

The youth of the 1960s and 70s are now senior citizens who aren't ready to take on the role of the elderly. They want to carry on getting the most out of life, for as long as possible, and remain as mentally and physically independent as possible.

In order to do this, more and more of them have become interested in anti-aging treatments, and radically changing their lifestyles so that they can preserve their youth.

At the same time, cosmetic and aesthetic treatments have developed at a rapid pace, and it's possible to push back or even prevent the ravages of time, if you're willing to spend a little bit of money.

Cosmetic medicine and dietary supplements are an effective way of limiting the effects of time.

However, it's essential to combine these measures with fairly radical lifestyle changes, so that the treatment and nutrition last in the medium term.

Healthy, light diets, daily exercise, and a fulfilling social life are three pillars you should base your life around if you want to preserve your youth for as long as possible.

We're not talking about refusing to deal with reality: yes, the years are going by, and they're leaving their mark on you. However, you can do things to make sure that these marks reflect the best bits of your life, not the worst. Let's face it, it's always nice to hear gasps of astonishment when you tell people your real age to people who thought you were 10 years younger!

So, combine these anti-aging techniques with a healthy lifestyle to get the best out of your years, and stay in great physical and mental health for as long as possible.

## Best Anti-Aging Stretches For Men and Women

Loss of muscle tissue, reduced flexibility, range of motion, as well as aches and pains, are key signs of aging.

But, do you know that you can delay aging through regular exercise?

Today, we explore the best anti-aging stretches for men and women. As we do this, remember that your body has 620 muscles that need stretching regularly. But first, let us find out how exercise can help keep you young.

When you exercise, you increase muscular flexibility, strength, and the range of motion for your joints.

**(1)** But beyond these age-defying physical attributes, regular exercises has a more significant effect at the cellular level. Exercise stimulates your muscle and other body cells to produce more energy, and this way, the energy-producing parts of your body cells called mitochondria remain active. Hence, you can perform better physically and mentally than your inactive contemporaries. On the opposite side of the spectrum, inactivity causes muscular weakening or atrophy, and it also leads to the loss of mitochondria due to reduced demand for energy production.

**(2)** Consequently, your body and brain get progressively less energy, and thereby aging catches up with you quite fast.

By stretching regularly, you take advantage of the anti-aging benefits of exercise. What is more, you can do the stretches at home or outdoors.

Here we go through 6 best anti-aging stretches for men and women:

## 1. Squat

Squatting impacts various muscle groups, especially the gluteus, calves, adductor, hamstrings, and quadriceps. It also works the abdominal muscles, including the hip flexors.

Anti-aging benefits of squats include strengthening the lower body, leg, and core muscles, lowering the risk of injury, increasing range of motion, and burning calories. They also improve bowel movements.

### How to do squats

- Start in a standing position with feet hip-width apart or wider and the rest of the body erect.
- Take a slow, deep breath and feel your abdomen fill with oxygen.
- As you exhale, stretch your arms forward and engage your abdominal, butt, thigh, and calve muscles.
- Lower your body into a sitting position, all along, maintaining a straight back. Your knees should remain in line with the feet and not go beyond your toes. Aim to have your thighs parallel to the floor.
- Remain in this position for up to 30 seconds, while continuing to breath slowly and deeply.
- Get back up and rest for 10 seconds and repeat the squat five times.



## 2. Plank

The mighty plank is one of the most popular and best anti-aging stretches for men and women. It mainly works the core and the back and improves strength in these areas, thereby banishing the weakness associated with aging.

### How to do a plank

- Get down on your knees and forearms, maintaining the elbows at shoulder width.
- While breathing deeply, gently push against the floor so that you support your body by the hands.
- Simultaneously, straighten your body so that the head, the back, and the legs are in line.
- If you have not developed adequate strength, you can adjust the plank to support your body by the forearms instead of the hands.
- Hold this pose for as long as you can.



### 3. Downward-Facing Dog

One of yoga's most widely recognized poses, the downward-facing dog, provides a full-body stretch and improves circulation.

It works to strengthen the core, the arms, the shoulders, and the legs.

#### How to do the downward-facing dog

- Start in a standing position, with a straight back and feet together pointing forward.
- Inhale slowly and deeply as you stretch your arms forward.
- As you exhale, bend forward at your hips, knees bent slightly, and arms reaching out to touch the floor.
- Straighten your knees as much as you can so you can feel some strain in there.
- Hold this position for 15 seconds, maintaining slow, deep breathing throughout.
- Get back up and repeat 5 times.





## 4. Frog Pose

The frog pose is a yoga pose that can increase blood circulation and improve posture. It opens the groin muscles and hip joints, thereby alleviating back pain. This exercise allows you to enjoy an improved range of movement.

### How to do the frog pose

- Get down on your knees and forearms, ensuring that you place the lower and upper limbs directly under the hips and shoulders respectively.
- While breathing slowly and deeply, move out your knees until you cannot go any further.
- Keep your lower legs parallel to one another, and spread your fingers out on the mat.
- At this point, you can feel the strain in your groin.
- As you continue breathing deeply and gently, hold the stretch for at least 30 seconds.



## 5. Shoulder Stand

This inverted body pose stretches the upper parts of the body, including the shoulders, neck, and impacts the chest's internal organs.

The shoulder stand strengthens the core, improves blood circulation and the flow of lymph fluid. It also reduces fluid retention in the lower parts of the body. Overall, this leads to improved posture, greater flexibility, and reduced fatigue.

However, the shoulder stand is a complex pose that you should attempt only when you are confident enough about your body strength.

## How to do the shoulder stand

- Lay on your back with legs together and arms on either side of your body.
- Lift your legs in the air and over your face while engaging your arms for the push.
- Bend one arm at the elbow and bring the hand to your lower back while the upper arm remains on the mat.
- Bend the other arm and support the other side of your lower back with your other hand.
- Pull your legs towards the ceiling so that your body is as straight as possible. The shoulders and the head remain on the ground, the chin against the chest. The alignment of your torso and legs when you are in the full pose is the key.
- Hold the pose for up to 3 minutes.



## 6. Cobra Pose

The cobra pose is another one of yoga's widely known poses, and its name denotes the stance of a cobra with its head raised and hood spread.

The pose opens the chest and stretches various muscle groups in the core. It strengthens the spine, arms, and lower back. Other benefits of the cobra pose include improving posture, relieving fatigue, reducing stiffness in the back, and improving digestion.

### How to do the cobra pose

- Lay flat on your stomach as you gently breathe deeply.
- Bring your hands to the sides of your abdomen, palm side down, and fingers facing forward.
- Stretch your toes backward so that the instep rests on the mat.
- Slowly lift your upper body off the mat, using your hands for support, while the lower parts of the body remain on the mat.
- Stretch your neck so that the top of your head reaches for the ceiling as you face forward.
- Your arms are straight or slightly bent at the elbow, and your navel will be slightly off the mat.
- Hold the pose for up to 30 seconds, all along, continue breathing deeply.



## Deep Sleep Nutrient Plan

Without enough deep sleep, your body can really struggle. Learning and remembering things becomes difficult. Morning blood sugar can rise by as much as 23%, while your creativity might take a hit, too.

Moreover, experts say that we need all four stages of sleep (with deep sleep being the third stage) to wake up properly rested.

If you're having trouble reaching the third stage of sleep, nutrients can help. They optimise cell performance, and they help you achieve a sounder mind and body.

We're going to take a look at the top 8 nutrients needed for a better night's sleep. You will find these nutrients in fruit, vegetables, grains and meats, but you can also buy them as supplements, which are available at health food shops, as well as online.

Before we begin, it's really important that you avoid certain foods. When eaten or drunk before bed, food and drink such as red meat, coffee, cheese, alcohol and chocolate can negate the effects of the nutrients in this eBook.

Instead, it's a much better idea to maintain a sound and healthy diet throughout the whole day that promotes better physical and mental health. The healthier your mind and body is, the easier you will find it to sleep.

### Iron

Far too many people have an iron deficiency. There are reasons for this, including menstruating women who lose lots of iron during their cycle.

However, not enough of us replenish our iron stock. Instead, we keep our iron levels low, and thus lose sleep.

How? Because iron helps our body form red blood cells. If iron isn't able to do its job properly, sleep problems are inevitable.

Iron is especially prominent in leafy greens, such as spinach and kale.

## **Vitamin D**

Vitamin D is that famous ole vitamin that you get from the sun. If you live somewhere cold and wet, there's a good chance you'll be low on it unless you get it from your diet.

The problem is that low levels of vitamin D affect many things, from your mood to your muscles. If you go to bed with sore muscles or a low mood, you might find it hard to reach the deep sleep stage.

So stock up on vitamin D by eating more fatty fish, such as tuna and salmon, and egg yolks. Drink more orange juice, too, and consider switching to soya milk.

## **Vitamin C**

If you don't get enough vitamin C on a regular basis, you might find it hard to hit stage 3 of sleep. As such, it will be too easy to wake up during the night.

Vitamin C boosts sleep by helping your body produce more serotonin (the so-called 'happy chemical') while limiting the amount of cortisol (the stress hormone) in your bloodstream. You can find it in citrus fruits, strawberries, leafy greens (such as spinach) and kiwi fruit.

## **Potassium**

Studies have shown that potassium can help those who find it hard to stay asleep. It's a natural mineral that helps with blood pressure by offsetting some of the harm already caused by sodium.

Low levels of potassium aren't super common, but if you've been sick recently, or if you're taking diuretics, you might find that you need to take more potassium to get back up to speed.

You can either buy it as a supplement or find it in bananas and avocados, as well as broccoli and potatoes.

## Magnesium

It's impossible to overstate just how important magnesium is to your overall health. Magnesium is a key mineral - especially when it comes to your sleep.

While we wouldn't like to go as far as suggesting that it's a *miracle* mineral, it can certainly help you de-stress and remove your anxieties. This is crucial, because it's almost impossible to reach the deep sleep stage when something (or lots of things!) are on our mind.

You might find that it's beneficial to take magnesium in supplement form, as you need it more than most other nutrients. Other than that, you can get it from brown rice, avocados and spinach - among others.

## Omega-3

Melatonin is the sleep hormone. If you have low levels of it, you will really struggle at nighttime.

The good news is that omega-3 fatty acids can boost your secretions of this key hormone. On the other hand, if you don't get enough omega-3's, you'll have a lot less melatonin in your bloodstream.

Omega-3 also supports your REM sleep cycle, which is the fourth and final stage of sleep.

If you're vegan or vegetarian, you'll likely need to take an omega-3 supplement as it's most often consumed via animal derived food products and oily fish.

## Calcium

Perhaps out of all the nutrients in this eBook, calcium is the one that has the most impact on your sleep. It's when you enter the deep sleep stage that your calcium levels are at their highest. Ergo, if you don't have enough calcium in your body, you will find it hard to reach that stage.

Calcium deficiency is widespread. This is a tad surprising as many adults in the western world consume lots of dairy. But here's the thing: Dairy often isn't the best source of calcium.

Instead, look to other sources such as sesame seeds, mustard greens, collard greens, kale and sardines.

## Selenium

Lastly, selenium is another nutrient that plays a big role in how you sleep. If you don't have enough of it in your system, you'll likely suffer from irregular sleeping patterns.

Selenium can be found in chicken, oysters, beef, sunflower seeds and Brazil nuts.

## 5 Potent Aphrodisiacs For Men And Women

Having a healthy sex life should be the norm. And yet, sexual intercourse in itself is sometimes regarded as something that should be utterly private. When loss of libido occurs, we don't know who to talk to or even if we should.

*Don't know where to start?*

*Should you consult your GP or seek advice online?*

*How to find efficient solutions without side effects?*

*And finally, how to avoid risky medical interactions?*

Here you will learn what alternatives to choose to get your "mojo" back in no time, and it all comes down to natural aphrodisiacs that can help women and men alike.

Aphrodisiacs are foods or drugs that increase sexual arousal, also known as sexual desire or libido. Many pharmaceutical drugs offer libido-boosting effects; however, most of them come with a heavy set of side effects, and consequently, individuals often sought out natural and safer aphrodisiacs.

The following 5 aphrodisiacs are potent plants that will help you boost your desire.

You may find that one works better for you than others, so don't hesitate to try a different one if you are not satisfied with the results.

### **Maca (Lepidium Meyenii)**

Maca – also known as "Peruvian Viagra" – is a sweet root vegetable belonging to *cruciferous vegetables*, a group including broccoli, cauliflower, and cabbage. It has been traditionally used for fertility-enhancing purposes, and growing evidence shows that Maca could potentially boost sexual desire in both men and women.



A wide variety of studies on patients with mild erectile dysfunction and healthy adult men demonstrate how Maca can efficiently increase libido and erectile function.

Similarly, Maca seems to be beneficial on postmenopausal women. A 6-week study conducted by Victoria University (Australia) shows that powdered Maca can boost sexual function while reducing anxiety and depression in postmenopausal women.

It should be noted that the studies mentioned above discredited the alleged beneficial impact of Maca on hormones (testosterone, estradiol, and estrogen), as the positive results are not the outcome of hormonal changes.

**Safety and Side Effects:** There haven't been notable side effects due to Maca's consumption; however, if you have thyroid problems, you should avoid this plant.

## **Ginkgo Biloba**

Ginkgo Biloba comes from the tree of the same name, which happens to be one of the oldest species of trees in existence.

This herbal remedy has been used in traditional Chinese medicine for centuries to treat many troubles, from depression to loss of desire.

The ginkgo leaf extract has many positive effects. It has been reported to have neuroprotective, anticancer, cardioprotective, and stress-alleviating impacts.

Research shows it can relax blood vessels and boost blood flow, thus improving erectile function.

According to a study by the University of California, Ginkgo Biloba can increase desire, excitement, and the power of orgasms in both men and women.

Moreover, in this study, women were more responsive to the sexually enhancing effects of Ginkgo Biloba than men, with relative success rates of 91% versus 76%.

Safety and Side Effects: While ginkgo Biloba is relatively safe for consumption, a few side effects have been reported. As such, hemophiliacs, individuals on blood thinners, and people who are planning surgery should avoid this plant.

## **Tribulus Terrestris**

Tribulus – also known as Bindii – is a flowering plant found in dry climates native to southern Eurasia and Africa's tropical regions.

Tribulus is used to treat various health issues, such as high blood pressure or high cholesterol. Most notably, it is claimed to help sexual dysfunction.

A study by the Government Ayurveda Medical College and Hospital (India) shows that the fruits of Tribulus terrestris act as an aphrodisiac by boosting desire and improving fertility.

It is worth mentioning that Tribulus is far more interesting for women, as shown by research.

A 2014 study on female patients presenting sexual dysfunction found that Tribulus was effective and safe in treating the disorder. Similarly, a 2016 study on the treatment of inhibited sexual desire in postmenopausal women found that Tribulus effectively increased desire.

Safety and Side Effects: There haven't been notable side effects found with the consumption of tribulus. However, if you have any doubts or take medication, don't hesitate to consult your GP.

## **Fenugreek (Trigonella Foenum-Graecum)**

Fenugreek is a plant widely cultivated in Asia, Africa, and Mediterranean countries for its seeds' edible and medicinal values.

Usually found in South Asian and North African dishes, Fenugreek is also popular in Ayurvedic medicine (the traditional Indian medicine) for its anti-inflammatory and libido-boosting properties.

The herb contains compounds that can stimulate the production of estrogen, a sex hormone in women.

The effect of Fenugreek seed extract on sex hormones and sexual function in healthy women who reported low sexual drive was conducted by the University of Sydney (Australia). The outcome of this 8-week study shows that Fenugreek may be a useful treatment for increasing sexual arousal in women.

**Safety and Side Effects:** While Fenugreek is relatively safe for consumption, a few side effects have been reported. It can interact with blood thinners and cause minor stomach upsets, and due to its influence on hormones, it shouldn't be taken during the treatment of hormone-sensitive cancer.

### **Red Ginseng (Panax Ginseng)**

Red Ginseng – also known as Korean Ginseng, Asian Ginseng, and Chinese Ginseng – is one of the most widely known herbal remedies, and it is used in traditional Asian medicines to treat a wide range of disorders and promote health.

Ginseng has also been reputed as an aphrodisiac, and it can treat sexual dysfunction and enhance sexual behavior in both men and women.

Research has shown that Red Ginseng may help boost erectile function, while in menopausal women, it improves sexual arousal. It can also be used as an alternative medicine to enhance sexual life.

**Safety and Side Effects:** While Red Ginseng is relatively safe for consumption, a few side effects have been reported. The most common side effect is trouble sleeping, while the less common effects are headaches, constipation, and low or high blood pressure. If you take blood thinners or are under hormone-sensitive cancer treatment, talk to your doctor before taking Red Ginseng.

## Conclusion

The youth of the 1960s and 70s are now senior citizens who aren't ready to take on the role of the elderly. They want to carry on getting the most out of life, for as long as possible, and remain as mentally and physically independent as possible.

In order to do this, more and more of them have become interested in anti-aging treatments, and radically changing their lifestyles so that they can preserve their youth.

At the same time, cosmetic and aesthetic treatments have developed at a rapid pace, and it's possible to push back or even prevent the ravages of time, if you're willing to spend a little bit of money.

Cosmetic medicine and dietary supplements are an effective way of limiting the effects of time.

However, it's essential to combine these measures with fairly radical lifestyle changes, so that the treatment and nutrition last in the medium term.

Healthy, light diets, daily exercise, and a fulfilling social life are three pillars you should base your life around if you want to preserve your youth for as long as possible.

We're not talking about refusing to deal with reality: yes, the years are going by, and they're leaving their mark on you. However, you can do things to make sure that these marks reflect the best bits of your life, not the worst.

Let's face it, it's always nice to hear gasps of astonishment when you tell people your real age to people who thought you were 10 years younger!

So, combine these anti-aging techniques with a healthy lifestyle to get the best out of your years, and stay in great physical and mental health for as long as possible.

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