

**LOOK & FEEL YOUNGER LONGER:**  
**25 INSIDER SECRETS TO**  
**SLOW DOWN THE AGING PROCESS RIGHT NOW**



For over half of her 27-year career, **Barbara B. Appelbaum** has worked in the healthcare industry. In 2006 she was diagnosed with multiple sclerosis (MS). It would change everything. As a wellness coach, consultant, motivational speaker, and author of *Live in Wellness Now*, Barbara embraces living a healthy lifestyle with a balanced mind-body-spirit connection to stave off age-related disease. In this FREE guide, she shares some of her secrets.

**Appelbaum Wellness LLC** aims to create personalized best practices to teach people to be active participants in their life, health and wellness. We engage, motivate and inspire people to embrace a life of wellness so as to create the potential to be present, be purposeful and be well.

This is your L.I.F.E. – *Live Inspired; Fully Engaged.*™

## **LOOK & FEEL YOUNGER LONGER:**

### ***25 INSIDER SECRETS TO SLOW DOWN THE AGING PROCESS RIGHT NOW***

**Wear sunscreen** – One in five Americans will develop skin cancer in the course of a lifetime. Avoid being a statistic simply by applying a minimum of SPF15 before going out in the sun. Use even on cloudy days as the rays still get through. Try to avoid direct sun exposure between the hours of 10am and 2pm, especially in the summer months. Remember too much sun exposure also leads to wrinkles and age spots. Sunscreen helps prevent these, too.

**Laugh often** – Have you heard the saying, “Laughter is the best medicine?” Laughter is contagious and one of the most enjoyable things to do. It adds levity to any situation; lessens a bad mood; and lifts the spirit while actually lowering blood pressure which helps increase your longevity. So go ahead and laugh – it really is good for you!

**Surround yourself with good friends** - This can add quality, and possibly years, to your life. Studies show that companionship provided by friends (human and/or furry) can ward off depression, boost self-esteem, and provide support, especially in tough times. So next time you're feeling sad, do something with a friend.

**Take time out for you** – Doing for others is what comes naturally. Remember to do things that give you joy and replenish your energy. Put yourself #1 on your To-Do list. After all, what good are you to anyone else when you're completely exhausted & worn down?

**Volunteer** – Giving back has been shown to increase a sense of self-worth and feelings of being needed which lead to a positive mental attitude. Plus studies show it literally makes the heart grow stronger. Isn't that an added benefit?

**Banish diet soda from your diet and vocabulary** - Artificial sweeteners have been proven to actually make you hungrier. Besides, artificial sweeteners are proving to have negative side-effects on our health such as causing cancer and/or contributing to Dementia and Alzheimer's. So put down the diet soda and pick up a glass of cool, refreshing water – add a few lemon or lime slices if you want a bit of flavor.

**Minimize eating processed foods** - I always say if you can't pronounce what's on the food label, you probably should not eat it. Things don't grow in boxes so look for fresh items like fruit, vegetables, meat/chicken/fish (lean and hormone/antibiotic free), whole grains, etc. Remember to keep it real, keep it simple and keep it fun!

**Keep moving** – Aim to walk 10,000 steps a day. Even if you don't make 10,000 steps a day, stay aware of how much you move. Many of us work at a desk and lead sedentary lifestyles. This can take years off your life expectancy. If you get up and move, even if for just 5 minutes every hour, you can add longevity and quality to your life.

**Relax** – Give your body the opportunity to unwind so as to decrease tension, lower blood pressure, and let go of stress. Try deep breathing using your belly and diaphragm, not just the lungs, as a way to relax.

**Be grateful** – Studies show that people who count their blessings tend to feel more optimistic and satisfied with their lives, thereby increasing longevity. If being grateful is challenging for you, try keeping a daily journal listing 3 things each day for which you are grateful. They can be large or small. See if you notice any changes in your mood.

**Forgive** – Letting go of grudges, anger, bitterness or resentment helps you focus on what is positive in your life. Forgiveness allows room for compassion, kindness and peace. A lower stress level is an added bonus that keeps you younger longer. Most importantly, remember to forgive yourself for not being perfect: no one is.

**Sit up straight** – By decompressing your body you allow yourself to breathe deeply and fully, which offers many health benefits. Plus, having better posture helps you feel more confident as well as lessens the muscle tension in your neck and shoulders.

**Try meditation, yoga or some other mental ritual** – Since most problems stem from your thinking, it helps you align with your inner core energy so you can calm your mind; focus on your breath; quiet inner thoughts; reduce stress and allow your truth to reveal itself. A regular practice helps connect the body-mind-spirit for balanced wellness and a higher quality of life.

**Put down the salt shaker** – Adding a little bit of natural sea salt to your diet is okay. Salt is actually needed by the body. However, too much salt can have dangerous side-effects like raising blood pressure and causing unsafe water retention. How much is appropriate? Ask your doctor to make a recommendation based on your specific health needs. And if you want to add flavor to your foods, try experimenting with herbs. There are so many delicious, flavorful options that don't add unnecessary sodium to your diet.

**Think positively** (stimulate healing energy) – Lessen your negative self-talk and decrease stress when you learn to shift your thinking from the negative to positive energy. The age-old question of, "Is your glass half-empty or half-full?" comes to mind. How do you answer it? There are many health benefits to being optimistic. They include an increased quality of life, lower stress levels, greater resistance to minor illnesses such as colds, and a stronger overall physical & mental well-being.

**Become the solution** – Many of us often find ourselves so entrenched in a problem, we focus on complaining instead of actually doing something about it. Think of how many people get easily sucked into this vortex of negativity. How would it be to shift to seeing the opportunity and not the problem? Become the solution and “suck” others into your vortex of positive solutions and opportunities. This will add quality to the years of your life!!

**Control only what you can** – There are situations in life that are beyond our control. Knowing when you can control something and when you cannot is an issue for many of you who might be “control freaks” and want to always take charge. Think of this like the Serenity prayer: “Grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.” This will benefit your stress levels and overall happiness.

**Be true to you** (live authentically & purposefully) – How would it feel to grow and evolve into the person you really want to be at your core? When you are honest with yourself, you allow your inner truth to shine in the world strengthening your connection to yourself and others. Living authentically with purpose has shown to increase life expectancy.

**Have a plan** – This is where you want to remember your values, what you’re passionate about and what’s important to you. By focusing on these, you will experience higher energy, joy and fulfillment. And with a plan, especially as you move toward or into retirement, you’ll be enthused instead of stressed because you will have something to look forward to and new things to explore or learn.

**Get enough sleep** – The average person needs 7-8 hours of sleep per night. Sleep is the time when the body repairs itself which is vital to optimal health. Proper sleep also helps you stave off age-related illness. This is something you should not neglect. Consult a physician if you have trouble sleeping on a regular basis.

**Stretch** (in moderation) – As we age our muscles tighten. This makes us more susceptible to injury and can add pain or discomfort to our daily tasks. By stretching every day, even a little, you can decrease the risk of injury as well as increase the blood flow to muscles which helps strengthen them. You’ll also notice a decrease in muscle aches as well as an increase in your energy levels from the increase in circulation.

**Floss** – As many dentists will tell you, “floss only the teeth you want to keep!” By flossing regularly, you reduce the amount of bacteria in your mouth saving not only the enamel on your teeth but also your gums from gingivitis. Recent studies also indicate that flossing reduces the risk of heart attack, which is directly correlated to gum disease.

**Smile** - Now that you have beautiful teeth to show off, why not smile? There are many benefits to smiling. It makes you feel attractive, brightens your mood, relieves stress, lowers blood pressure, releases endorphins (that make us feel good) and boosts your immune system. Pay attention when you smile, others will follow suit as a genuine smile is always contagious! *PS – it takes fewer muscles to smile than to frown so you get fewer wrinkles by smiling!!*

**Save old love letters, throw away guilt** – Guilt causes stress not to mention it can be the culprit of the foolish things we tend to do. How often did you “feel guilty” and do something you really didn’t want to or felt was wrong? Guilt is something we manifest in our own minds. In life, like in any relationship with challenges, throw away the guilt and save the old love letters. Focus on the special moments that take your breath away, even if only briefly.

**Remember life is a journey, not a race to be won or lost.** We are meant to experience joy, sorrow, love, abundance, scarcity, positives, negatives, etc. to bring meaning and understanding to our existence. From the moment we are born, we are aging. Cherish your life lessons, learn from them, teach and inspire others. Do your best to live a present, purposeful and well life.

*As you practice each of these, keep in mind:* It takes 30 days to change a habit and 90 days to make it stick.

***Be an active participant in your Life, Health and Wellness!***

**Be Present | Be Purposeful | Be Well**



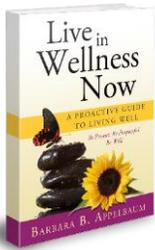
**Barbara B. Appelbaum, ACC, MBA, MAT**, is a certified wellness coach, consultant, motivational speaker, and author of *Live in Wellness Now*. Her genuine compassion, expertise and first-hand knowledge helps motivated middle-aged professionals stave off age-related disease and grow older healthier, thereby achieving and sustaining optimal wellness. Barbara practices an integrative approach to health and wellness in which she explores how all areas of a person's life – mind, body, spirit - are connected and examines how they fit together affecting their overall wellbeing. She is deeply committed to helping people learn to be proactive in their healthcare versus reactionary in their sickcare so that they can feel great in their bodies and in their lives. Her greatest wish is to never hear a person say, "I should be taking better care of myself."

As a seasoned professional with over 27 years' experience, Barbara authentically walks-the-talk every day. After being diagnosed with multiple sclerosis in June 2006, her life changed forever. This gift made her realize the importance of waking up to actually living her life, learning the value of being her own advocate, and helping other people do the same.

Barbara is a certified member of the International Coach Federation (ICF) and American Association of Drugless Practitioners (AADP), an Ambassador for the National Multiple Sclerosis Society Greater Illinois Chapter, and an Advisor to the Family Service of Glencoe Health & Wellness Initiative. She is also a guest-lecturer at Canyon Ranch Health Resort/Spa - Tucson, AZ on a regular basis

To learn more or to book Barbara as a speaker, visit our website now at [www.appelbaumwellness.com](http://www.appelbaumwellness.com)

To learn more about Barbara's book, *Live in Wellness Now*, visit the website at [www.liveinwellnessnow.com](http://www.liveinwellnessnow.com)



## **Keynote | Seminars | Workshops**

*(a few samples of what we offer)*

- Learning to be Proactive in Your Health Care versus Reactive in Your Sick Care
- Decreasing Stress and Improving Wellbeing with Simple Lifestyle and Nutritional Changes
- Stave Off Age-Related Disease as You Grow Older
- How to Find and Maintain Your Healthy Balance
- Shifting Perspective from "Why Me?" to "What's Next?"

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