



anti-aging secrets

by Denie Hiestand

Obviously there are many diverse opinions to the secrets of a healthy, long life.

I still remember an old gentleman I met some years ago who possessed an absolute joy and invigoration for life well into his 90s. "Coffee, cigarettes, sex and whiskey – not necessarily in that order", was what he claimed. Most of us would perceive his particular recommendation to be flawed. However, one thing in common for this gentleman and many of the thousands of other older people I meet, is the joy of living without judgements, control mechanisms or buying into another's emotions. The joy of being alive is truly the most powerful anti-aging factor you can bring to living this experience called life.

looking good

Let's look at some of the ways we can physically manifest how to look good in our old age. There is a difference between feeling good and looking good. Many in the Chinese culture may be very old but by Western standards not 'look good' – wrinkled and weathered which would be unacceptable to those in the Western world.

anti-aging is actually a total misnomer

None of us can stop aging. Aging is a lineal measurement of time. What we are really looking for is to hold onto our youthful vigour and appearance as long as practically possible. So holding onto that reality, the cigarettes and whiskey may not be the optimum programme.

However, intercourse has been proven by many studies to have a profound effect in helping us to maintain our youthful vigour. For men, regular intercourse in our mature years helps us outlive those who do not experience it by a number of years, according to these studies. For women, the research shows that this is not necessarily the case. However, for their emotional wellbeing, the studies show that women who have an active sex life in their mature years are far happier and content within themselves, and thus maintain a more youthful skin-tone. →



enjoy life

Most of us in the Western world relate aging to our looks and appearance rather than physical prowess. So let's have a look at what affects our appearance. Of course, first we notice the skin, especially on the face, and sadly for women, cigarettes have a more detrimental affect on the appearance of the facial skin, than it does for males.

The question that then begs to be answered is, "What are the biggest issues to cause our skin and particularly the facial skin to deteriorate or age?" As I have said in many of my past articles, the body uses the skin as a depository for many non life-giving and chemical compounds. In other words, the body pushes the toxins away from the internal organs to the surface in a desperate attempt to keep the body working correctly inside.

These chemicals and other compounds then react with the sun resulting in that wrinkled, weathered, leathery appearance. If you like, the skin is trying to run a marathon every day and like any cell that has been stressed, it will lose its elasticity and its ability to function, unless it is nourished extremely well.

Therefore, is our appearance of aging due in some way to malnutrition? Yes, it is. But not malnutrition as we would normally understand it. The malnutrition I am referring to here is actually a lack of mineralisation and good fats in the diet.

I looked into this many years ago when I was in agriculture. I took 300 heifers (young cows) from the mineral-rich riverbed soils of the Waikato to the glacial-washed mineral-depleted soils of Canterbury. Within 12 months those brilliant healthy young animals looked old.

After not getting any help from traditional veterinary science, I looked elsewhere and an elderly mineral expert came onto my farm and told me my animals were mineral deficient. We subsequently poured tons of minerals into our cows and onto the soil, and the transformation was nothing other than miraculous. The same happened with one of my clients who had extremely dry, almost crocodile-feeling skin, and along with correct mineralisation we poured high levels of the

good fats into her, including butter and cream, and today her skin is soft, beautiful and young looking. She herself said it has taken more than 10 years off her looks.

mineralisation

I, myself, use mineralisation and advise all my clients worldwide that the single most important thing for their life-force, vigour, looks and skin-tone is mineralisation.

You can change the way you feel and the way your skin looks, your vitality, your libido, your immune system, your energy levels, and literally every single parameter in your body with correct mineralisation. It is a known fact in North America, and especially in New Zealand, that our soils are extremely deficient in most macro and micro minerals. Just as nearly every farmer and race horse breeder pours minerals into their animals, so it is that we need to as well.

In agriculture I was known as **Mr Minerals**, and as all my clients know, unless they supplement with minerals, I am really not interested in helping them regain their vitality and health. It is just too difficult.

The next biggest thing that most people do not realise is the effect that movement has on the process of aging or put more correctly, looking old prematurely. Prior to the second World War, 80 per cent of us lived in a rural environment where physical activity was a big part of our daily existence. Today, 85 per cent of us in the Western world live in an urban environment where the biggest part of our daily existence is sitting on our butts!

movement is life

Movement cleans the cells. Movement is required to make the food available to our cells. In other words, movement is like spring-cleaning on a daily basis. Without movement we will age prematurely, period.

The next major factor that I have observed in over 30,000 clients is one's outlook on life. Those who get consumed with their own and others' emotions, feel life is dealing them a bad hand, and generally don't take responsibility for stimulating a happy and outgoing persona, and appear to age much faster than those with a happy disposition.

Cancer is a case in point, even though you don't catch cancer, it could be considered to be self-inflicted in some way or another. In nine out of 10 cases, I can always find an emotional index in a cancer client's body. All emotions, judgements and control mechanisms have a tightening effect on our cells. As that tightening takes place, the cells cannot get nourished properly, cannot uptake the minerals from our food, run out of energy, have a decreased ability to receive oxygen and thus a cancerous state is set up.

Yes, we can put all the creams and lotions onto the skin to try and make it look better or feel better, and most off-the-shelf products do make your skin feel better. However, if those products are full of chemicals and have no biological life-force in them, then we would be doing more long-term damage to ourselves, than if we did nothing.

Our skin is a live, biological farm as well as being the biggest absorbable organ in the body.

Our skin reflects our life-force. It tells us everything about us. Of course most people, particularly women, do not like their skin-tone or condition. Hence, the thousands of tons of make-up that is applied annually. As we all know, make-up is technically a paint that is used to cover imperfections and gives the appearance of being younger and healthier. But surely, applying make-up is an admission that our skin is not healthy, so therefore rather than masking the issue, it would be more advantageous to fix the problem!

Earlier on in this article I referred to coffee, but did not mention the adverse affects. As we all know caffeine is a stimulant and research has shown that caffeine, and a little dark chocolate as well, has a very beneficial affect due to its stimulating process on the cells. We all like stimulation. We all know how invigorated we feel from mild stimulation. And the research has shown stimulation or feeling invigorated has a very anti-aging effect. But of course overstimulation can drive us into adrenal fatigue, which has the opposite affect.

So maybe the keys to anti-aging are to enjoy life, get out there and move, partake of the pleasures of life, including sex, and pour available, preferably liquid minerals into your body on a daily basis, be upbeat and positive and most of all, let go of your judgements and belief structures and just enjoy being you.

Don't put chemical, biologically dead compounds onto your skin! Use biologically alive, non-chemical skin products. That is why I have spent the last seven years of my life, creating the Electric Body range of healthy skin-care.



about the author

After 30 years in the health field and many years in agriculture prior to that, **Denie Hiestand** is now a health consultant, seminar presenter, internationally published author, and world renowned energy healer. Originally from New Zealand, he is now living in Los Angeles. For more information, visit: www.vibrationalwellness.com and www.electricbody.com