

A woman in a black leotard is performing a handstand on a sandy beach. She is balanced on her hands, with her feet tucked up towards her head. The background shows the ocean with waves breaking on the shore under a clear sky. The overall tone is bright and energetic.

# NATURAL HEALTH SOLUTIONS

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YOUR GUIDE TO LIVING A  
LONG LIFE YOUNG

*ACHIEVE OPTIMAL HEALTH  
AND  
FEEL YOUR BEST AT ANY AGE!*

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# INTRODUCTION

Are you ready to begin your journey to a new and healthier you? Congratulations for making a positive, life-changing decision! Before you begin, you will need essential tools to help you along the way. By following this guide, you will be equipped with tools to make you successful for happier and healthier living. Turn good habits into a foundation that will last a lifetime for a better you – let's get started!

## TIP #1: WATER IS ESSENTIAL SO START DRINKING MORE DAILY!

Approximately 60% of the human body is made of water and it is an important tool on the road to healthy living. It is essential to start drinking more water daily for hydration. Pay attention to your thirst, often when we crave caffeine it's really a need for water. The health benefits are numerous, so start drinking more!



- Lessen and stop headaches
- Control body temperature
- Keep joints lubricated
- Moisturize skin
- Detox through flushing out toxins
- Prevent asthma
- Aid circulation
- Assist digestion and prevent constipation
- Regulate metabolism and appetite
- Reduce the risk of cancers of prostate, breast, bladder, and colon
- Constrain depression and chronic fatigue
- Enhance breathing with moist lungs
- Improve cognitive thinking

- Boost energy levels – dehydration leads to tiredness and fatigue

## HOW MUCH WATER DO YOU NEED?

There is no one-size-fits-all for how much water everyone should consume. However, don't ignore your body when it gives signs of needing more water. One sign is the color of your urine. Dark yellow urine indicates that you are not hydrated enough while light yellow or clear urine means you are drinking plenty. Infrequent urination can also mean that you need to drink more H<sub>2</sub>O!

Take beverages like juices, sweetened drinks, sodas, and sports drinks out of your diet because they will dehydrate you more and provide no nutritional value. Drink a large glass of water a half hour before and after every meal. Keep the routine up while you are not home by carrying a filled reusable glass water bottle with you!

## WHAT WATER SHOULD YOU DRINK?

The best water is the purest water – being naturally filtered and free of chemicals and additives – which is mountain spring water. You could put a filter on your tap for practical convenience. Stay away from flavored, pre-bottled, distilled, unfiltered, and fluoridated water if possible.

## TIP #2 : YOU ARE WHAT YOU EAT!

Think of your body like a luxury car that requires premium fuel to operate. If you gave that car low grade fuel, it would greatly affect the vehicle. Your body is the same way!

Instead of counting calories or doing strict restrictive diets, focus on the quality of the calories you consume:

- Proper body functions come from nutrient-dense foods and deprivation can cause



tiredness, illness, and excessive weight gain.

- Overeating after self-induced famines causes all the calories to be stored in fat cells that are used during the next periods of limited or no eating.
- There is no reason to count calories from healthy foods.

Ask yourself two questions to verify if what you eat is quality

calories: 1. Will it supply good energy?

2. Is it processed or natural?

### TIP #3 : LOSE THE BAD MEAT!

Many commercially-raised animals are fed growth hormones and antibiotics which stay in the meat that gets sent to the grocery store. Unfortunately, this causes drug resistant bacteria strains. Ditch this unhealthy meat for meat that comes from grass fed animals. Grass-fed animals can freely graze and roam to eat pesticide-free grass, so you do not consume meat that has eaten junk like municipal garbage, chicken feathers, candy, and GMO grain.

Additionally, grass-fed diets are free of food-borne diseases which results in a higher nutrient count: omega-3 fatty acids, vitamin E, beta-carotene, vitamin C, and conjugated linoleic acid. Finally, buying grass-fed meat supports human agricultural, local farmers of the community, and the environment!

Are you wondering about those cold cuts you know and love that are quick and easy to throw in a sandwich? They are actually full of nitrates and according to the World Health Organization, are **carcinogenic to humans** along with red meat cooked at high temperatures. Stick to more plant based diets with proteins such as organic fish and chicken and reduce the chemicals getting into your body!

## TIP #4 : GET OUTSIDE ALREADY!



You can get healthy energy boosts, increased circulation, muscle stimulation, oxygen intake and vitamin D by going for a 15-minute walk in the sun or participating in an outdoor activity. A study found that brisk walking reduces the risk of heart disease by up to 50%! Don't let technology keep you indoors – enjoy being outside at least once a day for stress relief and wellbeing. Even if the weather isn't sunny, go out for a walk to enjoy benefits like increasing your mood, loosening stiff muscles and

joints, and release positive hormones. Get outside at every chance to allow your mind to relax and your body the chance to return to equilibrium.

## TIP #5 : WHITESPACE 5 MINUTES A DAY!

Our lives are consistently busy and, sleep loss, stress, anxiety, panic attacks, and negative feelings are common results of it. In fact, mental stress can cause issues like disease, high blood pressure, depression, and more. For good health, it is important to calm your behavior by relaxing your mind for at least 5 minutes a day.



You can rid mental toxicity with relaxation practices. In only a handful of minutes, you can combat negative hyperactivity with the reflective meditation of quiet and serenity!

## BASIC TECHNIQUE

1. Meditate in a quiet spot.
2. Close your eyes.
3. Inhale through your nose and into your lungs.
4. Fade outside noises out.
5. Set your focus internally.
6. Begin breathing with your diaphragm.
7. Focus on rhythmically breathing.
8. Defocus your thoughts for internal tranquillity.

Repeat an "om" sound to improve your focus. Through consistent practice, build from 5 minutes a day to 15! There are even apps you can use to help you enter into a quiet, relaxed state so you can learn what it's like to create whitespace in your daily life.

## TIP #6: SUGAR IS THE ENEMY!

The United States Department of Agriculture (USDA) reports that the average American consumes between **150 to 170 pounds** of refined sugars in one year. Refined sugar is in almost everything you eat these days and accounts for such a multitude of disease and health issues it's actually shocking that we are so ill informed of its effects. Replace refined sugar with unpasteurized honey, maple syrup, or stevia extract for a healthier sweet treat.



## PROCESSED SUGAR:

1. Subdues the immune system.
2. Disorders digestion.
3. Rises blood glucose.
4. Starts food allergies.
5. Promotes tooth decay.

6. Hinders mineral balance.
7. Causes heart disease.
8. Influencing depression.
9. Possibly causes risk for certain cancers and is known to feed existing cancers.
10. Increases obesity.

## SUGARS TO AVOID

- ◉ Dextrose
- ◉ Barley malt
- ◉ Glucose solids
- ◉ Malt syrup
- ◉ Invert sugar
- ◉ Corn syrup solids
- ◉ Ethyl malitol
- ◉ Beet sugar
- ◉ Maltose
- ◉ Fructose
- ◉ Diastase
- ◉ Cane-juice crystals
- ◉ Grape sugar
- ◉ Brown sugar
- ◉ Golden syrup

## TIP #7: CHEW, CHEW, CHEW!

Did you know that digestion starts in the mouth? To get the most health benefits and flavor possible from your food, you have to chew adequately; each and every bite. No rushing or quick swallowing. Good chewing habits support quality food digestion. This is also known as mindful eating.

## MINDFUL EATING

1. Food smells trigger your body's digestive reactions.
2. Mindful chewing increases saliva production that breaks down carbohydrates with enzymes and provides antibacterial properties.
3. Chewing breaks down surface area for easy digestion.
4. Hydrochloric acid is produced to help start the digestive tract.
5. Overeating is prevented with chewing by the stomach recognizing it's full.

## PRACTICE CHEWING

Chewing exercises your jawbone which does beneficial characteristics like sending nutrients and oxygen to the brain and supporting circulation. Sit down to chew comfortably and wait 15 minutes so your digestive system can work efficiently.

## TIP #8 : DON'T FORGET TO BREATHE!

Most people are unaware of how shallow their regular breathing is and how often they hold in their breath. Increased oxygen and blood flow come from expanding your lungs and diaphragm with deep breaths. Deep breathing exercises are used as a form of relaxation, that, when practiced regularly, may lead to the relief or prevention of symptoms commonly associated with stress, which may include high blood pressure, headaches, stomach conditions, depression, anxiety, and more.

Take 5 minutes a day to practice deep breathing for alleviating anxiety and stress – overall relaxing your body.

Deep breathing technique

1. Sit or stand in the upright position.
2. Set your hand an inch from your belly button.
3. Inhale through your nose for a deep breath, expanding your abdomen.
4. Slowly exhale.
5. Feel energy burst through your body.

## TIP #9 : BATHROOM CHECKS ARE IMPORTANT!

Although this might seem gross, checking your stool when you go to the bathroom can give you signs on your health – particularly with your digestive



## COLOR

The color often reflects what we eat so there is a variety of brown shades that are normal.

- Black – Intestinal or stomach bleeding; iron supplements
- Bright red – Possible rectum, anus, or large intestine bleeding
- Green – Possible diarrhea or large intake of greens
- White or yellow – Issues with bile flow or possibly pancreatic cancer, cancer of the bile ducts, or hepatitis



## SMELL:

Overly foul odors can either be caused by medications or food is stuck in your colon for long periods of time, putrefaction. Consult your doctor if you notice dramatic odor changes.

## SHAPE:

- Pencil-thin stool – lower colon obstruction or possible colon cancer
- Overly soft stool – possible sign of pancreatitis
- **“S” shaped stool – healthy stool when it is not too hard**

## DIARRHEA:

The body rids of toxins when you are sick via diarrhea. However, long-lasting diarrhea – usually a month or more – could indicate chronic conditions like Crohn's disease.

## CONSTIPATION:

Low bacterial count causes constipation. Consult your physician before using over-the-counter laxatives. Stool sluggishly moves through the colon when not properly

hydrated – making the stool become hard and dry. Common causes of constipation include:

- Medications
- Laxative abuse
- Low fiber intake
- Irritable bowel syndrome
- Dehydration
- Hemorrhoids
- Travel
- Hormonal imbalances
- Life changes like pregnancy and aging
- Anal or colon issues
- Lack of physical activity
- Holding stool despite bowel movement sensations
- Dairy
- Stress

Constipation can be resolved with exercise, dietary changes, hydration, and stress management!

## TIP #10 : STRETCH IT OUT!

Stretching at least 2-3 times a day can provide many health and mental benefits including improving flexibility, muscle responsiveness, physical performance, and circulation of blood flow. This, in return, rids toxins and supports nutrients and proteins while reducing stress and anxiety.



## A GOOD STRETCH

1. Stand in the doorway.

2. Face forward and keep your feet a few inches apart.

3. Using your fingers, hang onto the door frame sides.

4. Stretch your back and sides by moving your chest forward.

5. Hold for 30 seconds and repeat.

## TIP #11 : SLOW DOWN FOR A MOMENT!

Rushing throughout the day causes restlessness, stress, and a hyper mental state which negatively affects your sleep. Continuous stress affects your adrenal glands that respond to fight-or-flight stimulations. Your cortisol levels can also elevate and lead to impairments like:



- Sleep issues
- Bone health
- Hindrance in hormone production (DHEA, progesterone, thyroid, estrogen)
- Digestion
- Sex drive
- Immune functions

It can also cause an excess in:

- Blood sugar
- Muscle aches caused by inflammation
- Abdominal fat
- Blood pressure

Pressure causes the adrenal glands to become overworked and the fatigue can result in:

- Irritability
- Allergies
- Low blood sugar
- Anxiety
- Lightheadedness
- Exhaustion

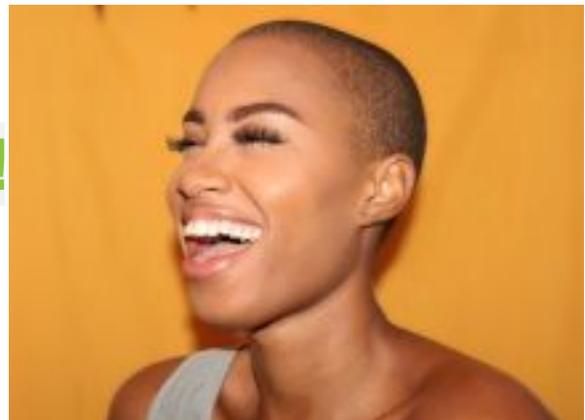
- Low blood pressure

- Focus impairment

You can prevent all of this with stress management. Techniques for this include meditation, yoga, and relaxation activities.

**TIP #12:**  
**SMILE MORE!**

Understand that life will always be busy, and it is important to not miss present times by constantly focusing on the future. Pay attention to details of your surroundings and gain a positive perspective. Create a list of what makes you happy or what you are thankful for every day and remember to smile!!



## TIP #13: UNPLUG!



We as a society are becoming addicted to Technology. This trend is physically and mentally harmful as it distracts from your real life.

Depression, suicide, fear of missing out are current health issues among the youth of today based on the overwhelming exposure to content

online. Once a week shut the Internet, TV and cell phones off for 24hrs. Pick a convenient day and have activities planned like:

- Spending time with family pets
- Walking
  
- Socializing
- Community service
  
  
- Chores
- Reading
- Family time

- Gardening
- Letter writing

## TIP #14: EAT LOCAL FOOD!

Buying locally grown food has many benefits like:

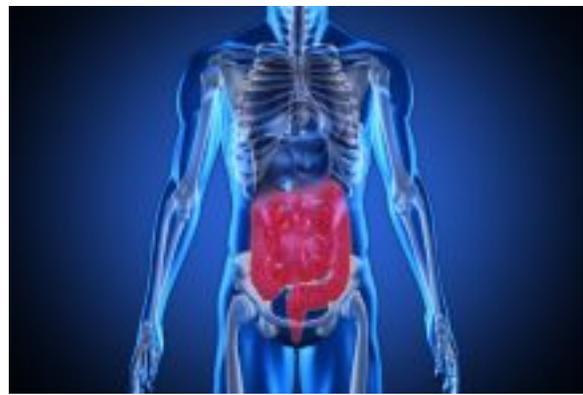
- Freshness from peak harvesting
- Short transportation requirements
- No preservative chemicals
- Retains more flavor
- Usually grown in better soil with higher nutrient density in the food
- Smaller chances of contamination
- Environment-friendly by reducing packaging, production, and transporting requirements



Additionally, you support your community – eat local food!

## TIP #15: TAKE CARE OF YOUR GUT... BACTERIA!

A happy gut promotes bodily balance and good bacteria can do this by assisting with digestion, nutrient absorption, reducing stress, and increases the immune system. Probiotics supply good bacteria and in foods like sauerkraut, kimchi, microalgae, yogurt, tempeh, and kefir. Supplements are available as well! Also, get good sleep, exercise, eat healthy, and reduce stress to help support a healthy gut!



## TIP #16: PAY IT FORWARD!

Helping others through volunteering or paying it forward helps your health by increasing your mood. In fact, volunteering can benefit you by:



- Reducing blood pressure
- Boosting mood-balancing hormones
- Grows confidence
- Helping your immune system
- Improving your physical well-being
- Relieving stress
- Positively impacts self-worth
- Giving a sense of purpose

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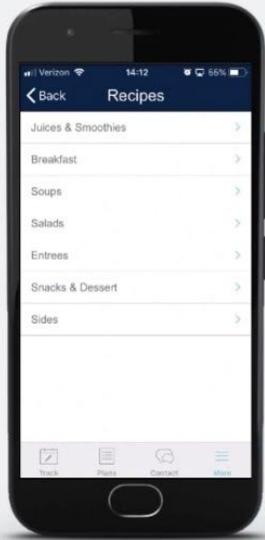
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Blessing of Health and Prosperity,

Nancy Anderberg, B.Sc., C.P.T.

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