

Renew

THE
ANTI-AGING
JUMPSTART



GUIDE



Hi there!

My name is Elizabeth Sousa, and I'm a nurse and Certified Health Coach through Institute of Integrative nutrition.

My life is full working, running a business, and raising three young kids, with my husband. My wellness journey has led me to take care myself, strengthen my relationships, and eat a clean whole foods diet. This has given this forty something mama energy to enjoy this life! I have learned that eating healthy does not need to be complicated and self-care is a must!

It is my true passion to help men and women defy age and feel good! No matter what age you are, this guide will help you to turn back time.

I am here to help you in the ways I helped myself.

Love,

Elizabeth

2017 Pine Island Wellness
The Anti-Aging Program Guide

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This is not intended to diagnose, treat, cure, or prevent any disease.

HOW CAN YOU SLOW DOWN AGING?

1. What to eat
2. The right exercises
3. How to release toxins and regenerate cells
4. How to feed your brain

HOW STRESS AGES YOU

1. How to de-stress your mind with breathing
2. How to de-stress with yoga
3. How to let go of stress by training your brain
4. How to rewire your brain for success

HOW TO PROTECT YOUR SKIN

1. The right all natural toxic-free SPF
2. Skin care for anti-aging
3. Skin masks for anti-aging
4. Creams to reverse aging spots

HOW TO EAT YOUR WAY YOUNG

1. Best foods for sexual function
2. Best foods for looking younger
3. Best foods for brain activity

HEALTHY HAIR AND NAILS

1. Best foods for healthy hair
2. Best foods to decrease grey hair
3. Best foods for great nails
4. Best foods for great skin

HOW TO LET GO OF TOXINS FOR LIFE

1. How to detox your detox
2. How to detox your home
3. How to eat organic

WELCOME TO THE ANTI-AGING GUIDE

I created this guide because I want to reverse the aging process and it is possible. You have the power to change your body through food, movement and getting rid of toxins.

I am going to share with you a step-by-step process for changing your life.

WHAT TO EAT AND THE RIGHT EXERCISES TO SLOW DOWN AGING PROCESS

I won't ask you to fast or give up food or do a juice cleanse for 21 days. I am asking you to eat clean foods, healthy foods and foods that slow down the aging process.

Food plays an essential role in everybody's life. It feeds body cells so your organs can work properly. Food and exercise are also critical factors in the process of aging. They can either accelerate it or delay it. If your objective in life is to live a quality life for a long span of time, then you need to know what to eat and the right exercises.

I have been so inspired by my clients and my own journey to turn back time. I feel passionate about my health and self-care. I want to share this love and passion with you too.

CLOSE YOUR EYES AND IMAGINE:

- Jumping out of bed in the morning without hitting the snooze button
- Maintaining your energy and enthusiasm throughout the day, so you're not even tempted to hit Starbucks or the vending machine
- Finding yourself smiling and having deep belly laughs, thanks to more balanced moods
- Having clear, radiant skin, leading people to wonder what you've done to look younger

Let's get started and turn back time. You have your meal plan, shopping list and recipes but you can add any of these beauty foods to your diet.

1. Download the Recipe Guide
2. Download the shopping list and Meal Plan
3. Head to the market for your shopping needs
4. Look at the detox handout and make sure you have ordered what you need from Amazon or make a stop at Whole Foods.

YOUR DAY

1. Upon Waking drink lemon water
2. Tongue Scrape before you brush your teeth
3. Skin Brush before you shower
4. Do the armpit detox at least 3 times a week
5. Eat meals from your meal plan: Breakfast, Lunch and Dinner
6. Snack as needed (choose anti-aging foods from this Guide)
7. Schedule your yoga or running or walking (any movement). Aim for at least 3-4 times a week.

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8. Hydrate
9. Keep your food dairy (the foods you eat will either make you feel energized or lead to exhaustion). We are aiming for energy as great energy means turning back the clock.
10. Take an Epsom salt bath at least 3 times a week
11. Set a timer for 8 hours of sleep. Yes, this means a timer will alert you when you need to go to sleep. Anti-aging is about great sleep

Don't worry all the detox tools are on your handy cheat sheet.

**HERE IS MY MOTTO:
STRESS LESS. BE GRATEFUL. LAUGH MORE.**

Let's get started. I am so excited for you.

WHAT TO EAT TO SLOW DOWN THE PROCESS OF AGING:

- **Berries**

Berries, especially strawberries, blackberries, and blueberries, contain high levels of flavonoids, a powerful kind of antioxidant that helps the body combat health-damaging free radicals that cause cancer and premature aging. These also support memory functions that are likely to diminish as you increase in age.

- **Cruciferous Vegetables**

Eating veggies like broccoli, cauliflower, cabbage, kale, watercress, turnips, Brussels sprouts, and radishes provides you additional security from toxins and other foreign bodies that accelerate aging and weaken your immune system, causing a variety of diseases.

- **Spinach**

This is another essential vegetable to eat daily. This is abundant in Vitamin K, which is important in blood clotting and rebuilding bone density.

- **Tomato**

Tomatoes are abundant in lycopene, an antioxidant that produces the red color in vegetables and fruits and helps protect your skin from cancer and sun damage.

- **Avocado**

Avocados are good for your heart because their healthy fats help lower the level of bad cholesterol. They also contain Vitamin E, making them a perfect food for healthy skin.

- **Watermelon**

Watermelon with the seeds is loaded with nutrients like Vitamins A, B, C and E; good fats; zinc; and selenium. These essential nutrients come into play to secure your skin and your body from rapid aging.

The Right Exercises to Slow Down the Process of Aging Cardio Workout

Swimming, walking, dancing, biking, and other aerobic exercises performed for at least 30 minutes three to four times a week help enhance heart function that is likely to diminish with age. If you are not capable of doing these exercises outdoors, you might consider investing in some home workout equipment to make it easier to take care of your body.

Exercises that relax the mind

Pilates and Yoga exercises may help slow the process of aging by creating a healthy balance among the organs of your body.

Sticking to a regular exercise regimen and a healthy dietary plan isn't an easy thing to do. There are lots of stumbling blocks along the way, and it's easy to lose your motivation when you don't have clear-cut objectives of what you would like to do with your life. Before starting any new lifestyle change or routine, make a list of things you'd like to achieve and how soon you anticipate achieving them.

Skin Care for Anti-Aging

The skin under and around your eyes is one of the first areas of your body to show age. Your eyes speak volumes. Bright, engaging, youthful eyes could open doors to success in business or relationships more than anything else. It is important to show your eyes proper care and attention.

Use a Natural Cleanser

Always try to use a natural cleanser when getting rid of makeup. Additionally, make sure to avoid skin cleansers that have chemicals in their ingredient list, as they have the potential to harm your skin over time. Choose skin cleaners that list natural products to not just heal your skin but help give a more youthful and radiant glow. A good company provides a list of ingredients in their skin care products to help you make an informed decision. Skin cleansers prepare the skin to absorb healing moisturizers that will help bring back your skin's youthful beauty.

Use a Natural Toner

Use natural skin toners to revive your natural beauty. It refreshes and energizes your skin, especially around and under your eyes. Toner also helps the PH in your skin and primes it for a refreshing application of gel or cream.

Use a Skin Mask for Anti-Aging

A natural skin mask with essential, vitamin-rich botanical oils heals as well as soothes your skin, while also reducing swelling and puffiness. The best skin mask available uses lots of botanical derivatives to create a soothing, cooling feeling on your face as your skin absorb its healing properties.

Use a Cream to Reverse Age Spots

The best, most effective way to avoid or reduce the appearance fine lines and other signs of aging is by using a cream or a moisturizing gel, depending on the type of your skin. Gels are best for oily skin, creams for dry skin. Use it in the morning and before bedtime. The natural process of aging causes your skin to lose its elasticity as well as the soft, radiant appearance you once enjoyed. A good cream to reverse age spots assists in bringing back that fresh, hydrated look.

Keep in mind that not all creams for anti-aging are made equally. As with almost any other skin care product, avoid those with a lot of chemicals in them. Look for all natural, toxic-free products that provide SPF.

SECRET REVEALED:

BEST FOODS FOR HEALTHY HAIR

You already know that eating healthy and nutritious foods is important for getting the right vitamins and minerals. Some of these nutrients are essential for the health and development of your hair. Food can't help much with reversing existing problems with baldness or hair thinning, but it can help prevent it or slow it down.

Some of the best foods for healthy hair are:

1. Spinach and Leafy Greens

Spinach and leafy greens such as kale are great sources of the iron that your hair needs. Iron helps create the proteins needed to build strong hair shafts. People suffering from iron deficiency may experience problems with hair thinning or baldness.

2. Walnuts

Walnuts are another excellent source of the proteins your hair needs. They also contain selenium and zinc, which are two minerals that may help your scalp in retaining moisture. They are good sources of omega 3 fatty acids that are also important in making your hair shiny. Walnuts may also help reduce the development of gray hair.

3. Eggs

Eggs are outstanding sources of protein, which makes them great for nourishing strong hair. However, eggs offer more than just protein. They contain vitamins B and D and iron, both of which are important for hair strength and growth.

4. Salmon

Salmon is an extraordinary food that provides omega 3 fatty acids, which are extremely important for strong and shiny hair. Your hair may become fragile and dull if you're not getting enough healthy fats from your diet. Salmon is also a great source of protein.

5. Sweet Potatoes

The high amount of vitamin A and beta-carotene in sweet potatoes may prevent hair baldness and improve hair growth.

These are just a few foods that can help promote healthy hair. Moreover, not only do they help your hair grow healthy, shiny and strong, but these foods can also help flush out toxins from your body. Try incorporating these foods into your diet today!

HOW TO DE-STRESS STRESS WITH YOGA?

Every one of us experiences stress in our daily lives. It doesn't matter if it is about overwhelming workloads, deadline pressure, or dealing with difficult people, stress a common issue for all. Try the stress-relieving benefits of yoga to assist you with that stress throughout your days. Rather than holding onto your pressure and stress in life, you should look for ways to free it. Release it from your mind. Yoga can help you do just that.

You can de-stress through yoga by bringing awareness to your body. When you are aware of your body, you can manipulate how you respond to stress. It's a beautiful skill that is easily acquired if you have an open mind.

When you practice yoga, you bring your concentration inside your body. You pay attention to your breathing and you concentrate on the physicality of your body.

You feel your groups of muscles as they are stretched, looking for weaknesses as well as looking for strengths you may not have known you had. The easy and simple act of focusing helps relieve strain and pressure. The practice of connecting to your whole body allows you to breathe out negative emotions such as frustration, anger, and stress. Yoga practitioners use the breath as an outlet to discharge negativity and to absorb positive energy. Working in the physical yoga postures discharge stress in your muscles, even without your awareness.

When your mind gets stressed, you reactively contract muscles. Oftentimes, you get backaches, headaches and various kinds of body pains simply because you don't have a way to release the tightness in your system. Practice yoga with an open mind and look for your areas of pressure or stress. If you find them, slowly and mindfully release them. Your yoga practice can help lead you to a full mind and body release.

Look inside as well as what you're holding onto. As you get stronger, you build confidence in yourself. If you know how your body responds to stress, you'll be more likely to anticipate it and decide not to react the same way. You're in control of your response. You may think you cannot help but react when things get hard; with yoga, however, you can manage how you perceive tense conditions or triggers and decide not to respond.

Stressful reactions cause more harm than good in the body. The more stress you carry, the more negative reactions you have, and it becomes a cycle of stress and harmful, negative reactions. It won't get better until you stop the cycle. Take time for yourself even if it is just 20 minutes a day. You'll feel lighter, more clear-minded, and ready to take on another day.

Now that you know how to let go of stress by training your brain and how to rewire your brain for success, make yoga a part of your daily routine. This will help you make better decisions and live more fully.

BEST FOODS FOR SEXUAL FUNCTION

We all want to feel good and let's be honest, we also want to have a healthy zest in the bedroom as well.

Nutrition is the best way to enhance your libido.

For the best benefit from food, however, you must also reduce or stop unhealthy habits like alcohol, drug use, and smoking. The best foods for sexual functions including increased sex drive and maintaining an erection should be unprocessed and as fresh as possible to ensure the greatest amount of nutrients.

Here is the list of best foods for men that can increase sexual drive and improve performance:

Increase the Intake of Caffeine: Sip hot tea or coffee 2 or 3 times a day to improve blood flow. Caffeine is great for enhancing metabolism as well as releasing fats that are stored in the body.

Eat Foods Rich in Zinc: Nuts, seeds, and oysters are abundant in vitamin B and zinc. Both are vital to produce sex hormones, specifically testosterone. These sex hormones increase sexual need in men.

Potassium: For smooth and healthy blood circulation, as well as a healthy heart, increase your potassium. This lessens the level of sodium in your body and considerably lessens the risk of hypertension or high blood pressure. Watermelon and bananas are good sources of potassium.

Fresh Fruits: There is nothing like fresh fruit to resolve nutritional deficiencies. They are not just rich in essential vitamins but they also act as cleansing agents. They clean up arteries to get rid of obstacles like plaque buildup to facilitate a healthy and proper blood flow.

Thiamine: This is important for healthy nervous system functions. Since the process for an erection begins in your brain, you should keep it healthy. Thiamine is one of the best nutrients for brain function. Beans and whole bread are good sources of thiamine.

Seafood: Seafood is a low-fat source of protein and often recommended to help treat erectile dysfunction. Seafood directly improves blood flow to your organs. Seafood is also rich in omega 3-fatty acids, which makes blood less sticky. Salmon is a great example.

Fiber: A minimum of three milligrams of dietary fiber taken three to five times per day controls the level of fats in your body and helps thin your blood, improving your blood circulation. Foods high in fiber are great for sexual function and good brain activity.

HOW TO DETOX YOUR BODY: LEARN THE BEST AND NATURAL WAYS TO DO IT

Detoxifying your body is very important and should be done at least a few times every year. This is an essential process to eliminate all the unnecessary toxins from your body. It can also help you feel more alive, awake, and filled with energy.

There are many simple, natural ways to detox your body even when you're at home. Some of them are:

1. Drink Plenty of Water

This may sound very simple, but you would be very surprised how few people drink as much water as their bodies need. You need to drink at least one to two liters of water every day. This helps keep your entire body hydrated and keeps you feeling awake and alert.

2. Eat Foods That Contain High Fiber

This is another effective and natural way of detoxifying your body. Eating foods that are high in fiber content, such as bread and potatoes, may help gear up your entire body to eliminate unnecessary toxins from your body.

3. Regular Exercise

Not nearly enough people these days are getting regular exercise. Exercise doesn't only help keep your heart strong, but it also helps keep your body fit and healthy. It even helps your body perform natural internal processes like detox.

Sweating specifically may help flush out unwanted toxins from the body through the pores of your skin.

4. Spa and Saunas

These are not only relaxing but fun things that you can do to detoxify your body. The main goal here is to unclog the pores in your body to make sure that toxins can be easily removed. Spend some spend time and effort going to spa and sauna sessions for excellent benefits.

5. Eating Superfoods

This is another natural yet very effective way to detoxify your body. Superfoods, which are best for detoxifying the body, include cranberries, blueberries, and goji berries. These berries have lots of nutrients and antioxidants that can boost your detox systems. This can help give you have a healthier body.

WORKING WITH ME

It would be my honor to work with you. Feel free to set up a free strategy session and let's talk about your health and wellness goals.

xoxox,

Elizabeth

www.pineislandwellness.com