



Old School
New Body
PRESENTS...

Ultimate Health & Happiness Secrets

SIMPLE STEPS TO A MORE
ENERGETIC, HEALTHY, AND
HAPPY LIFE!

SPECIAL REPORT

BY STEVE & BECKY HOLMAN

Ultimate Health & Happiness Secrets was written to help you achieve a happier, more optimistic disposition with sensible tips and strategies. Proceed with the suggestions in this e-book at your own risk.

Photography by Michael Neveux

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INTRODUCTION

In a world riddled with horrifying events daily, coupled with the quick and abundant information channels, like the Internet, is it any wonder so many people are unhappy and/or depressed?

But believe it or not, happiness is a choice. You choose your state of mind, it's as simple as that. It depends on how you look at things and how you interpret the world. But frankly, if you want to be happy, just do it.

And did you know that after age 55 people on average get much happier? That's good news if you're not there yet. If you are, we have tips to improve your health and longevity so you can enjoy it longer.

We put together this report to help you along that path. You'll find a lot of things to adjust your 'tude and mood and help you live longer, stronger.

Are you ready to get your glad on through middle age and beyond? Let's get happy and healthy.

—Becky and Steve Holman



Ultimate Health & Happiness Secrets

- You probably know that **bananas** are a good source of potassium—one supplies about 10 percent of your daily requirement. That mineral can help prevent muscle cramps. But did you know that bananas are also a good source of tryptophan, an amino acid that helps boost serotonin, a mood regulator, in the brain? In fact, many antidepressant drugs, like Prozac, manipulate serotonin levels. Advice: Feeling down? Eat a banana.

- **Nuts** keep proving their pulmonary power. A Harvard study showed that eating about five ounces of nuts a week reduced cardiovascular risk by a whopping 35 percent.



You've read that red **wines** are more healthful for you than white wines, but do you know why? Both types contain polyphenols, but reds have a higher concentration. Reds also contain three to 10 times more saponins than whites. Saponins inhibit cholesterol absorption and inflammation that may lead to heart disease. Reds are more potent because to make red wines, you throw whole grapes into the vat—skins, seeds and so on. All of those extras give red wines a much higher concentration of protective compounds, like polyphenols.

- We've all read that **two drinks** a night for men and one a night for women can be good for your health. But what does that really mean? According to Drs. Roizen and Oz in their Health IQ column in the October '06 Reader's Digest, "A drink is defined as five ounces of wine, 1.5 ounces of spirits or 12 ounces of beer." Anything over about

2 1/2 drinks daily for men and 1 1/2 drinks for women is overdoing it, if health is a concern. By the way, you can't save up all your daily drinks for one week and have them on Saturday, when you're watching the big game.

- Recent studies have shown that a **healthy sex life** can improve longevity, and the reasons why are becoming more clear:

- 1) Orgasm releases the hormone DHEA, which in men over 40 can reduce the risk of heart disease.

- 2) Sexual arousal and orgasm increase the hormone oxytocin, which may help prevent breast cancer. A French study showed that women aged 25 to 45 who had never had children and who had sex less than once a month had a higher risk of breast cancer than the women who had sex more frequently.

More frequent sex can also lead to less depression, which may also be related to hormonal release, not to mention the intimacy.

- **Beans** have cancer-fighting properties due to their phytic acid content and saponins, which reduce the ability of cancer cells to multiply. They also contain muscle-building amino acids. Mix them with rice to complete the amino profile.

- According to an item in the November '06 *Prevention*, aging can make us more content. A University of Michigan Medical School study of 542 adults of various ages found that the happiest people were in the 60-to-86 range. Apparently, as we age, we lighten up by “focusing less on achievement and more on **enjoying life** and relationships.” And you thought aging would make you cranky. It will, but only if you let it.

- **Honey** is a good source of antioxidants, which can help bolster your disease defenses. The darker the honey, the higher the antioxidant content, so go for the darker type to put in your green tea instead of processed sugar.

- According to Penny Kris-Etherton, Ph.D., a professor of nutrition at Pennsylvania State University, there's a lot of research demonstrating “a dose-response relationship between **nut consumption** and reduced risk of cardiovascular disease. In fact, consuming nuts and peanuts five times a week or more decreases risk of CVD 40 to 50 percent. High consumers of nuts and peanuts also have a lower body mass index—

Recent studies have shown that a healthy sex life can improve longevity.

not a higher one—compared with non-nut and non-peanut consumers.” Enjoyed in moderation, nuts and peanuts can help your heart and reduce bodyfat.



- **Vitamin D** could help reduce the risk of 16 types of cancer by anywhere from 2 to 70 percent. University of California, San Diego, researchers determined that after analyzing cancer deaths and sun exposure. Sun exposure without sunscreen is necessary for your body to make vitamin D. Try to get a few minutes daily. That may be impossible in the winter, so take a supplement that contains about 1,500 international units every day. Take it in the summer, too, when you don't get out much.

- **Multivitamins** are absorbed better when you take them with food. Take your multi with a meal or you could limit its effectiveness—and possibly get an upset stomach.

- **Apples** are higher in fiber than many other fruits. One average-size apple has five grams of fiber, and we need about 25 grams per day. So one apple gives you 20 percent of your daily fiber quota.

- A six-year study with more than 20,000 people, average age 53, found that a 30-minute **nap** in the middle of the day at least three days a week reduced stress. In fact, it reduced it so much that those who napped were 37 percent less likely to die of heart disease. Now, it may have nothing to do with sleeping and more to do with relaxing, so if you can't actually snooze, try a quick meditation break.

- **More on beans:** They keep things moving. One cup gives you 13 grams of fiber, about half of what you need each day. Beans also have about 15 grams of protein per cup, but watch the carb count.

How to Be Happy

The February '10 *Reader's Digest* offered "Joy," by David Hochman. He discussed the beliefs of Harvard psychologist Daniel Gilbert, whose provocative research was put into public awareness by the bestseller *Stumbling on Happiness*. According to Gilbert, humans are terrible predictors of what will bring joy. Here is some of what Gilbert found that can bring happiness:

1) Commitment. "People who commit to relationships are much happier than those who don't. That's why married people are happier than those who just live together. When people commit to something that's expensive or difficult to get out of, they report feeling happier."

2) Little things. "Worry less about big, big sources of joy and find a steady stream of small sources"—take walks with your spouse, spend time with your kids, etc.

3) Hang in there. "People are quite strong—much stronger than they themselves realize. One piece of advice I give people who have experienced hardship is to just hang on."

4) Go to church (or somewhere). "Churchgoers are happier than nonchurchgoers but not for the reasons people expect. It's not the religion part that makes people happy; it's the going-to-church part. It's the community part." (Yes, the gym counts.)

5) Giving. "[Studies show] that when people were given money to spend, those who spent it on others were happiest. Giving is literally a joy."

6) Invest in experience. "Experience is almost always a greater determinant of happiness than things are." (In other words, choose the vacation over material things.)

Good bacteria in yogurt keeps the digestive tract healthy, which positively affects the central nervous system, lifting your mood.

- Is it possible to force yourself to feel happier? Yes it is, according to research out of Wake Forest University in North Carolina. Scientists found that **active behavior**, like singing and dancing, boosts mood. Even laughing out loud or simply smiling for no reason can send your attitude skyward. Are you seeing a connection to the popularity of karaoke here? Singing, some dancing and lots of laughing out loud. Come to think of it, laughing out loud is a great ab exercise too.

- Oxytocin is a hormone released by the brain that induces bonding—as in strengthening relationships. It’s been shown to reduce stress hormones like cortisol, which can derail workout recovery. It can also help lower blood pressure and fortify the body’s immune system. How do you get more oxytocin? **Hugs** help release it, and sex causes it to spike. So if you’re feeling down, get physical—find someone to hug. Just make sure it’s okay with the huggee.

- **Tea** can help fight cancer. Researchers at the University of Mississippi Medical Center gave water mixed with green tea EGCG to mice that had breast cancer, and after five weeks their tumors were 66 percent smaller than those in mice who drank plain water. Drink more tea.

- Doing things even **slightly differently** can have good effects on mental acuity. For example, if you brush your teeth with your right hand, try doing it with your left. That small change can stimulate the production of brain-derived neurotrophic factor, or BDNF, which enhances the growth of long-term-memory neurons. It can also improve mood. When you’re depressed or under stress, your BDNF plummets. Anything unexpected can activate BDNF, even a change in the gym, like a new exercise.

- **Yogurt** can put you in a better mood. New research suggests that the good bacteria in yogurt keeps the digestive tract healthy, which positively affects the central nervous system, lifting your mood.

- Research out of Japan suggests that a stroll through a forest or park can lower stress levels and cortisol. That type of **nature walk** also boosted the immune system, including raising the counts of cancer-fighting blood proteins.

- New research from the United Kingdom suggests that you can

relieve moderate stress simply by **chewing gum**. In a recent study those who chewed had 12 percent less salivary cortisol than those who didn't.

- Studies show that **listing** some of your happiest moments in life can uplift your state of mind. Subjects who closed their eyes and relived the events in their minds for 10 minutes twice a day significantly boosted their happiness quotient after only one week.

- For most of us spending money on ourselves gives us a buzz. Getting something new can cause an endorphin release that can make you happier—at least for a few moments. New research suggests that spending your money on **memories** rather than material things makes you happier longer. For example, spending on a short vacation or even a day at the beach or a night out with friends will have a longer effect on health and happiness than spending the money on new shoes. New clothes lose their appeal more quickly than happy memories, which can last a lifetime.

- Lots of folks shop for fresh fruits and vegetables because, well, they're fresh, so they're more healthful than frozen. Not so fast. If you think about it, fresh produce is picked, packaged and shipped. That takes time, and time takes a toll on nutrients. The longer it takes to get to you, the less potent a food's health punch. On the other hand, **frozen fruits and vegetables** are picked in their prime and immediately frozen, which preserves most, perhaps all, of their nutrient potency. So in many cases frozen is better than fresh.

- According to the January '10 *Prevention*, eating some **asparagus** before you partake of alcohol can reduce headaches and other hangover symptoms the following day. Apparently, the vegetable is packed with specific amino acids that help metabolize alcohol.



Subjects who slowed down and made an effort to enjoy the things they usually hurried through were happier.

- If you're looking for something to give your salads a healthier punch, try **mushrooms**. A study published in the *Journal of Nutrition* demonstrated that mice that ate more mushrooms developed more of the natural killer cells that rid the body of viruses and cancer. Previous studies have shown that substances in mushrooms can block tumors—plus, they're very low in calories.

- Our lymph system is a series of tubular ducts and nodes throughout your body. It's designed to help clean out toxins, including cancer cells, bacteria and viruses. Unfortunately, it has no pumps like the circulatory system, so the only way to get the garbage disposal cranking is through **muscular contraction**. That causes lymph flow to increase three to 14 times its resting rate. So the next time you get a pump in the gym, know that it's not just for building muscle, but also for sweeping up toxins.

- **Lemon scent** can reduce stress, according to Japanese researchers—at least it did in rats. The smell of lemons alters gene activity and blood chemistry to produce a calming effect.

- A recent Dutch study found that people who scheduled a vacation and then dwelled on it every so often were happier than those who didn't have an impending vacation. When the vacationers returned, however, their happiness quotient returned to normal—equalling those who didn't have an upcoming vacation. It appears that **anticipation of good things to come** can up your happiness. So maybe spreading a few shorter vacations throughout the year or scheduling some long weekends can make you a happier person.

- You may have heard that one of the keys to happiness is living in the now—sitting back and savoring the present. Researchers at the University of Pennsylvania have confirmed that: Subjects who slowed down and made an effort to enjoy the things they usually hurried through—like walking to the store or a healthy meal—were happier and had fewer negative emotions. So the next time you're watching a movie with your significant other or your kids, sit back and **pay attention**—and savor the moment.

- If you don't have as much energy as you should, especially in the winter, **open a window**. Yes, even if it's cold out. If you're inside

a closed room for too long, you start breathing in your own carbon dioxide, and you don't get enough oxygen. That can be especially true in your bedroom while you sleep. You need fresh air to stay, well, fresh.

- If you walk into your house or apartment and the first thing you see is old newspapers or **clutter**, you set yourself up for a bad mood. According to the December '10 *Prevention*, "The first thing you see when you enter your home should be something you love, whether that's a piece of art, a vase of flowers or a special souvenir."

- You probably see unhappy people every day. Maybe you're one of them; however, you may not know that your mood is your choice, your reaction to your surroundings and events. According to the March/April '11 *Well Being Journal*, "We have the power to **create feelings of happiness**, peace and relaxation. We can let them influence the ability of our cells to function optimally and replicate precisely. It's tempting to think others have the power to keep us from tranquil feelings, but really it's our response to others that pinches us off from feelings of good." With an effort toward more positive reactions, you'll have healthier happier life.

