



Old School

New Body

PRESENTS...

**Ultimate
Sex And
Anti-Aging
Secrets**

**GREATER INTIMACY AND
YOUTHFUL VIGOR AT
ANY AGE!**

SPECIAL REPORT

BY STEVE & BECKY HOLMAN

Ultimate Sex & Anti-Aging Secrets was written to help you achieve a more youthful appearance and a happier, sexier 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

Sex is a driving force in animals and humans alike. But when we allow ourselves to subsist in a body in disrepair, sex is often impaired. That tends to occur more rapidly as we age.

As you know, we are big proponents of exercise to counter aging and enhance sexual performance, not to mention attractiveness to the opposite sex. But other factors can help amplify those benefits, such as food, mood and attitude.

Let's take a look at ways you can boost your libido as well as strategies to reduce or even reverse the ravaging effects of aging. Often it's just a matter of making some minor dietary adjustments or even mustering mental might.

—Becky and Steve Holman



Ultimate Anti-Aging Secrets



- The next time someone tells you that walking wards off osteoporosis, shake your head. Explain that it takes **strength-training** exercises to accomplish that because the bones respond to the increased resistance placed on the muscles during strength training by becoming more resilient. In other words, you have to lift for stronger bones. Mild aerobic activity won't do it.
- A Texas Tech University study found that a **ginger** supplement can inhibit prostaglandins that cause pain and swelling in cartilage cells. It also appears to block certain proteins that cause inflammation. Advice: To protect your joints or relieve some of your joint pain, try taking a ginger supplement twice a day.
- According to an article in the May '06 issue of *Prevention*, lack of **selenium** may be a source of joint problems. Scientists at the University of North Carolina determined that by looking at subjects' toenails. Those whose nails contained the most selenium were less likely to have osteoarthritis in either knee. Recommended daily intake of selenium is 55 micrograms. Check your multivitamin-and-mineral supplement to make sure you're getting enough. Good food sources include Brazil nuts, eggs and tuna.
- According to Ed Mayhew, author of *Fitter for Life: The Secrets of 25 Masters of Fitness*, men and women ranging from ages 40 to 93

who compete successfully with athletes decades younger—and look much younger than their years to boot—have a single trait that helps them defy the aging process: “These successful agers are invigorated by thinking about what they want to have and to do—the next big challenge, adventure, race or game—while those on a fast track to old age think more about what they don’t want, what they are trying to avoid.... This ongoing stress [of the faster agers] interferes with the body’s natural repair and regeneration of cells.” In essence, **competing** can keep you young, whether with yourself in the gym or with others onstage or on the track.

- **Coffee** can reduce the risk of Parkinson’s and Alzheimer’s disease. It’s also been shown to have anticancer properties, most likely due to its flavonoids and antioxidants. Make sure you get enough calcium, however, as caffeine can leach that mineral from bones.

- **Melatonin**, a hormone linked to relaxation and sleep, may also be an antiaging nutrient. Mice given the compound had less oxidative damage and inflammation, both of which age cells. A few milligrams of melatonin before bedtime is a common prescription for sounder sleep—and apparently slower aging.

As reported in the September 10 issue of the *Archives of Internal Medicine*, a new European study suggests that **vitamin D supplements** may prolong life. “The intake of usual doses of vitamin D seems to decrease mortality from any cause,” said lead researcher Dr. Philippe Autier, from the International Agency for Research on Cancer in Lyons, France. “This is the first study that shows that taking one vitamin has an impact on mortality.” The conclusions were reached after researchers reviewed data from 18 trials involving more than 57,000 people.

You know how important sleep is in keeping you young and your energy up. Sleep is when a lot of muscle recovery and surges of growth hormone occur. So what do you do when you can’t fall asleep? Try eating a **banana**. The fruit contains natural precursors of melatonin and serotonin plus a lot of magnesium, all of which work together to help relax you and put you to sleep. One medium banana

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contains fewer than 100 calories, so throw one in your bedtime protein drink for better sleep and bigger gains.

- A 2007 study published in the *American Journal of Clinical Nutrition* found that foods loaded with **vitamin C** reduce dryness in aging skin. Other research shows that vitamin C quashes many of the free radicals that prematurely age skin. It also aids in the formation of collagen, which helps form the skin's connective tissue—more wrinkle protection. Collagen also helps form tendons and ligaments, which can be damaged from exercise, especially weight training. Try one 500-milligram dose twice a day.

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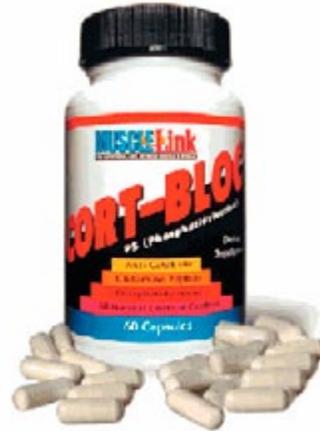
- A lot of new research suggests that **creatine** is an ideal supplement for the older generation, and not just for muscle resilience. Researchers gave elderly subjects five grams of a placebo four times a day for one week, followed by the same dosage of creatine for the second week. Another group got a placebo both weeks. The creatine had a significant effect on the subjects' ability to perform a number of mental tasks. The scientists concluded that creatine supplementation aids cognition in the elderly.

- Do you want to add quality years to your life? Do daily creative work that's **challenging**. Researchers at the University of Texas at Austin suggest that if you engage in creative tasks regularly, you can add about seven years to your life span. Challenging hobbies are a must as you age (photography?), or maybe taking a few college courses every semester or two will revitalize you.

- **CoQ10** is a nutrient found in every cell of the body, and it's recently been shown to have ergogenic properties. Now new studies show that when applied topically to the skin, it can reduce wrinkles. Creams that contain CoQ10 can be found at health food stores and some cosmetic counters.

- Lots of studies have demonstrated the health benefits of **chocolate**, and new research suggests it's good for you. Women who got a drink containing only two tablespoons of a high-flavonoid cocoa powder each day for 12 weeks had skin that was "significantly smoother, retained more moisture and had better circulation." An ounce of dark chocolate every day should bring the same skin-saving effects.

- **Phosphatidylserine** is a soy lipid sold as Cort-Bloc. It's big on helping reduce cortisol, the stress hormone routinely linked to obesity, cancer, heart disease, depression and muscle loss. A few years ago researchers found that it can reduce cortisol by more than 30 percent in hard-training athletes who want to avoid muscle breakdown and build more muscle size and strength. Now a new study from Korea shows that it can fight wrinkles caused by sun damage and natural aging. It appears to stimulate the production of new collagen in the skin.



- Recent research suggests that **saw palmetto** is an herb that may help treat baldness. In a study reported in the April '02 *Journal of Alternative and Complementary Medicine*, 19 men, aged 23 to 64, who had mild hair loss took saw palmetto or a placebo for five months. More than 60 percent of those who took the herb reported more hair growth. Only 11 percent in the placebo group reported any positive effects.

- **Cherry supplements** can ease arthritis and sore joints. Flavonoids and anthocyanins produce the benefits because of their anti-inflammatory properties.

- **L-carnitine** can help you burn fat, improve brain function, lessen fatigue and build muscle. Researchers found all of those benefits after 66 senior citizens supplemented with two grams of L-carnitine for six months.

- **Beans** may help you live longer. According to an article in the August '09 *Better Nutrition*, beans are included in every one of the diets in areas around the world where people live the longest. Beans' nutrients help reduce the risk of heart disease, diabetes and cancer.

- According to the April '11 *Better Nutrition*, "Population-based studies have shown a negative correlation between the consumption of **olives** and wrinkle formation." Olives contain verbascoside, a polyphenol that's an antioxidant specific to skin health. Eat more olives for smoother, less wrinkled skin.

- **Almonds** appear to help slow graying hair. According to the September '11 *Prevention*, high levels of the enzyme catalase can prevent hydrogen peroxide buildup in hair follicles, which is what turns hair gray.

Add Years to Your Life

If you're interested in living to 100 or more, you can do things that are proven longevity boosters. Here are a few key ones, according to the December '09 issue of *Health*:

- Load up on fruits and vegetables—it adds about five years.
- Work out often—adds two to four years.
- Have an engaging hobby—adds about two years.
- Floss your teeth regularly—adds more than six years.
- Take regular vacations—adds about two years.
- Have sex often, which releases feel-good hormones and adds about five years.

Ultimate Sex Secrets



- Bodybuilders are taking nitric oxide precursors to enhance the pump in the gym, but a pump can be enhanced elsewhere too. A recent double-blind study found that L-arginine, a potent nitric oxide precursor, helped improve sexual dysfunction in women when it was combined with a **ginkgo-and-ginseng** product. Also, vitamin C helps. Men, tell your gal to take L-arginine, ginkgo, ginseng and vitamin C to increase her energy—in and out of the bedroom.

- Research at UCLA found that drinking eight ounces of **pomegranate juice** a day for only one month helped increase quality and quantity of erections in many subjects. Antioxidants in the juice appear to diminish plaque and increase blood flow.

- Researchers in England had couples enjoy some **chocolate** and then do some serious kissing. All the subjects were connected to heart and brain monitors to gauge excitement. While both activities—eating chocolate and kissing—were stimulating, chocolate doubled the excitement in the part of the brain that designates pleasure,



especially in the women. Now you see why getting your gal chocolates on Valentine's Day makes sense, as does eating some chocolate before you kiss her.

So you want to get into your gal's, um, good graces? Try philanthropy. It's not a big word for the act of buying diamonds, although it does have to do with putting out some cash—as in **giving**. According to scientists at the University of Oregon, benevolent deeds increased the activity in female subjects' brains associated with enjoying food and sex. So feed your gal a good meal, and then have her watch you write a check to your favorite charity. It may increase giving in a number of ways.

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- A study out of the University of Washington found that one 20-minute **cycling workout** increased the women subjects' sexual arousal by almost 170 percent! That jump in libido could be due to the increased blood flow to the genitals and/or the pulsating movement on the bike seat. Either way, you can ride your way to romance—and give new meaning to the term *bi*-sexual. Bonus: Cycling has been shown to reduce knee pain.

- According to Laura Berman, Ph.D., **romance** and sex are important for men and women but for different reasons: “Sex often feeds intimacy for men, so the more sex they have, the more likely they are to want to hug, kiss and cuddle. For women the opposite is true—those little romantic gestures rev their sex drive.” Men, do you want more sack time? Try showering her with romantic gestures, compliments and touches.

- **Vitamin C** may make you sexier. A German study found that increasing ascorbic acid intake appeared to cause some participants to have more sex and be in a much better mood.

- If you're having trouble getting in the mood, a few **meditation** sessions may help. According to researchers, women who attended three meditation courses became much more aroused when watching erotic movies than before they meditated. It may be a case of better focusing capability. Note that the subjects were women. Most men have no problem getting aroused—especially during an erotic movie.

- **Asparagus** an aphrodisiac? Apparently. It's rich in vitamins E and B₆ and folate, which can boost arousal and orgasm.

- Many studies have shown the health benefits of **red wine**, but now there is another reason to drink it—or at least pour some for your wife or girlfriend. According to the February '10 *Prevention*, Italian researchers found that women who drink red wine in moderation “show higher levels of sexual interest and lubrication than women who drink less or none at all.” It may have something to do with better blood flow due to nitric oxide release. I know what you're thinking: “I'll drink to that!”

- Men are always looking for reasons for women to have more sex, and a good one is a **reduced risk of breast cancer**. According to the March '10 *Prevention*, during arousal and orgasm, your “happiness” hormones rise, two of which are oxytocin and DHEA. They can help prevent breast cancer. As the article puts it: “One study showed that women who have sex more than once a month have a lower risk of developing breast cancer than those who are less sexually active.”

- Guys, to be attractive, you know you have to stay clean and groomed, wear nice clothes—especially nice shoes—and exude confidence. There's one other thing, though, that may help you get the girl. According to the October '10 issue of *BottomLine Health*, “Recent studies show that women find men to be more sexually desirable when they wear **red clothing**.” On the other hand, wearing a red Speedo on the beach may have an opposite effect.

- Do you ever wonder why guys like to take dates to amusement parks or horror flicks? Because **adrenaline** can boost arousal. So says the July/August '11 *Health*: “After being in an adrenaline-pumping situation (say, watching a suspenseful flick or going zip-lining), men and women find the opposite sex more alluring.” No, getting her to attempt a max squat probably wouldn't have the same effect. Stick with roller coasters.

- Even a **slight touch** can set off sexy fireworks. According to the July/August '11 *Health*, **touching** releases oxytocin, an arousal

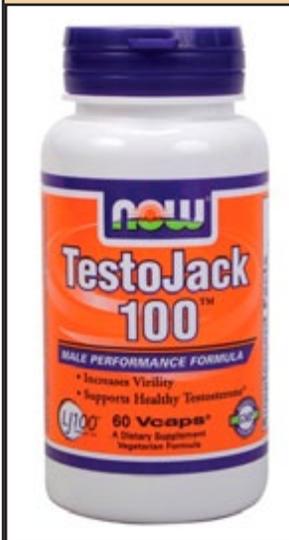
Recent studies show that women find men to be more sexually desirable when they wear red clothing.

hormone—but the trick is to be spontaneous: “That out-of-the-blue excitement is what prompts your body to pump out oxytocin and other neurotransmitters related to sexual response.”

T is the Key!

The big key for heightened libido, as well as muscle building and even fat burning, is testosterone. More of that male hormone can be good for men and even women, to a degree. Research shows that a slight increase in testosterone sends a woman's sex drive through the roof.

While a few herbs have shown some promise as T boosters, one that is coming to prominence is Tongkat ali or **Longjack**, an herb derived from a Malaysian tree. According to researcher Jerry Brainum, a new 2011 study shows its promise:



“The study featured a large group of men suffering from hypogonadism, or lack of testosterone. Of the 320 men involved in the study, 76 were provided with 200 milligrams of a water-soluble, standardized extract of Longjack for one month. Prior to the study, only 10.5 percent of the subjects had no complaints, but after using the Longjack for a month, they voiced a 71.7 percent satisfaction rating. More importantly, prior to using the Longjack, only 35.5 percent of the men had normal testosterone levels, but after using the Longjack, 90.8 percent of the same men showed normal testosterone levels.”

Give longjack a try to boost T and your sex drive.