SIMPLE ANTI AGING CRASH COURSE
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DAY ONE
"You can live to be a hundred if you give up all the things that make you want to live to be a hundred."

Woody Allen
Welcome to this short crash course on natural anti-aging tricks, designed to help you look, feel, and perform younger without having to visit your doctor and without having to break the bank.

The course aims to give you a useful understanding of the aging process, the impact on us, and what you do to improve your quality of life and hopefully live longer in the process.

I’ve split this course up into 3 ‘bite sized’ chunks that are quick to read through which means there’s a better chance you’ll remember what we cover, and put it to action.

Let’s get started…
Now the word “tricks” may have you thinking you’ll be doing some voodoo to turn back the clock, these aren’t really tricks at all. They’re simply tips on how to improve your overall mental and physical health as you age. Some may seem a bit obvious, while others may come as quite a surprise.

With that out of the way, before jumping into the actual tips, let’s take a look at the topic of aging in men in terms of some notions and statistics on getting older.

**What’s The Big Deal About Growing Old?**

Growing old is a fact of life, and more most, it's a fact we'd like to ignore.

A study from Florida State University found that women are more apprehensive about aging than men are. This was evidenced in interviews with male and female participants, and when asked to draw themselves at an older age, the women tended to include far more wrinkles in their drawings than the men
The same study found that men are perceived to be "old" at a later age than women. For instance, a 65 year old woman may be considered old by most, but a 65 year old man may not. Taking this one step further, women are seen by many to decline in physical attractiveness at a faster rate.

What about our identities? Researchers noticed that women's femininity tends to decrease with increasing age. Men's masculinity, on the other hand, doesn't seem to be affected. Some have referred to this as the "double standard of aging," and it's usually brought up in arguments by feminist groups.

Does all of this mean that men are perfectly happy with aging? Absolutely not. Even though older men have reported being happier than their female counterparts in various studies, they still have plenty of concerns as they get up there in age.
A Geriatric Nursing article noted that some men can actually have a harder time adjusting to the changes that come with aging. Why? Because throughout their lives, whether it's through societal norms or personal experiences, they're conditioned to be independent, strong, and controlling.

What happens when men age? That independence, strength, and control all seem to fade.

### The Top Five Fears Of Aging

What do you fear most about aging? While you hold that thought, take a look at the top five male fears according to a study by the American Geriatrics Society:

1. Becoming physically weaker
2. Sensing a loss of purpose
3. Impotence
4. Losing independence and having to depend on others
5. Developing dementia
As you can see, even though studies show men might fear aging less than women do, male fears certainly do exist, and they're all quite serious.

Statistics On Male Aging
The World Health Organization found that, on average, American women live five years longer than men. You may find that a tad disturbing, but it used to be even worse.

Why is there such a lifespan gap? Scientists have been trying to find that out for decades, and here is one of the biggest factors: Risky behavior.

It may seem like a myth promoted by TV and movies, but men are generally more likely to participate in high risk behavior that can lead to shorter lives. Smoking, abusing alcohol and other drugs are two major factors, and so are things such as having to go to war and driving recklessly.
Beyond risky behaviors in their control, other factors that men cannot control so much may contribute to their shorter lifespans. Differences between the male and female immune system may be one, while heart disease is another.

Men are at a higher risk of having heart attacks earlier in their lives, and this holds true even though heart attacks are the number one cause of female deaths. 75% of fatal female heart attacks occur on those aged 75 or older. At that age, the average man has already been dead for nearly two years.

Here are some more statistics on male death and aging, which you may or may not want to know:

► Globally, men have a life expectancy of 65 years, compared to 69 years for women.

► The most common cause of death for men in the United States is heart disease.
► The average man has his first heart attack at 66 years of age.

► American men have higher death rates for the top 15 causes of death, except for Alzheimer's disease.

► Men in the United States account for 50% of the workforce, but 94% of all on-the-job deaths.

► Men are three times more likely to abuse alcohol.

► Men are twice as likely to abuse recreational drugs.

► The amygdala, which is the part of the brain involved in producing emotion, is usually larger in males, leading to more aggression and uncontrollable emotions. This can lead to higher stress levels that can result in accelerated aging and an earlier death.
DAY TWO
"At age 20, we worry about what others think of us. At age 40, we don't care what they think of us. At age 60, we discover they haven't been thinking of us at all."

Ann Landers
DAY 2: HOW TO START LOOKING YOUNGER

The anti-aging industry rakes in over $100 billion per year in the U.S. alone, and big chunk of that has to do with older men doing everything in their power to look younger.

According to the American Society of Plastic Surgeons, male plastic surgery is at an all-time high, with particular increases coming in the way of facelifts and Botox. L'Oreal, meanwhile, reports that men are rushing to hair salons more than ever not just for a haircut, but to have their hair dyed.

Those may be popular ways for men to look younger, but you don't have to go to such drastic measures to get the job done. In fact, all you have to do is follow these simple tips to start turning back the clock:

**Begin With Your Skin**

It's the biggest organ in your body, and it's
the first thing people notice. According to a study from the Journal of the European Academy of Dermatology and Venereology, a man's attractiveness and youth is mostly determined by two things: the tone and evenness of his complexion. Here's how you can improve those while taking a few years off your face at the same time:

**Shun the sun** - Yes, a tan can make you look thinner, but the sun can sap your skin in a hurry and make you look much older than you really are via wrinkles and age spots. If you know you're going to be in the sun, wear sunscreen with a strong SPF.

**Cleanse and exfoliate** - Find a good cleanser you can use on a daily basis to keep your face clean. Add in an exfoliator every few days to remove any dead skin and keep your pores unobstructed.

**Realize you must moisturize** - Dry skin will exaggerate your age. Keep it nice and moist
by applying a moisturizer after you wash.

**Hydrate** - Putting moisturizer on your skin isn't the only way to ensure it stays youthful, as drinking water can have the same effect. Drink around eight cups per day at the least to improve your skin tone and look younger.

**Groom Like You Care**

Men in their 20s can start noticing unruly hairs popping out all over their bodies. Grooming them can make you look younger in a matter of minutes. Here are two ways to do just that:

**Take care of problem hair** - Eyebrows, nose hair, and ear hair tend to be problem areas with long or gray hairs as men age. You can have your barber help with these, or you can trim them yourself each week with a tidy electric trimmer. The more gray hairs you clip, the younger you'll look.

**Cover your turkey neck with a beard** -
Older men don't just sag in their pants, they tend to sag in their necks too. A double chin is anything but sexy, and you can cover it up somewhat with a close-cropped beard.

Make The Right Lifestyle Choices

Try these lifestyle tips to help revitalize your body inside and out:

1. **Stop smoking** - If there's anything that can add age to your skin and overall health, it's smoking. It will dull your skin, yellow your teeth, add wrinkles, and trigger lines around your mouth and eyes. Add in all the health problems, and quitting smoking is a no-brainer.

2. **Moderate your drinking** - Drinking, just like smoking, adds age in a hurry. A few glasses of wine or the occasional beer/drink is okay, but avoid binging on it every night to avoid other health issues too.

3. **Get eight hours of sleep** - Drinking can
cause insomnia, as can bad habits like drinking caffeine before bed and staying hooked to Netflix marathons late at night. Since lack of sleep causes daytime fatigue, focus your efforts on getting eight hours nightly.

4. Exercise - Guess what will happen if you stop smoking and drinking, plus get proper sleep? You'll have more energy to workout to drop pounds and build youthful muscle. Getting lean and mean will help you look and feel younger, plus it will boost heart health and improve your flexibility.

10 Quick Tips To Boost Your Energy

Remember when you were a young buck who had as much pep and vigor as the Energizer bunny? You probably do, and if not, it's because so many years have passed. Well instead of overdosing on coffee and energy drinks that are horrible for your health, try these 10 quick tips to get that much-needed energy boost:
1. **Hydrate** - Drinking water isn't just good for your skin, it's good for your energy too. You know how you feel sapped when you have a hangover? That's due to dehydration, so drink up (water, not whisky!) to keep those energy levels high.

2. **Open the blinds** - Vitamin D can increase your energy levels, and it just so happens you get it from sunlight. Open the blinds when you wake up to get your daily dose, or you can even turn on all the lights.

3. **Don't skip meals** - There's no excuse to skip meals, especially in this day and age. Have something handy, even if it's a handful of nuts, to ensure your energy levels don't plummet.

4. **Eat berries** - A great snack when you're in a bind is a handful of berries. They're high in anthocyanins, which are natural energy boosters.
5. **Increase your fiber intake** - Fiber helps you stay full and boosts digestion, but according to Cardiff University researchers, it also helps fight fatigue.

6. **Take a hot shower** - A U.K. study found that 68% of men feel energized after jumping in the shower and letting that hot water run.

7. **Listen to loud music** - Want to fight fatigue and relieve stress at the same time? A study from the Online Journal of Sport Psychology said listening loud music is a great way to do so.

8. **Avoid huge lunches** - Have you ever pigged out an a big meal or buffet during your lunch break? It probably made you super-sleepy afterward. Limit your lunch to 500 calories and this won't happen, since the meal will be easier to digest and won't sap so much energy to do so.

9. **Take a walk** - 4pm rolls around and you're
dead tired. Instead of snacking on a Snickers, take a quick walk around the block to help oxygenate your blood cells.

10. Get laid - U.K. scientists studied 900 men for a period of 10 years. Their main finding? The ones who had the most sex had the most energy.

As you can see from the last tip on that list, sex is a great way to boost your energy. Having it can be hard, however, if you can't get it up as you get older. In part three of this concise guide, we'll look at how you can naturally address this common issue with aging men.
DAY THREE
We don’t stop playing because we grow old...
We grow old because we stop playing.

George Bernard Shaw
When cold and flu season roll around, the last thing you want to do is get sick. That can lead to putting you out of commission for work, and as you probably know by now, getting sick when you're older seems much worse than when you were a young whipper-snapper.

What can you do to boost your immunity to avoid those long, dreadful nights of headaches, fever, sore throat, and congestion? Eat these five superfoods:

**Soup** - Your mother may have given you chicken noodle soup to clear you up when you were young. It's no myth that it does your body good, since you can pack a variety of healthy ingredients in soup that will help fight off illness.

In chicken noodle soup, for example, you have carrots that are rich in vitamin C, chicken that's packed with iron and zinc, and
broth that aids in mucus secretion to keep nasty invaders from entering your body.

**Honey** - You may have taken it for a nasty cough or a sore throat, but honey also does things like treat acid reflux and indigestion. Try a teaspoon in your coffee instead of sugar to get your daily dose of this immune booster.

**Yogurt** - Packed with probiotics that offer up good bacteria, yogurt fights bad bacteria that leads to not only indigestion, but sickness.

**Sweet potato** - Sure, it has tons of cold-fighting vitamin C, but sweet potato also has tons of vitamin A that boosts immunity. Thanks to its vitamin A content that provides a first line of defense by supporting the mucus membranes in your nose and throat, sweet potato is a must for your immune system.

**Green tea** - Some say it can blast stubborn belly fat, but green tea can also boost your
immune health through catechins. These antioxidants help prevent viruses, and if you're already sick, they can reduce how long you're under the weather.

Now that you know how to boost your ever-important immune health, let's finish up by seeing how you can boost your ever-important sexual health, no matter how old you are.

**How To Eat Your Way To Better Sex**

A healthy diet is essential to staying lean and mean, which will help you become a sexual machine. Obesity, especially belly fat, tends to point towards sexual performance problems, which is why you should avoid fatty foods, excessive drinking, and empty calories.

Digging deeper, many studies have found certain foods that boost sexual performance, and others that sap it. Let's take a look first at the ones that sap it, aka foods you should
avoid.

Five Sex Drive Killers
To Kick From Your Diet

The lower your testosterone, the lower your libido, and here are the foods known to be libido-killers, especially for men as they age:

Alcohol - It's okay in moderation, but too much alcohol can make it hard to get hard, give you trouble reaching orgasm, and promote premature ejaculation. Besides that, too much of it could make you fall asleep.

Soy - Small amounts of tofu, soy sauce, and soy milk won't totally turn you into a woman, but if they're staples of your diet, you'll drastically reduce your testosterone levels, which will reduce your libido. How much is too much? Around 120mg per day.

Some red meats - Eating too much red meat that's filled with added hormones or antibiotics can throw off your own natural
hormones. If you're a big carnivore, opt for organic meat.

**Graham crackers** - These tasty treats, or anything loaded in refined carbohydrates (bleached white flour), can kill testosterone levels, increase estrogen, increase weight gain, and decrease libido.

**Too much of anything** - A big belly and being obese is seen by many as the number one cause of libido loss, that's why overeating and gaining weight will kill you in the sack. In other words, eat less so you can screw more.

**Five Bedroom Boosters To Binge On**

You really shouldn't binge on anything, but eating these five foods will help point your sexual performance (and your penis) in the right direction:

1. **Nuts** - Peanuts, pistachios, and walnuts contain L-arginine, an amino acid that helps
men maintain erections via improved blood flow.

2. **Pomegranate juice** - It's loaded with antioxidants that boost blood flow and lead to better boners.

3. **Watermelon** - Want a harder erection? Watermelon can help with its L-citrulline, an amino acid that's a major boner-booster once it converts to L-arginine.

4. **Tabasco sauce** - It's spicy, and it'll help spice up your sexual prowess thanks to capsaicin, the compound that makes your eyes water when you eat Tabasco. Capsaicin increases heart rate, allowing your body to mimic the signs of arousal, which in turn boosts libido.

5. **Ginger** - One teaspoon a few times per week boosts artery health and blood flow. You now know what not to eat and what to eat to improve your sexual performance naturally, and it's time to finish up by looking at
what to do to handle a common issue with aging men: Premature ejaculation.

Five Ways To Stop Being A One-Minute Man

There are approximately 50 million one-minute men in the U.S. alone. According to the Mayo Clinic, 33% of men suffer from premature ejaculation at least once in their lives, making it the most common sexual dysfunction.

When you consider that most women need at least 20 minutes of sexual stimulation to orgasm, you can see why so many couples have troubles in the sack.

How can you remove yourself from this group so you can finally please her properly? Follow these five tips:

1. **Have more sex** - Doing the dirty more often and becoming more familiar with your partner will reduce some of the anxiety that
causes premature ejaculation in the first place.

2. **Masturbate beforehand** - Experiment with yourself to determine how long you need to get it up again after you climax. Use this info before you know you're going to have sex to then masturbate to release that urge to ejaculate. The older you are, however, the more careful you must be. Older men tend to take longer to recover, so you don't want to turn your premature ejaculation into complete erectile dysfunction.

3. **Breathe deeply** - Breathing deeply oxygenates the blood and triggers the brain to release endorphins. This feeling of well-being reduces stress and can help you perform longer. Inhale through your nose, hold it for at least three seconds, then exhale through your mouth. Do this before you do the dirty and you should be able to stay calm so you can last long.

4. **Hit the pause button** - Not on the dirty
video you may be watching as a couple, but on your humping. Start-and-stop techniques can help prolong sex and are particularly useful when you feel like you're about to burst.

Stop humping, pull out, or squeeze the base of your penis when you're nearing climax. Once you feel a little less horny and vulnerable, start sexing her once again. Just make sure during your pauses that you continue to stimulate her at least with your hands. You don't want her to cool down completely.

5. **Wear special condoms** - Sex may not feel as good with a condom, but that's the whole point of this tip. There are climax control condoms that can help increase your endurance while adding that extra layer of protection.
THE WRAP UP
A great philosopher once said “You get out of life all that you put into it” and it’s true. The best advice and tips in the world will serve no good purpose if they are not put into action. And at the other end of the scale the even making small changes in small steps will bring results, so put in what you wish to get out of keep as young as you can, for as long as you can.

Thank you for reading, and I wish you happiness and success in your endeavors.