



INSTASHRED



10 YEARS YOUNGER

How to use **'Protein Cycling'**
and **'Autophagy'** too look
Younger, Slimmer & Boost
Your Energy

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'**AUTOPHAGY**' TO LOOK YOUNGER, SLIMMER &
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10 Years Younger

The Foundations of Youth

Naomi Whittel is the founder of Simply Good Fats.

She's a well-known health guru who has been called "The Indiana Jones of Wellness".

She is also the New York Times bestselling author of "Glow 15: A Science-Based Plan to Lose Weight and Revitalize your Skin."

Visit this link to see her book on Amazon: www.se1.co/glow15

Readers of Whittel's book have come to think of it as the new 'Fountain of Youth'.

The ground-breaking work asks, "what can we be doing right now to feel and look younger?"

Whittel believes that the key to health and long-lasting youthfulness is letting our body do what it naturally wants to do.

In her book, she describes the modern world as an unnatural place filled with pollution and contamination that our health is affecting constantly by things we can't even see.

There is pollution in the air we breathe, both outside and inside the house...

Think about what is in the insulation inside of your walls. What is it made of?

Whittel feels she is compelled to ask such unusual questions because of her upbringing on a Swiss biodynamic farm.

With a father working as a chemist and a mother who was a practicing artist, Whittel was kept away from polluted roadways and other common contaminants from infancy.

This was partly due to the fact that she was born with autoimmune disorders that made it difficult for her little body to process contaminants.

“I knew intuitively at a young age that I needed to help my body detox. I didn’t sweat much, and I couldn’t really eliminate a lot of what was building up.”

The result of these conditions was chronic inflammation and eczema.

Due to her unique situation, Naomi started paying attention to things that other kids didn’t notice—like covering her problem skin in long sleeves every day.

Looking at her personal health problems so closely gave Naomi an intense sense of curiosity that led her to try running away from home at the tender age of six.

“I had so much desire inside of myself to reach for whatever I could. [Running away] wasn’t because my parents were mean or hurting me, it was just this intense curiosity.

“I wanted to see what was out there and I didn’t want to be inhibited by my biology.”

Naomi Whittel was in her mid-20s when she left home for good, to Okinawa. This island region of Japan is famous for its large group of people over the age of 100.

Determined to understand what led so many of Okinawa’s residents to live to such an impressive age, Naomi knew that she had to see them for herself.

The cultural differences were immediately apparent.

“I learned that when I ordered a salad, it wasn’t like the lettuce that we eat on our salads. It was filled with herbs that I had never experienced before.”

With her salad bowl full of parsley and wild herbs, Naomi also learned that pork was a big part of the Okinawan diet.

Soon she also discovered that the people she was studying were always getting exercise, specifically by riding their bicycles from place to place instead of driving.

Even 90-year-olds would spend most of their day on a bicycle.

As she studied the diet of those long-living Okinawans, Naomi considered how it compared to the paleo movement.

The paleo movement takes our diets back to what they once resembled before the appearance of cities or the widespread use of farming...

That is, fruits, vegetables, meat and few carbohydrates.

Naomi thought about how a diet like that was combined with a routine of movement to create health and longevity.

She started thinking about creating youth from within the body, and how that might look in terms of a lifestyle.

It seemed clear that an important part of that lifestyle was taking part in activities that produced a sense of joy.

That could be bicycling every day, walking with your dogs, or preparing a family meal with loved ones.

Scientifically speaking, human beings can live more than 100 years, but all too often we don't understand the keys to working with our own biology and potential.

Underneath our conscious confusion, however, our bodies have the answers we are looking for.

What we all could use is an actionable guide to help us do the things that are necessary to build our own Fountain of Youth from scratch.

The problem is, there are so many different healthy ingredients and schools of thought, it can be impossible to know which to believe and which to dismiss.

It's a problem all of us face.

Naomi Whittel experienced first-hand the healing benefits of Chinese herbs that cleared up her painful and embarrassing eczema...

Later on, however, while trying to get pregnant, she learned that those particular herbs had been grown in contaminated soil that had threatened her health in other ways.

That's when soil health became one of Whittel's main topics of study.

Is it possible to know where all our food comes from, and if the soil meets health standards?

Whittel says you can have a good level of control over your food sources when you find locally grown ingredients.

Usually, these can be found at farmer's markets or small supply stores. When you shop locally for your food, it is easier to ask questions about the soil and environment it comes from.

Organic ingredients are the best choice since they are grown in certified pesticide-free soil. And, once you get to know organic vendors, you can keep in touch and get regular info about seasonal vegetables and fruits.

Whittel says that she buys 80 percent of her produce through organic markets and has made friends with the people at the farmers markets.

Through her research and close relationship with farmers, Naomi has learned to focus on super herbs like cilantro, parsley and rosemary.

Other important super foods include avocado, thanks to its nutrient density. All of these can be incorporated into dressings and side dishes easily, making it effortless to get more into your diet.

Pesto is a great way to add more herbs and avocados to any meal. It's also a great way to activate the youth inside of your cells.

Every super food and super herb will have different benefit to your wellbeing. Each contains important antioxidants and polyphenols.

Polyphenols are essentially supercharged antioxidants with micronutrients in them. Polyphenols are found in red wine, and more specifically the skins, seeds and stems of grapes.

What polyphenols are so good for is helping your body to repair environmental damage that comes from pollution and wear.

In an interview on YouTube, Whittel describes some of these substances as power phenols, explaining that not only do they protect us from pollution damage, but they also help the body to repair itself.

You can feel good about having a great glass of red wine thanks to its super phenols!

That's not all Italy has to offer, either.

There's this crazy beautiful fruit in Calabria, Italy, called bergamot fruit.

It's like a combination of a lemon and orange and it has tons of polyphenols and flavanols.

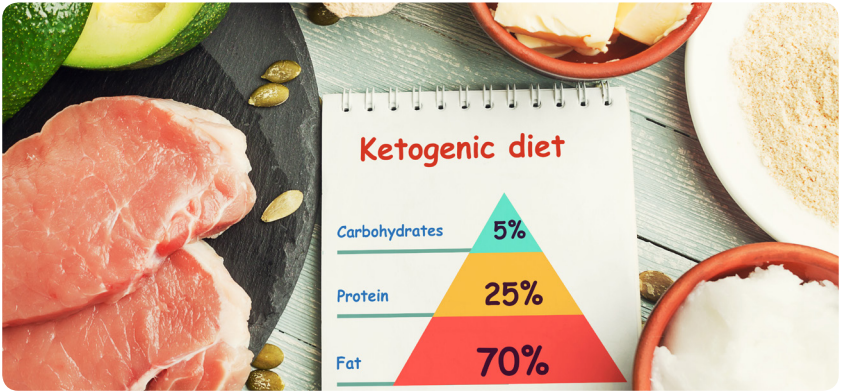
When you eat this fruit—including the white pith—you're getting flavonols, another important substance.

Green tea is another great source of flavonols, and it's one that is consumed daily by the centenarians in Okinawa.

Flavonols are a specific type of flavonoid found in plants, and these have been found to provide anti-inflammatory, antidiabetic, anticancer, and neuroprotective properties in humans.

It is also believed that flavonols are beneficial for metabolic and cardiovascular health.

If you prefer you can get the same benefits from coffee or tea.



Ketosis

Fasting is the most well-known way to trigger ketosis.

That's because when the body is facing an energy deficit, it automatically goes into "starvation mode." In starvation mode, you will burn stored fat for energy instead of burning carbohydrates as usual.

As for Naomi Whittel, she was in her late 30s and watching the QVC shopping channel all the time when she had her "Eureka" moment.

While having her makeup done one day, she felt like something had been triggered in her body and the aging process had been accelerated overnight.

Realizing that her skin was dull and that she felt low on energy, Naomi tried to find the reason behind the sudden change in her body.

It's a feeling that we have all been challenged with...searching for that lost energy and vitality that we need to have to accomplish all the things we want to do!



Naomi became really passionate about discovering what was happening at the cellular level that could give her lost energy back.

She already understood that her cells were either building themselves up with proteins and nutrients or ridding themselves of unwanted materials.

What she didn't know was that cellular biology worked a lot faster than she had previously thought.

The answers came to Naomi during a visit to Italy.

She was in a beautiful orchard with Dr. Elizabeth Janda when the pieces started to fall into place.

Janda opened up a ripe bergamot fruit and indicated that Naomi should eat the white pith of the fruit. Naomi did as the doctor suggested, and as she bit into the fruit, the pair went to visit the doctor's lab.



There, they began drinking tea made from the citrus fruit. Throughout the entire day, she drank four or five cups of bergamot and green tea—just like she had done while among the centenarians in Japan.

Then, the doctor admitted her secret: All that tea was part of her anti-aging regime.

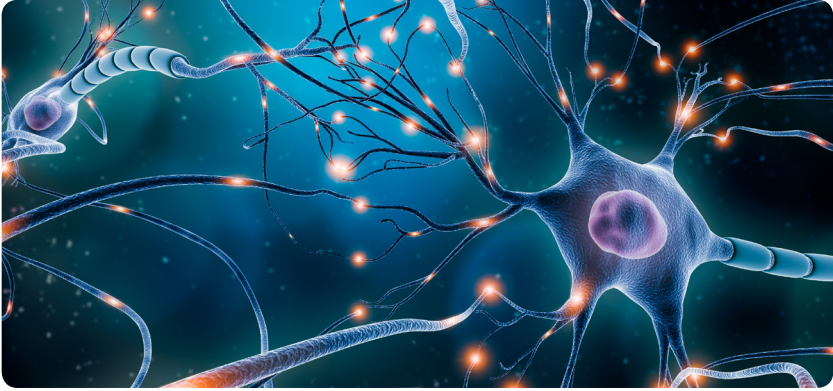
Whittel was all ears as the doctor explained how the tea affected their bodies on the cellular level.

“There is something that we all have in every single one of our cells...it’s almost like a little doctor inside of each of your cells that says, ‘Okay time to recycle this part, and these organelles need to be removed; this needs to be killed and this needs to be strengthened.’”

This ability already exists inside of us, and there are so many ways to activate it.

Unfortunately, there are also many ways to DEACTIVATE it, so it’s important to keep this process at the forefront of your daily routine.

Ideally, we want to keep it on, so that we don’t suddenly see ourselves in the mirror one day and wonder what went wrong.



Activating Autophagy

Autophagy is the body's way of cleaning out damaged cells to make room for the regeneration of new, healthier cells.

It's this process that goes hand-in-hand with ketosis to maintain that Fountain of Youth within our bodies.

When Naomi Whittel saw her own skin growing dull and lackluster, she compared her face to a photo of her mother at age 37.

She quickly realized that she looked older than her mother did, although she was the same age as the woman in the photo.

Was it from stress? Naomi was constantly travelling around the globe, raising four children and running Twin Lab as its CEO; did all this take its toll in the form of accelerated aging?

That's when she got into "activating autophagy."

If you have seen Naomi Whittel up close, you'll know that her skin looks just as amazing in person as it does in photos.

So, how does she do it? What is autophagy and how does it help us achieve our youthful goals?

Naomi reiterates that she consumes "tons of super herbs and tons of power phenols" as the basis of her diet and lifestyle.



She also eats cacao and a lot of microgreens like broccoli sprouts.

In Japan, she says, people take sulforaphane supplements if they do not eat enough cruciferous vegetables like broccoli, bok choy and cabbage.

Sulforaphane is an incredible autophagy activator and detoxifier, and therefore a basic part of Whittel's lifestyle.

It's not important whether the substance comes directly from food (raw vegetables have the highest concentration) or a daily supplement pill.

Whittel subscribes to a ketogenic diet, finding that it reduces the inflammation in her body.

She advises, however, that about 15-20 percent of the population does better on a low-fat, high-carbohydrate diet.

The rest seem to respond well to a keto diet—that is, high-fat, low-carb.

The ketogenic diet is specifically designed to put your body into a state of ketosis, so you will burn stored fat.

In fact, Naomi's young son was placed on a ketogenic diet before she personally took on the diet for herself.

This was intended to help the boy avoid suffering from seizures. Seeing the success of the diet in her son, Naomi realized she needed to find a way to make the same diet work for her entire family.

Whittel's son was not the only member of Naomi's family who needed a dietary intervention. When she and her mother moved to the United States, her mother developed metabolic syndrome.



It was a difficult time, because metabolic syndrome is something the best doctors struggle to treat or even understand fully.

The syndrome is a collection of symptoms that include increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels.

Metabolic syndrome puts patients at risk for heart disease, stroke and type 2 diabetes.

Naomi couldn't solve her mother's problem, and that frustrated her. Determined to find some answers, she interviewed over 80 experts and created the documentary film, "The Real Skinny on Fat."

"I got so inspired by these genius minds that I went ketogenic and I haven't gone back."

Whittel says that if you took a random sample of her blood, the ketone reading would be about 1.2.

That's wildly different from what the general medical community recommends, which is a reading under .6.

Dr. Dominic D'Agostino has published papers on anxiety and ketosis, linking stress with the body's moving out of ketosis.



That means an important part of maintaining a state of ketosis in your body is keeping away stress. For Naomi, that means meditating.

Let's say, on average you have sixty-thousand thoughts in a day. If those thoughts are stressful and you are feeling anxious, your cortisol levels are going up.

Cortisol can pop you out of ketosis quickly, so regulating that daily stress is pretty important. Naomi handles hers with medication to soothe her mindset.

“The mind is a terrifyingly powerful thing,” she reminds us. After suffering massively from anxiety, Naomi aims to keep herself in ketosis by balancing her thoughts regularly.

She aims for a parasympathetic state, meaning that her parasympathetic nervous system is activated instead of her sympathetic nervous system.

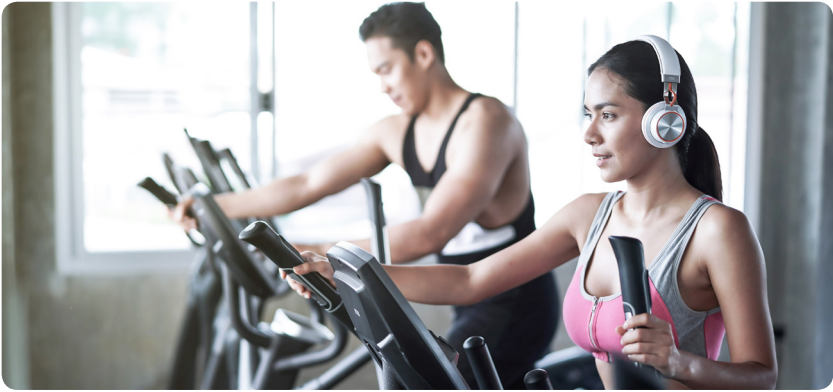
The parasympathetic nervous system gets switched on while the body is digesting and resting. This system conserves energy as it slows the heart rate, increases intestinal and gland activity, and relaxes sphincter muscles in the gastrointestinal tract.

While in the parasympathetic state, your ketones are elevated.

This doesn't mean, however, that you never want to activate your sympathetic nervous system. There is a time and place for every system in the body.

The foods we eat matters the most to transforming our bodies into a ketogenic system, but the “rest and digest” parasympathetic state is what matters while the body processes that food.

For Naomi, meditation time comes after eating to make sure her body switches into the parasympathetic state.



Is Exercise Really like “Processed Food?”

So, what about exercise?

It turns out, crazy hard workouts are not a central theme of the ketogenic diet.

In fact, Naomi Whittel actually likened cardiovascular exercise to “processed food.”

She prefers micromovements that come naturally to people as they sit and “fidget.”

In explaining how exercise is like processed food, she says that you can do too much and negate any of the benefits you intended to produce.

“It’s unnatural.”

That said, Naomi herself does love to weight train and sees benefits in both resistance training and interval training. She did just that while preparing for a photo session for her book cover.

It’s natural movements that really speak to the health guru, however.

It’s those everyday natural moves like walking to the greengrocer, running with your kids or cooking, that she believes are the most important to our bodies.



If there were one Fountain of Youth-style workout Whittel would propose, it would be resistance training that just utilizes your own body weight.

Weight training works in some cases, too.

“I focus on strengthening my glutes because they are such important muscles that really give that cascade of energy throughout our body. Specifically, the glutes or the entire set of leg muscles.”

She also enjoys a lot of skipping, and notes that new data shows if you can be looking at water and outside when you're moving, the benefits are so much greater.

What's right for her, however, may not be right for you.

What's important is to find those natural movements that feel right and do what makes you feel good.

The fewer boundaries that are put on movement, the more our bodies can benefit from the type of activities we enjoy the most.

The question is, how do you know when you've found the best fitness regime for you?

It's a personal thing.

When you like what you are doing, and your mood is good both during and after your workout—whether that is gardening or weight training or skipping rope—that's a great sign.

On the other hand, if it leads to physical and mental fatigue and a negative mood, it might not be the right workout for you.

As Whittel says, you need to get the positive energy out of a workout to make it worthwhile.

She cites Tony Robbins as a long-time influence and says he helped her learn how to shift her mental state from negative into positive.

When people start to believe their negative thoughts are real, those thoughts will become cyclical and turn up more and more often.

If you catch yourself in a negative thought, whether it is during your workout or not, you have to change your physiology.

“Physiology” is the way any living thing—including you—works.

What Tony Robbins teaches is to change your physiology using neuro-linguistic programming (NLP.)

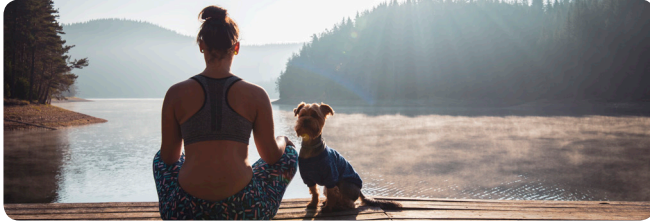
Simply put, that means changing your body by changing the words you use.

The words you use matter! Our physiology, our body, the way we hold our breath—all these things matter so much.

When Naomi Whittel moved to the United States, she discovered for herself just how much of an impact our words truly have on our wellbeing.

She was painfully shy thanks to her eczema and the culture shock and started using positive quotations to self-soothe.

“You know—‘If you can dream it then you can truly make it happen.’ I learned that my subconscious was everything.”



From a very young age, Naomi used meditation to concentrate on clean her brain of negativity. She is still using that technique today.

It's a lot like autophagy; the cleaning of your cells and the cleaning of your mind are both integral to health.

Cleaning up negative thoughts

Cleaning up broken cells

Getting back to a state of optimal performance



Intermittent Fasting

As important as food and the parasympathetic nervous systems are to ketosis and rejuvenation, timing is also a big factor.

Intermittent fasting and what Naomi Whittel calls “protein cycling” are two ways to control our own ketosis.

Whittel has been fasting for 25 years for health reasons, but many people around the world also regularly fast for religious reasons.

She calls it “her favorite tool” for an energy boost.

It was only relatively recently, after trying juice fasts for a while, that Naomi discovered intermittent fasting.

This type of fasting uses a cyclical schedule of eating and not eating to improve health and longevity.

When Naomi discovered this method, she soon realized she had much more energy than usual.

She admits it was tough at first, since fasting requires you to ignore your body's natural request for food.

The hunger can be uncomfortable, but the mental focus more than pays for that.

Research on the subject has blown up over the last few years and so now we know that just jumping from 16 to 18 hours per fast will provide exponentially more energy.

Think of it this way...

If you have 2,000 calories in your fuel tank on a normal day, you have access to just those 2,000 calories of energy.

If, instead, your fuel tank is made up of fat stores, you have access to 40,000 calories of energy.

It's a pretty significant difference, but without shifting into ketosis, you'll never have access to that huge supply of stored fuel. The key is learning not to always eat when you're hungry.

Intermittent fasting every other day (eating during a six-hour period of the day and then abstaining for the remaining 18 hours) helps with the production of ketones.



It also activates autophagy, as we've already talked about.

Why not fast intermittently every day?

Based on the recommendations of top researchers in the subject, it's less complicated to achieve benefits with a fast every other day.

If you want to do it every day, you should begin with a five-day water fast, which is obviously much harder.

Naomi does that five-day water fast to activate ketosis "very deeply" so that it remains switched on during exercise and sleep.

It may seem wrong to credit so many health benefits to simply changing your eating schedule, but sometimes a little thing can have huge results.

For example, someone suffering with microbiome issues can be greatly improved by simply not eating for three hours before going to bed.

The microbiome—the collection of bacteria that inhabit our guts—has good and not-so-good inhabitants, and balance is necessary for good health.

Timing, in such an example, can relieve the harshest symptoms of an unhealthy microbiome—including bloating, gas, indigestion, heartburn, diarrhea, and constipation.

As for weight loss and energy production, timing also has a big part to play in your physiology.

Every cell in your body not only activates autophagy but it has a sort of clock inside of it that moves to the circadian rhythm.

While sleeping, our whole body taps into that circadian rhythm, and if we can stay in tune with that rhythm while we are awake, we can time meals so that they are most efficiently used by our bodies.

Fasting every other day helps you tune into that rhythm every day, as does watching the way you eat each meal.

Fat is the primary nutrient that starts your body consuming its own stored fat.

If you are adding carbohydrates into your meals, try to eat those last so they don't reverse the process of creating ketones.

Though there is a general belief out there that large amounts of carbohydrates make you fat, it's not exactly an infallible truth.

The truth is really that most people are just better off eating low-carb diets.

Feeling that her body responds best to the low-carb, high-fat keto diet, Naomi Whittel is obviously not a fan of many carbs. That doesn't mean, however, that she doesn't eat any carbs at all.

Carbohydrates are necessary building blocks for muscle and other structures within the body—they have a place on the plate, even if that space is relatively small.



Furthermore, the fiber found in most sources of carbohydrates is necessary to scrub the digestive system clean.

There are entire cultures who thrive on high-carb diets—Japan being one of them.

So, assuming your meal includes some brown rice, quinoa or sweet potatoes, save those bits for the end of the meal.

This will ensure that you don't deactivate ketosis, and it will help your body process those nutrients to repair muscles and recovery from movement and exercise.

It's one more secret to the youth-generating lifestyle: Eat your carbs last! They will help you recover and also help you sleep.

You might even discover that a carbohydrate-rich diet suits your body best.

After all, humans have been subsisting on grain-based diets for about 10,000 years now. That said, it's whole grains and not white rice/white bread/pastry that do good work in the body.

Whether or not you undergo a keto diet, it's a good idea to spread those carbohydrates out through the day so each meal contains part of your daily intake.

That way you can avoid common problems like constipation.



Protein Cycling

Naomi Whittel came up with the idea of “protein cycling” while looking for a way to address women’s changing hormones throughout a weekly diet plan.

The solution she came up with is quite simple: Alternative high-protein and low-protein days, just like normal and fasting days.

You can use protein cycling in order to activate the youth inside of your cells.

It’s almost like muscle confusion, when you do different movements to get the most benefit out of your workout.

This strategy is aimed at women, especially those above 50 who are experiencing changing hormones and metabolism.

A study by the University of Jacksonville showed that 100 percent of perimenopausal and postmenopausal women cycling their protein intake days lost weight.

That's not all they lost. In just a week, the women in the study lost as much as 10 pounds and saw their wrinkles disappearing.



Their blood pressure improved, and they reported enjoying better sleep.

According to Whittel, you can start to feel and see the full results of protein cycling in just 15 days—hence the title of her book, “Glow15.”

On the days when you have low-protein intake, you should also be having an intermittent fast day. So, what constitutes a low-protein day?

About 5 percent of your total caloric intake. As for high-protein days, Naomi aims for 40-50 grams of this nutrient.

High-intake days are only relatively high, since you should be eating the regularly advised amount.

On the off days of her protein cycle, Naomi simply does not add large sources of protein to her meals. No nut butters or meats, for example.

The 5 percent, then, comes from the combination of other plant-based ingredients on her plate.

Remember, there is protein in almost every plant-based food.

Whittel's meal plan is largely vegetarian and the recipes she uses include plenty of oil and nuts. Avocados and eggs also play a big part in her diet, providing healthy fat and protein respectively.



Skin Care

With food consumption taken care of, what remains is to lather the skin with healthy conditioners to replenish and maintain that youthful look from the outside in.

Remember that the body consumes 60 percent of whatever gets put on it, so we need to be just as careful in caring for our skin as we are in caring for the rest of the body.

During Naomi's travels all over the world, she has had the privilege to learn from some of the most brilliant minds in health care.

While in Singapore, Malaysia and Indonesia some 15 years ago, she noticed local women had AMAZING skin.

Their secret was collagen.

They weren't just rubbing the collagen on their faces, either, but putting it in their food in the form of donkey hide burgers and bone broth soup.



Added to face creams and supplements on top of that collagen-rich diet, you get some beautifully youthful skin.

Naomi, having suffered so long from extreme eczema, knew that as good as collagen was for the skin, she couldn't solve her problems just by slathering it on her body.

While traveling, she had a lightbulb moment during which she wondered if ingesting good ingredients was as powerful as putting them in creams.

That was step one. Next was to incorporate dry brushing on a daily basis to activate the lymphatic system.

Every day, Naomi takes a hard-bristled brush and brushes it over her skin, towards her heart.

To provide extra benefits, she keeps Epsom salts on hand for non-stop baths. The Epsom salts dissolve into the bathwater and soak into your skin, providing essential minerals like magnesium.

Magnesium impacts 600 different reactions within the body, and just by soaking that in through the bath water you can avoid an extra vitamin or mineralized cream.

The fewer commercial products you put on your skin, the better, since these almost all contain harmful chemicals as additives or plastic leaching.

Most women put on some 500 chemicals a day purely by accident.



When we think again about autophagy, and how the cells clean themselves out and the mind must be cleaned out as well, you can see how skin products need cleaning, too.

Just as you need to rewire your brain with positive thoughts and weed out the negative, you also should be paying attention to your skin products and getting rid of non-beneficial ingredients.

Good ingredients include hyaluronic acid. This is a hydrating, moisture-grabbing substance that grows naturally within the skin.

Lab-made hyaluronic acid can be used to moisturize the skin and make it more supple and strong.

Naomi Whittel has just debuted her own skincare line under the name OMI...

Outside Meets Inside.

This new skincare line is free from Silicones, PEGS, Parabens, Sulphates, Phthalates, Mineral Oil, Petrolatum and artificial fragrances.

The idea is to have a totally clean, healthful set of ingredients that active the autophagy in our skin.

To create these products, Whittel worked with the world's leading dermatologist, Dr. Richard Wang.

Wang just happens to be an expert on autophagy, so when Whittel gave him a list of 300 ingredients to work with, he ran with the idea.

The doctor brought ceramides to the table as a good essential fat, and the two decided to focus especially on green tea and citrus bergamot fruit.

Bergamot is in every single product in the line.

Naomi led the team to create serums, cleansers and moisturizers to revitalize and freshen the skin.

They are intended to be used with the highest quality water.

Naomi herself is very aware of the quality of the water that she puts into her products and uses to wash her skin.



Having spoken with toxicologists, dermatologists and biologists about the range of pollutants in many household waters, Naomi decided to use different types of water in different products.

As part of her own skincare regime, Naomi relies on clean, cleansing waters and oil-based cleansers that resupply lost moisture to her skin.

“Basically, I look in the mirror and I’m aware of what I need to focus on.”

For those days when her face is puffy, she does little facial massages to activate the lymphatic system and flush the excess fluid out. One further secret involves something many of us avoid overusing: Caffeine.

“I’ve always been told that caffeine is terrible for your skin. Well, you have to drink a lot of caffeine—three to four cups—for it to have an effect on your hydration, which is what everybody worries about.”

The thing is caffeine is also a vasodilator and so it can give your skin tightening and energizing benefits. Drinking it works, but you can also get these results from putting coffee directly on your skin.

For that reason, Naomi loves using coffee grounds to scrub her skin. They not only slough off dead cells but 60 percent of that caffeine soaks into the skin and changes it from the inside out.



What has the Biggest Impact on Anti-Aging?

The “Fountain of Youth” healthy lifestyle researched and designed by Naomi Whittel is grounded on three principles: Diet, mindset, and external products.

Each of these connects with an integral part of the human body to product the desired effects.

Though each part is important to the process, Naomi says that if she had to choose one of these over the rest, it would be mindset, hands down.

The best diet, the most advantageous timing and the most ideal skincare products have a lot to give...

...But without that positive mindset behind it all, you're still going to have a tough time finding good thoughts and seeing good results.

Still, the opinions of other health gurus and medical professionals varies.

"There's so many contrarian perspectives in in my book. Writing a book on autophagy—a topic that no one could even pronounce—several years before the Nobel Prize was won for that very category was hard."

It was Dr. Yoshinori Osumi who took home that prize in 2016, and this past year, Whittel had the chance to meet and talk with him in Tokyo.

She was brought to tears from what he shared—but maintains that it is the mind that really makes the most difference in your health.

Osumi confirmed that there was absolutely a correlation between autophagy and Whittel's health-conscious lifestyle.

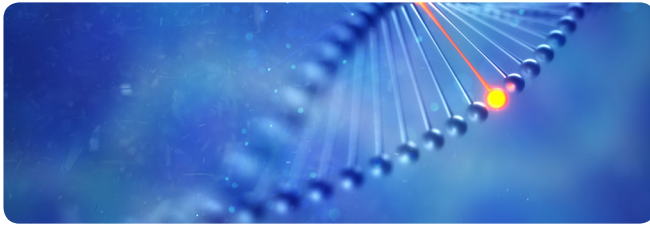
Furthermore, he says there are many other ways to activate your cells' autophagy throughout the day.

It's not just about the food.

It's not just about sleeping.

It's not just about circadian rhythms.

Dr. Yoshinori Osumi has closely studied the potential activation of an autophagy gene within our DNA, and what he's really talking about there is intercellular communications.



As we've already mentioned, changing our own physiology.

The doctor's discovery has set off a whirlwind of comparative studies and research throughout the scientific and medical communities.

Millions and millions of people's lives are going to change and have already changed! ...Because of this amazing information about how the body works.

Just like many great people today and throughout history, Dr. Yoshinori Osumi was compelled to go his own way when designing his research projects.

Much of that motivation came from his own personal past.

The Nobel Prize winner was malnourished as a child, while his mother suffered from tuberculosis.

Though it all, Yoshinori Osumi dreamed of becoming a great scientist.

At a time when the trend in scientific research tended towards chemistry, Yoshinori Osumi thought his future lay with cellular biology.

He selected the topic of autophagy, which had no relevant published studies in the last thirty years.

The Japanese scientist's own studies on the subject took three years.

After he won the Nobel for that work, other scientists rushed to complete their own studies.

Today, more than 10,000 studies on autophagy are completed every year.

Dr. Yoshinori Osumi is the perfect example of how clearing your mind and choosing a more positive and effective mindset benefits all of us.

He paid attention to what his own subconscious was saying... And it led him to the biggest prize in the world (and the research that makes all our lives better).

If you were to make just one change, to better your body and your mental self, from today onwards... Promise yourself to focus on gratitude on a daily basis.



With a great mindset like that, nutrition, timing and external products can truly rejuvenate your body on the inside and outside.

I hope you've enjoyed and gained great value from this mini book.