

# THE SECRETS OF *dynamic* AGEING





# welcome to the secrets of *dynamic* ageing

**Empowering you to age dynamically** and by design,  
**rather than passively** and by default, because how well  
or how badly we age is up to each of us.

Now into my Roaring Seventies, I know from my own  
personal experience that many of the aspects of  
ageing which are considered pre-destined and  
inevitable are in fact negotiable. **The time has truly  
come to get good at ageing, and to learn to do it  
well!**

I am therefore delighted to invite you to join me on a  
genuinely rewarding journey and introduce you to The  
Secrets of Dynamic Ageing which will support you in  
accomplishing your professional and personal goals,  
both in your middle years and well beyond.

What you eat on a day to day basis powerfully,  
**POWERFULLY**, impacts every area of your life. Every  
system in the human body requires nutrients in order  
to function optimally, and through the limitless  
potential and talents of food, you can create a rich and  
fulfilling life, packed with energy, vitality, wellbeing,  
joie de vivre and enduring youthfulness – and make  
what I call MidLife&Beyond your best years ever.



# Secret | brain power

Fading memory and loss of mental sharpness and agility may be the first signs of a brain under siege but they are not pre-ordained. Genes can certainly play a part and load the gun, but it is LIFESTYLE, particularly nutrition, which pulls the trigger.

The average daily diet in the West is literally a prescription for brain disease because it is full of what I call “brain terrorists”: processed foods, sugar, saturated and hydrogenated fats, excessive animal protein, stimulants, preservatives and additives, let alone insufficient fresh fruit and vegetables.

So many people nowadays seem to have lost sight of what real, proper food actually is and survive on sugary cereals and donuts, pizzas and sandwiches, fry-ups, crisps and sweets, coffee and alcohol!

## The solution

A nutrient-dense, anti-oxidant-rich diet of fresh, natural, unprocessed foods, particularly plants, to provide the brain with all the elements it needs in order to flourish, to remain sharp, nimble and engaged for eternity.





# Secret 2

## support digestion

Food is fuel but if it is the wrong kind of fuel or it is not being processed effectively, it cannot power up the body - and far from sustaining us, it can cause a multitude of problems in the digestive system with far-reaching consequences throughout the body. It is said that most disease begins in the gut, and that is also where health, strength and vitality are created.

Digestion requires huge amounts of energy and as we get older, some crucial changes take place which alter the way in which food is digested. For instance, the body produces less stomach acid which is



essential to break down protein. Low stomach acid is linked to countless digestive disorders, from heartburn and dyspepsia to food allergies, rheumatoid arthritis, rosacea and asthma, as well as Vitamin B12 deficiency.

Digestive enzymes help break down food even further and enzyme production decreases with age, mainly due to inadequate stomach acid production. The result is often bloating, belching and flatulence after meals, undigested food in the stool and diarrhoea or constipation.

## The solution

A digestive supplement which combines hydrochloric acid and digestive enzymes can markedly improve the digestive process as can a teaspoon of organic, raw cider vinegar in a glass of warm water twenty minutes before a meal. Swedish bitters are another alternative if you can stand the taste! Two or three drops in water right before a meal can stimulate digestion and deal with gas and tummy gurgles.



# Secret 3 energy

Are you persistently tired and run down? Are energy and vitality a thing of the past? Do you literally have to drag yourself out of bed every morning?

This is one of the biggest issues which comes up when I see new clients but it does not need to be this way. With the right systems in place, you can take your energy stores to totally new levels and feel even more power-packed than thirty years ago.



## The solution

Avoid yo-yoing blood sugar highs and lows. A nutrient-dense diet which balances your blood sugar and keeps it even and steady is the easiest and most effective answer to recharging your batteries so fill your plate with fibre from fresh vegetables and fruit, high quality wholesome protein from plant or animal sources, and healthy fats like oily fish, nuts and seeds. Stay away from anything refined or processed, and while you're at it cut back on your coffee consumption – it may give you an immediate spurt of energy but will inevitably be followed by a crash.

What else? Drink plenty of water to prevent dehydration, move your body frequently and briskly, sleep eight hours every night, get out into the open air and sunshine regularly, and detox digitally every evening by switching off mobiles, tablets, laptops or computers at the end of the day.



# Secret 4

## Avoid weight gain

It is SO easy to gain weight in MidLife - it virtually settles into all the wrong places almost without our noticing it. And once that weight takes hold, it is SO difficult to shift.

A sedentary life may be one cause, and a stressful lifestyle is another. Hormonal imbalance and toxicity can also play an important part. But the main culprit is undoubtedly diet!

## The solution

Incorporate more brisk movement into your daily life, then transform the way you eat on a day to day basis. This will help to balance your hormones and blood sugar, clear toxins out of your body and manage your stress levels more effectively.

Base your nutritional lifestyle on fresh fruit, vegetables and healthy protein and fats, and ensure that all your carbohydrates are complex and whole – no white rice, bread, pasta, potatoes, pizza, convenience foods. Juices, even freshly squeezed or extracted, are packed with sugar, however natural, so avoid them.



# Secret 5 Tend to your bones

Bones are living entities and require proper care, plenty of movement and correct NUTRITION, particularly during andropause and menopause, which are critical phases in the life of a skeleton as this is when osteoporosis rears its ugly head.

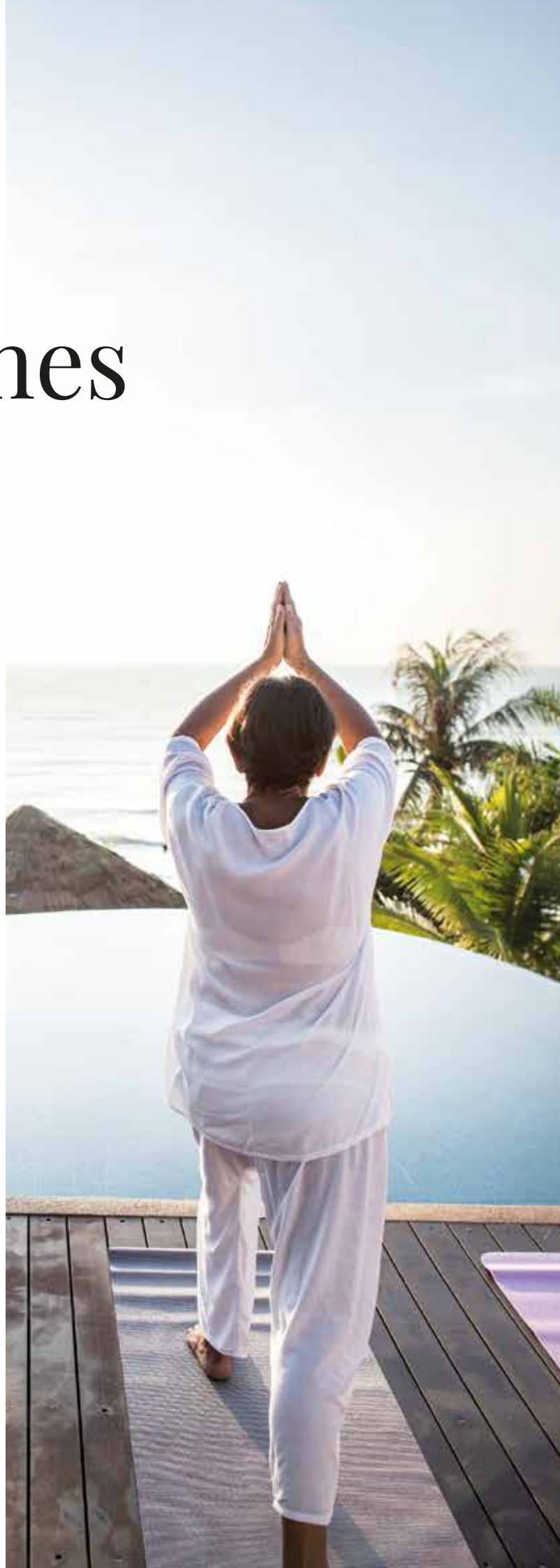
Who are the two main culprits in bone deterioration and weakness as we grow older? A sedentary lifestyle and inadequate nutrition. Specific nutrients are fundamental, in particular minerals like calcium and magnesium.

These are required to support consistent bone building and a deficiency can have serious consequences. Furthermore, a generally acidic condition in the body is also harmful.

## The solution

Movement! Weight lifting (however light!), walking, swimming, yoga, aerobics, dancing, zumba, all contribute to long-lasting bone health. Stretch those joints and put some pressure on those bones!

Eat mineral-rich foods such as dark green leafy vegetables, tofu, nuts and seeds, legumes and whole grains, avocados, tinned salmon and sardines. And incorporate plenty of raw vegetables and fruit into your diet to alkalise your body.







# There you have five crucial components of *dynamic* ageing

*and a life well lived as you grow older.*

I hope you have found them useful and If you would like to learn more about transforming your MidLife&Beyond and reaping the countless rewards which a DYNAMIC AGEING lifestyle can bring, do please join me in my free Facebook group where I support and encourage men and women well into their 40s, 50s, 60s and even further along their journey to make the rest of their lives the best and healthiest years ever - Let's Age Dynamically!

**JOIN NOW**



# Bio Isabel Hood



Having worked for many years as a private chef, travelling all over the world and cooking in royal palaces, luxury villas, log cabins and châteaux, shooting estates and a private island, Isabel decided to go back to school at the youthful age of 63 to study naturopathic nutrition at The College of Naturopathic Medicine at Brighton University. She now combines her great passion for delicious food and cooking with her nutritional knowledge and expertise and runs her own international nutritional consultancy.

She has chosen to specialise in what she describes as “DYNAMIC AGEING “ because she knows from her own personal journey through MidLife&Beyond that many of the aspects of ageing which are considered pre-destined and inevitable are in fact negotiable. Now into her Roaring Seventies, her aim is to bring out the best in her clients and her online community, to lift them higher

and higher, to make them feel more amazing than they ever have before, ready to work hard, play hard and actually have fun again.

Vibrant health, energy, vitality and joie de vivre is what she is all about and her goal is to exceed people’s expectations to the point where their lives are transformed and they feel like a totally new person.

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