

The Keep-Age Bible

(Slow-Aging)

Keep-Age 7 Rules

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<http://www.keep-age.com/english.pdf>

It's said that the Queen who had everything in the end desired only to be young again. A baby's skin is so lustrous, right? That's because its moisture content is close to 80%. On the other hand, the skin of elderly people is usually wrinkly and dry.

In other words, the moisture content of our body decreases as we age. So, it seems the obvious answer is to drink lots of water. However, the human body is not as simple as that. Even if you drink lots of water, it's useless unless your body can retain it. So you need to have a body that can keep its moisture content.

You're probably thinking it's not that easy to have an ideal body like that. Actually, you're wrong - it's quite simple! Basically, you just need to follow the 2 truths of Keep-Age, which are:

{Age of your intestines = Age of your blood = Age of your appearance}

{Growth hormones = Anti-aging hormones}

Taking care of your skin on the surface only is not enough. Unfortunately, the anti-aging products on the market are often not the real thing. The reason why is that from the perspective of not "anti-aging" but "Keep-Age(slow-aging)", it's unnatural to try and reverse the aging process in your teenage years or twenties. Although, I don't think anyone would want to turn up to his or her class reunion and have other people say, "Who's that?!", right? (LOL).

The correct Keep-Age method doesn't require you to spend any money in particular - you just need to lead a healthy lifestyle. I want as many people as possible to know the right way to Keep-Age, so why don't you join me in learning how? It's never too late!

Keep-Age 7 rules

(1) Don't smoke

Smoking not only contracts the capillaries and inhibits the smooth flow of blood, it generates a large amount of free radicals that damage genes and deplete enzymes in the body. In other words, a decrease in the amount of enzymes in the body leads to aging. Also, compared to directly inhaling on cigarettes, the harmful effects of passive smoke are much greater with 3.4 times more tar, 2.8 times more nicotine and 4.7 times more carbon monoxide inhaled by people in the vicinity of smokers. And of course, not smoking will also help you save money (LOL). As for alcohol, a modest amount can help improve blood flow, so it's ok in moderation!

(2) Have small meals (cleans out the intestines)

Overeating is not good for your intestines, as it can cause constipation which in turn soils the inside of your intestines. This means that your body absorbs harmful substances that negatively affect your blood and even your skin condition. So you need to set aside some time to repair your intestine walls by having an empty stomach. Although this is perhaps not supported from a nutritional perspective, drinking only vegetable juice in the morning is good for promoting easy bowel movements. It should be noted that this is more useful for excreting waste matter from the body rather than taking in nutrition. Incidentally, experiments with mice have proven that a calorie restriction (CR) of 30% can increase life expectancy.

* I recommend that growing children eat a full and healthy breakfast!

(3) Warm your body

A drop in body temperature of 1 degree causes basal metabolism to decline by 12% and impairs leukocyte function which makes the body's immunity fall by 37%. It's particularly important to keep your stomach warm; cold hands and feet are a result of blood flowing to the stomach first to warm it up. That's how important your stomach is. Exercising well in the evening will raise your body temperature, which can help you get a good night's sleep by causing a sudden drop in body temperature before bedtime.

(4) Sleep deeply

The body repairs its cells and tissues during sleep. So a lack of sleep prevents the body from repairing the cells it needs to, and this causes tiredness to build up and immunity to fall. A large amount of growth hormones are also secreted during deep sleep. Sleep goes through several cycles each one-and-a-half hours long, so the ideal sleep time is around seven-and-a-half hours. Having a fixed wake up time and basking in the morning sun when you get up will firmly set your internal body clock.

(5) Have love in your life

People who are in love have this glow about them, which makes them really beautiful. The object of your affection can be anything; for example, your favorite TV star, Hollywood celebrity. Married couples can travel to a special place filled with memories and recollect the good times they spent there together. Love not only affects you physically, but also has strong psychological effects. That special feeling of loving someone or something is important at any age. Come to think of it, many famous people look quite young, don't they? It's because people are always looking at them. So maybe everyone, not only famous people, should try think the same way to keep them looking and feeling young.

(6) Daily self-care

Being active by exercising and stretching your muscles will improve blood flow and prevent stiff shoulders and lower back pain. Working out and doing some muscle training raises your basal metabolism and makes it easy to stay in shape. Squat exercises in particular help to release growth hormones. I have selected 7 **Keep-Age exercises** that you can do to help you gain all these benefits. Don't just rely on other people to help you get fit - it's really important that you to take care of your own health on a daily basis.

(7) Monthly maintenance

Taking care of yourself on a daily basis is very important, but doing only that has its limits. Sometimes you need to enjoy receiving treatments by others as well. So once a month you should get a treatment done with the right amount of stimulus to correct any imbalances in your body and enhance your natural healing power. One of these treatments is **Keep-Age chiropractics**. Just once a month is generally enough to maintain (reset) your body's condition, but those people who suffer from lower-back pain and other conditions should get more regular treatments as required.

Additional information

I haven't covered nutrition much, but of course it's an extremely important aspect of your health that helps build your body as it will be in 10 years time. However, I'm not a nutritional expert and there are already so many of them already who give advice to eat this or that; so the main thing I want to stress is to eat small meals and chew well. That's why I didn't discuss nutrition in detail this time. There are a few things though I'd like to recommend that you eat, namely fermented food such as yoghurt, natto (fermented soy beans) and kimuchi (Korean vegetable dish). These kinds of food deliver lots of good bacteria to your intestines, which help to increase the ratio of this bacteria and clean up the insides of your intestines.

Skipping breakfast

As this goes against modern nutritional science, I'm not really enforcing it. However, skipping breakfast has various benefits such as giving your stomach and intestines a break, allowing blood to flow to your brain rather than your stomach, detox effects, reducing the calorie intake of one meal in a simple step, and clearing up your intestines, blood and skin. To counter the arguments against skipping breakfast, firstly your brain will still work well enough even without taking in any sugar in the morning. When your body is low on glucose, the liver can make it from amino acid and other substances. As for me, I tend to get sleepy again after eating breakfast (LOL). And there is still enough moisture in your body to enable gastrocolic reflex (bowel movements) to occur. So you don't really need to have any solid food for breakfast. For those of you who force yourself to eat breakfast, why not try skipping once and see how you go? Eating when your stomach is completely empty is, I feel, in line with the laws of nature.

According to a 2002 research study by the American National Institute on Aging (NIA), people who lived long had three things in common:

- (1) Low body temperature
- (2) Low concentration of insulin (aging hormone)
- (3) High concentration of DHEA (anti-aging hormone)

Having all three of these factors seems to activate the long-life gene (sirtuin) circuit. And a sure-fire way to activate this long-life gene is a calorie restriction (CR) of around 30%. So having small meals is scientifically sound, while continually over eating will almost certainly shorten your life span.

Eating too quickly or too much causes the body to secrete large amounts of insulin. On the other hand, chewing your food slowly and well not only prevents the body's insulin concentration from rapidly rising, but it also stimulates the secretion of many digestive enzymes, lets the stomach know its full before you overeat, prevents cavities, develops the jaw muscles and stimulates the brain, among other benefits. So be sure to chew your food slowly and well!

A low body temperature means the body is in energy-conserving mode. While that's probably true, having a low body temperature also lowers the body's immunity. And conserving all that energy by not moving around much just so you can live longer is not much fun, right? So try to keep your body temperature higher rather than lower, even if it means your life span a might be a little shorter as a result...(?!)

Remember, Keep-Age is not only for living a longer life, but also for aging actively and well.

* As I don't know much about DHEA and cannot even generally comment on it, I have not elaborated on it here.

Keep-Age Exercises

I've selected 7 proven and effective exercises that you can do daily. They're not so hard on the body, so try to do them everyday (in the evening) if possible.

- 3 Benefits**
1. Prevents lower-back pain, stiff shoulders and knee pain
 2. Increases basal metabolism and aids in diet and weight loss
 3. Assists in slow-aging by stimulating growth hormones

- 3 Points**
1. Do the exercises on an empty stomach
 2. Breathe from your abdomen (nasal breathing) while doing the exercises
 3. Focus on the muscles you're using (stretching) during the exercise

(1) Squat and calf raise (20 times) * For those who are fit, try jumping squats (10 times)



Tilt your pelvis forward with your hands and don't move the position of your knees when you squat down.

(2) Strengthening the neck muscles (10 times)



**Clasp your hands together, place them on the back of you head and push down using some resistance.
Then go the opposite way (leaning back into your clasped hands).**

(3) Shoulder blade roll (forward 5 times, then backward 10 times)



Grasp the top of your shoulder with your hands and roll the shoulder blade in a large circle.

First roll forward

Next roll backward

(4) Abdominal twist and breathing (Breathe from your abdominal 5 times in this position)



Try to breathe out fully and contract your stomach in as much as possible while reaching out to the opposite knee as far as possible.

(5) Diagonal core stretch (Hold for 30 seconds while breathing abdominally)



Make sure your shoulder isn't raised off the floor, then breathe out fully.

Place the other hand on your thigh to stabilize the body and increase the effectiveness of this exercise.

(6) Hamstring and calf stretch (Hold for 30 seconds)



Reach out to grasp your toes and pull them towards you.

(Just doing this is Ok for those who cannot do the additional body stretch as shown above)

(7) Kneeling reach forward/push up stretch (10 times)

Then do some pelvic alignment exercises in the same position (pictures & explanation have been omitted).



Keep your arms close to your sides and use your body fully while moving from a reaching forward to pushing up position

It looks like a really difficult position, but it's actually easier than a normal push up.

The aim of this exercise is to roll your hip joints in large movements to open and close the sacroiliac joint.

It also stretches abdominal the muscles and helps to open up the lumbar region.

Pelvic alignment exercises should be done in the final position as shown above, with the body arched upwards.

(There are no images above for the pelvic alignment exercises.)

Recommended order for Keep-Age Exercises

When you have time

(1) => (5) => (7) => (3) => (2) => (4) => (6) => (1) => (5) => (7) => (3)

When you don't have much time

(1) => (5) => (7) => (3)

* Exercise (7) can be omitted for those who experience back pain when in an arched position.

Keep-Age exercises are ineffective unless they are done correctly, so try to master doing these positions properly! Squats done in the correct form and posture will also really work out your psoas major and other inner muscles. Also, if your pelvis is not correctly aligned then your diet won't really bring you the results you want, no matter how hard you keep at it. So in this case, you should first work on aligning your pelvis before starting any diet.

Keep-Age Chiropractics

There are some important parts of our body that we cannot treat properly ourselves, no matter how much we try. For example, the **hip joints** and **sacroiliac joints** of pelvis in the lower half, and the **shoulder blades** and **atlantoaxial joint** of the cervical vertebrae. We are constantly using our shoulder blades and pelvis when we move, so by adjusting only these two areas we can virtually reset our whole body. I encourage you to take the time to reset your body once a month with Keep-Age chiropractics.

3 Features

1. Adjust the body as a whole, not just the areas that require treatment
2. Treats the cause (muscles) rather than the result (skeletal structure)
3. Uses the body's natural healing power instead of over manipulation

3 Points to impress you

1. Only a short treatment time is needed to make the body feel much lighter and better
2. Next the muscle being stretched and relaxed will feel good
3. Lastly the backbone will be cracked into shape



Secret technique

Keep-Age Hypnosis

The most important thing in dieting and other activities is your conscious mind.

The human will is weak, and it's said that many people usually lose interest in new activities fairly soon

...so this is when you need to put you **subconscious mind** to work!

There's a natural way to tap into the subconscious for those who are interested,
as the human mind and body are interconnected.

Normal state => Relaxed state => Deeply relaxed state => Hypnotic state

Hypnotic state = Autonomic nerves are in balance

* As the signal used to induce hypnosis weakens with time, try to master self-induced hypnosis.

Inquiries

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“ I really love my work!

**I believe my mission in life is to let as many people
as possible know about the correct way of Keep-Age.”**

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Your feedback is welcome! Please send your opinion of this Bible to => mail@keep-age.com

* I recommend that you print out the Keep-Age Bible, as information read as printed material enters and stays in your head more than information read on a screen.