

**Achieving Your New Year's Resolutions:  
Tips from *121 Ways to Live to 121 Years ... And More!*  
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This article features excerpts from our newest book, *121 Ways to Live to 121 Years ... And More!*, which covers thirteen categories of topics that relate to improving the healthy human lifespan. With hundreds of individual tips on a wide variety of subjects, *121 Ways to Live to 121 Years ... And More!* provides you with the knowledge you need to be your own health advocate and control your health destiny. Each of us must learn enough, and keep learning, about how to keep ourselves healthy. As Marcus Annaeus Seneca, Roman writer (c. 54 BC–c. 39 AD) remarked, “For the great benefits of our being — our life, health, and reason, we look upon ourselves.”

In this article highlighting Lifestyle Basics featured in *121 Ways to Live to 121 Years ... And More!*, we present simple changes in daily habits that can help you to live a long, healthy, happy, rewarding, productive life. These tips are a perfect tool to assist you in achieving your New Year's Resolutions.

**Tip 21. Butt Out Sooner, Live Longer:**

According to the US National Cancer Institute, cigarette smoke contains about 4,000 chemicals including over 60 carcinogens (cancer-causing agents). In addition, many of these substances, such as carbon monoxide, tar, arsenic, and lead, are poisonous and toxic to the human body.

A 50-year long tobacco study of smoking and death in the United Kingdom found that on average, cigarette smokers die 10 years younger than non-smokers. But stopping at age 50 cuts the risk in half, and stopping at age 30 avoids almost all of it. Similar findings were published in a 2005 study of Americans. Researchers from the University of Minnesota School of Public Health (USA) tracked 5,887 middle-age smokers with mild lung disease for 14 years. Those who were able to quit smoking experienced a 46% lower death rate, and those who simply tried to quit also experienced lower death rates (as compared to those who continued to smoke). Quitting smoking reduces your risk of stroke.

**Tip 24. Careful Fun in the Sun:**

Sunburn most commonly happens between 10 am and 3 pm, when ultraviolet (UV) rays are at their strongest. Wear sunscreen with a sun protection factor (SPF) of 15 or greater, when you expect to be out in the sun for more than 15 minutes (a little sun is good for you, as it promotes the body's production of Vitamin D, a bone-building nutrient). Ladies will also benefit by wearing facial makeup containing SPF. Sunlight can damage the sensitive cells of the macula (the central part of the eye that is responsible for most of our vision), so, be sure to wear sunglasses (pick shades that block 99% of UV-A and UV-B rays), and wear a wide-brim hat.

**Tip 27. Happiness Helps Health:**

A 2005 study of middle-aged men and women living in the United Kingdom found that people who are happier in their daily lives have healthier levels of key body chemicals than those who have few positive feelings. This University College London (UK) study is the first to link everyday happiness with lower levels of the stress hormone, cortisol, and reduced levels of the blood protein fibrinogen, which causes red blood cells to clot and may contribute to coronary heart disease.

**Tip 30. Look on the Bright Side of Life:**

Older adults with a bright outlook on the future live longer than those who have a dimmer view. A nine-year long study conducted by Netherlands researchers found that men and women with the highest levels of optimism at the start of the study had the lowest death rates than those in the most pessimistic group. Considering all factors in-total, the risk of death was 29% lower among highly optimistic men and women. In addition, the most optimistic study participants experienced 77% less likelihood of dying of a heart attack, stroke, or other cardiovascular cause (as compared to the most pessimistic group).

**Tip 33. Keep Your Family Close, and Your Friends Closer:**

People with a close circle of friends may outlive those who merely have strong family ties. From the Australian Longitudinal Study of Aging, involving 1,477 men and women aged 70 or more, researchers from Flinders University (Australia) determined in 2005 that greater networks of friends protected against death during a ten-year study period. Having a small circle of confidants, or a social network comprised of solely of relatives, were far weaker contributors to longevity.

**Tip 36. Water, The Elixir of Life:**

Water is a critical component of your optimal health program. Man can go many days, even weeks, without food — but deprived of water, life can end within three days. Water composes more than half our bodies, one quarter of our bones, and one third of our brains. It is present in every cell and tissue of the body and every bodily function, from breathing to eating to thinking — is utterly dependent upon it. Drink one 8-ounce (236-milliliter) glass of distilled water, with a pinch of sea salt (for electrolytes), every 1 to 2 hours that you are awake. You may need to drink more when you are physically active.

**Tip 39. Drink and Thrive:**

Alcohol in moderation promotes cardiovascular health by boosting concentrations of good cholesterol and inhibiting the formation of dangerous blood clots. Additional compounds in red wine seem to benefit the heart and blood vessels. Drinking also appears to guard against macular degeneration, an incurable eye disease. Alcohol in moderation can also help sustain brain function. A Netherlands study tracking 5,395 men and women age 55 and older who were free of dementia (abnormal mental deterioration in old age) at the start of the study. Those categorized as “moderate drinkers” (having 1 to 3 alcoholic beverages each day) showed only 58% of the risk of dementia calculated for nondrinkers. Tee-totallers may wish to try the nutritional supplement resveratrol, the active therapeutic ingredient in wine.

**Tip 42. Fiber, The Anti-Fat:**

Fiber soaks up fat. A high-fiber diet can improve your digestion, relieve the strain on your liver and gall bladder, and reduce your risk of large bowel cancer, gallstones, diabetes, arteriosclerosis, colitis, hemorrhoids, hernia, and varicose veins. Your body will benefit from both soluble fiber (sources include dried beans, oats, barley, apples, citrus fruits, and potatoes) and insoluble fiber (found in whole grains, wheat bran, cereals, seeds, and the skins of many fruits and vegetables). Aim for the US Department of Agriculture’s recommended intake of 25 to 30 grams of daily fiber a day.

**Tip 47. Safety Driven:**

According to the US National Highway Transportation Safety Administration, automobile crashes were the No. 1 cause of death for every age of Americans from age 3 through age 33. For ages 34 through 44, car crashes were the third leading cause of death in the US. Don’t assume that massive vehicles deliver massive protection: there is more to safety than just brute strength during a collision.

Instead of automatically buying the largest possible vehicle, look instead at its overall safety profile. Five Star Crash and Rollover Ratings are searchable by automobile class, year, make and model, at [www.safercar.gov](http://www.safercar.gov), a website of the US National Highway Transportation Safety Administration.

**Tip 50. When Every Drop Counts:**

Donating your blood can actually do you more good than anyone else who might receive it. Excess iron is thought to be a leading contributor to cancer and heart attacks. An excessive level of iron in your body is one of the most potent ways that your body oxidizes, or prematurely ages (think of your body as an apple, and the iron causing the discoloration when the fruit is exposed to air).

Nearly all adult men carry excess iron, as so do many postmenopausal women. These two groups of people may benefit from regularly donating their blood (one to six times per year, depending on their iron overload status). Women who still have periods have lower iron levels, as iron is lost during monthly menstruation.

Remember, self-reliance is the key to our health, happiness, and well-being. Anti-aging medicine, a clinical specialty that embraces patient education and empowerment, represents the dawning of an exciting new era in medicine, one that will result with longevity intervention orders of magnitude greater than any other advancements made in medicine to-date.

Enjoy a future of boundless health and vitality by implementing anti-aging approaches to help you feel, look, and perform better today. Start by enjoying *121 Ways to Live to 121 Years...and More!*, and make it your handbook for living a long and healthy lifespan. *121 Ways to Live to 121 Years ... And More!* [144 pages, softcover, \$12.95], authored by Drs. Goldman and Klatz, is available from A4M. To order, call (773) 528-4333, or visit The World Health Network's Online Bookstore at [www.worldhealth.net](http://www.worldhealth.net).