



AGELESS
SECRETS

**Did You know... You are NOT
Supposed to Look Older as You Age?**

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THANK YOU!



AGELESS SECRETS

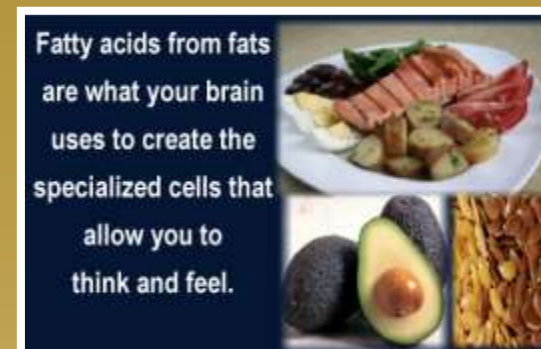
Did You Know That You Are NOT Supposed to Look Older as You Age?

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Staying Young By Eating Fats

Your body gets most of its signals as to how it feels and acts from your brain. Even though your brain shrinks as you get older, there are foods you can eat and supplements you can take to help compensate for it. That's because **your brain** is about **60% fat**. So, if you eat foods or take supplements that supply the body with the right kinds of fats for your brain, you can make a big difference in how young you feel and look. These fats that will make it easier for your brain to function are called essential fatty acids. They are found in coldwater fish, such as Salmon and Sardines. They are also found in Avocado and are available in cod liver oil, evening primrose oil, and flax seeds and flax oil. Whether you eat No Carbs, or Low Carbs, or Medium Carbs, or High Carbs if you want to stay young it is critical for you to supply your body with these fats so your brain can support you more easily.



Don't Worry – Be Happy Or You'll Age Faster



One of the greatest discoveries in the history of science has been the deciphering of the genetic code in human **DNA**. Your DNA is made up of genes and it contains information from all your ancestors, as well as information about how to renew and repair your body. Prior to this research, it was believed that there was a 1:1 relationship between genes and traits. That is, one gene would have information about how the body could make one specific protein, leading to one specific trait.

The Unknown Factor

However, genetic researchers have found that one gene could be responsible for as many as three different traits, and **THEY DON'T KNOW WHY!** This is revolutionary. It means there is some other unknown factor "telling" our DNA what it can and cannot do. One possibility is our thoughts, and identical twins are proof of it. Identical twins are genetically identical. However, if only their genes determined their health and their lifespan, they would each live lives that led to them dying on the same day, separated by only the minutes of their birth, and we know that is not the case.

Some people would say that their environment plays a big role. However, it would be more correct to say that it is how they choose to react to their environment, that makes the difference.

Well-known author and New Age luminary, Dr. Deepak Chopra, gives the following example: Two people are going on a ride at Space Mountain in Disney World. One has fear and holds on tightly with "white knuckles" the whole ride. The other is filled with joyful anticipation and enjoys every breathtaking turn and drop. They will each make different chemicals in their bodies as a result of their thoughts. The person who is filled with fear will make chemicals that will cause them to age faster. The person who enjoys the ride with happy thoughts will make happy chemicals.

Your Thoughts Can Change Your DNA?

Since our thoughts can cause us to age faster, then our thoughts have a direct connection to our physical body, and quite possibly our thoughts can influence our DNA. If indeed our thoughts can influence our DNA, then it means our DNA can "pick up" our thoughts. Research done by the Institute of Heart Math, www.heartmath.org, using human placenta DNA (the most pristine form) showed that **DNA changed its shape according to the FEELINGS of the researchers**. Feelings of gratitude, love and appreciation caused the DNA to relax and lengthen. Feelings of stress, anger, fear and frustration caused the DNA to tighten up, become shorter, and alarmingly switched off many DNA codes! So, Don't Worry. Be Happy! But, what is it that makes this thought DNA connection occur?

Perhaps it is your ability to create happy water! As we look at that keep these next thoughts in mind...



Did You Know That You Are NOT Supposed To Look Older As You Age? Dermatologists tell us that every 24 hours we get new skin on our hands. Every **28 days** we get new skin on our face. Then through a process known as critical mass and cellular recruitment, in 6 months, miraculously not one atom, not one molecule will be there. They will all have been replaced with completely new skin. The big mystery has always been why do we look older as we age? Being happy can make DNA and collagen work better.

Boosting Your Energy To Make Happy Water

What is happy water? Happy water is the kind of water we have in us when we are young.

This is a **Jim Kaszyk theory** and it is based on the concept of structured water. Structured water is described as organized water. So how does that benefit you? An easy way to understand how this works is to compare the difference between quartz and sand. Both are chemically the same, but quartz is highly structured allowing it to amplify electrical signals. Sand is randomly structured and it does not amplify electrical signals. According to the structured water theory of aging, when we are young we have high amounts of structured water. As we age the amount declines until we can no longer live. Also according to this theory your DNA is bathed in this kind of water and stress destroys structured water. So, it may be that by having happy thoughts you help to keep your structured water, the water of your youth, intact so your DNA can function best. But, the bigger question here is where does this structured water of youth come from and why do we lose it?



Wrinkles, Wrinkles, Wrinkles – The TRUE Cause

Happy water is the structured water you have in you in great abundance when you are young. This kind of water occurs naturally in some remote mountainous regions. Most of us did not drink structured water as children. We drank unorganized tap water, yet somehow our skin created it. When we were young our skin looked great and our skin elasticity was fantastic. We know that collagen and elastin give skin its suppleness. According to structured water theory, collagen and elastin are bathed in structured water like your DNA. Stress can be emotional, chemical or environmental. It is believed that stress destroys structured water and that is why we lose it as we age. However, my own research and the fact that we had a great abundance of it in us when we were young, even though we did not drink it, shows it is more correct to say that **stress destroys your skin's ability to create structured water**. The first signs we are losing this ability to create structured water (getting old) is our skin begins to wrinkle and sag. This is the true cause of wrinkled old-looking skin!

Electricity and Happy Water

Electricity and magnetism can create structured water. Did you know your skin is "electrical," producing electricity constantly? Since your skin is electrical it seems that it is the ability of your skin to produce this electricity, which greatly determines how well your body supports the formation of Happy Water within it. Research I have done proves that by boosting the energy in the skin and hydrating it at the same time, skin elasticity can be greatly increased. *Want to know how to easily have skin that looks like it never ages? [Ask Me](#).*

Sun Damaged Skin –A Supplement That May Protect You



The sun is good for you, but too much or the wrong kind of sun exposure can be bad for you. The damage comes if you don't have enough minerals in your blood, don't move around, and get too much exposure at peak times. Every person is different and some can tolerate more sun than others. However, there is a supplement that you can take which may help minimize damage from the sun. That supplement is MSM. **MSM works by making cell membranes more flexible.** Since over exposure to the sun tends to decrease cell membrane flexibility, taking MSM can help. Here is an important fact to remember from Nobel Prize Winner Dr. Alex Carrel; staying young is all about creating conditions in your body that will allow your cells to receive all the nutrients and oxygen they need. Dr. Carrel won the Nobel Prize for proving scientifically that if your body could get all the nutrients and oxygen it needed, it would never die!

If your skin becomes leathery and sun damaged it will age faster because the cells are less flexible and can no longer receive nutrients easily. MSM is very safe. It is an organic sulfur molecule that is in every cell in your body. It is impossible to be allergic to MSM. It is very water soluble and safer than common table salt. You can easily take 6 to 8 grams per day. However, you should **start with 1 gram per day for a week then gradually build up.** The reason for this is not that MSM has side effects, but instead MSM can help your body flush toxins out, and, if you go too fast, you may not feel too good from the extra burden your body has to deal with. While MSM is not a cure for arthritis, many people take it to help improve joint flexibility and relieve pain. Take MSM to help improve your skin flexibility and help protect against sun damaged skin.

Is Age Reversal Now Possible?

There is a famous experiment that was done at Harvard. Several volunteers who were over the age of 50 were placed in an environment that was like being back in time. The magazines, the surroundings, and the music were from the 50s. They were told to have only discussions that were like when they were in the 50s. After two weeks, amazingly, when aging measurements were made, it was found that they had reversed their age by 10 years. Two weeks after returning to their normal environment they reverted back to their former selves. So this experiment clearly shows the effect of the mind body connection on the way we look. What no one has been able to understand is why? If we look at the idea of "Happy Water," we have a possible explanation showing that if one can compensate for the effects of stress age reversal may be possible. This may also explain why when people get back from having a great relaxing vacation they look years younger. *Want to know how to do it without going on vacation? [Ask me.](#)*

10 Minutes A Day To A Healthier You



Most people exercise to increase circulation or to build muscle. And those are great benefits. When you look great you feel great. Exercises that increase circulation stimulate your heart muscle and ultimately strengthen it. This in turn then makes it easier for you to pump your blood around and supply your cells with oxygen and nutrients, thereby keeping you young.

Weight resistance exercise will make your muscles stronger which ultimately can result in you being able to do more physical work with less fatigue. **Weight resistance exercise also helps to strengthen bones and reduce bone loss. It also helps to increase the production of HGH or Human Growth Hormone.** Laboratory tests have shown that increasing HGH can retard the aging process or even make people young again based on the measurement of certain chemicals in the blood.

Another important benefit from exercising is that it stimulates the lymphatic system. The lymphatic system is a series of vessels that is larger than the system for your blood. **Unlike the circulatory system for your blood, the lymphatic system has no specific muscle, such as the heart, to move the fluids through it.** It relies on the movement of your muscles to make the fluids flow through it and cannot work unless your body moves! Your circulatory system brings nutrients and oxygen to your body's cells, your lymphatic system takes the waste products away.

The lymphatic system is best stimulated by gently bouncing up and down. That's because it has a series of one-way check valves that open when you bounce up and close when you come back down creating a pumping motion. **So, if you want to be young again it makes sense to help your cells take away the waste products so you can make it easier for them to get all the nutrients and oxygen they need to keep you young looking.** A simple way to do this is to bounce gently on a small trampoline for 10 minutes a day!



Magnesium, Calcium and Potassium – Your Friends For Life

In order for your body to renew itself it must have oxygen. Your red blood cells are the vehicles that transport oxygen to your cells. **Foods or supplements that you can eat that will make it easier for your body to make nice healthy red blood cells can improve your energy and make you feel and look younger.** One of those groups of foods is called "Green Foods". They are called green foods because they are rich in Chlorophyll. And Chlorophyll, amazingly, is almost identical chemically to the chemical in your red blood cells that transports oxygen except that in your blood the central atom is Iron and in Chlorophyll it is Magnesium. Foods that are awesome for supplying Chlorophyll are Wheat Grass, Barley Grass and Alfalfa. They are available as commercially produced powders and capsules. Up to now I have tried not to get too technical with chemical terms, but we need to discuss alkaline and acid blood. **In order for you to renew with ease your blood must be slightly alkaline.** When your blood is not slightly alkaline and instead becomes acidic, really bad things can happen. You can die. You can become prone to heart disease, kidney problems, weak brittle bones and cancer. In addition to helping your body make healthy red blood cells Green Foods also supply lots of Magnesium, which help your blood stay slightly alkaline.

You see, stress, too much protein in the diet, over exercising, infections, and aging all challenge your body to keep your blood slightly alkaline. Your body balances your blood by using minerals to keep it slightly alkaline. These minerals are Magnesium, Calcium and Potassium. If your body does not have enough of these to keep your blood slightly alkaline, your body will take Calcium from your bones and use it to rebalance your blood! This is really a metabolic thing. One would rarely see the blood becoming acidic. However, evidence that the body is working hard to maintain proper conditions can be seen by looking at the saliva or the urine as it will change according to the "battle" that is taking place in the body. The harder your body is working to maintain the proper conditions for the blood the more likely you will age faster.

So, if you want to stay young or reverse the effects of aging, make sure your diet includes foods and supplements that can supply you with lots of these alkaline forming minerals. One inexpensive source for Potassium is Apple Cider Vinegar. Get the kind that has been processed under low heat and still has "the mother" in it. Nuts are rich in Magnesium. Dairy is rich in Calcium, but it is a kind of Calcium that is difficult for you to absorb. Sesame seeds and green leafy vegetables are some of the best food sources for Calcium. However, because it is so critical to have enough minerals in the diet you may want to consider taking supplements. **However, it is very important to take the correct form if a supplement-one your body can best absorb.** For example, the Calcium in chalky tablets is very hard for your body to use. The best supplements are called high absorption Calcium and high absorption Magnesium, such as Magnesium Orotate or Aspartate. Don't do guess work here. Ask for and take the advice of a Naturopath, the owner of a small health food store, or, if you go to a large chain, make sure the person is knowledgeable. How do you know if you have enough alkaline minerals in your diet? You can test your saliva or your urine with test strips available at health food stores.

Sensational Beauty Without Harm



The following is taken from an article written by Dr. Howard Peiper, N.D. **Dr. Peiper**, nominated for a Pulitzer Prize has written and co-authored many books on nutrition and natural health including the best-seller "The A.D.D. and A.D.H.D. Diet." For years Dr. Peiper searched for an all-natural skin care product he could recommend. The problem was he could not find one product, not even products sold in health food stores that were truly all natural.

Many of today's commercial moisturizing manufacturers – in their quest for increasingly inexpensive production and a long shelf life – use synthetic ingredients that can damage and dry out your skin, actually exacerbating your skin problems!

Did you know that over 60% of most substances that come into contact with your skin could assimilate into your body? Most of us use a moisturizer frequently, which means that your body is absorbing whatever chemicals it contains.

Beyond just damaging your skin, mass-produced moisturizers can expose you to low doses of synthetic, sometimes toxic elements – on a daily basis or more depending on how frequently you use them! Research has linked some ingredients to birth defects, reproductive failure, allergic reactions, and contaminated breast milk.

Here are some scary facts regarding commercial, chemically based moisturizers:

- Only 1% of 15, 000 products have had all their ingredients screened by the FDA.
- 84% of these products contain immune system intoxicants.
- Over 63% contain reproductive/developmental toxic ingredients.
- Nearly 36% are KNOWN carcinogens.
- Over 50% contain chemical or synthetic fragrance.
- 99.8% of all these ingredients have NOT been analyzed for safety.

In nearly 75-year existence of the FDA, only 9 personal care product ingredients have been banned or restricted. Over 90% of the more than 12, 000 ingredients tested in commercial products were of synthetic origin. Many of these ingredients are directly linked to cancer, infertility, kidney and liver disease and also severe skin problems.

For More and to learn about the one skin care product Dr. Peiper has found in health food stores, that meets his standards, read the complete article "[Is Your Moisturizing Killing You?](#)"

Cosmetic Surgery

Look great. Feel Great. Cosmetic surgery can take years off the way a person looks and feels. Most face-lifts last about 8 years and then need to be touched up. Collagen injections and fat injections can plump up skin and lips and make people look better. Unfortunately the results are temporary and they need to be repeated in order keep seeing the benefits. Botox injections are FDA approved for skin in the forehead area. Botox contains a poison that has the ability to paralyze muscles. Since the injection paralyzes the muscles in the face, the muscles relax and the frown lines go away. However, the patient can no longer use those muscles and they no longer have facial expression in the treated area. The muscles hold up the face, so Botox must be used with great care. *Want to know how to get results that cannot be achieved with cosmetic surgery or injections? [Ask me.](#)*



Getting A Massage As Often As Possible

According to the International Massage Association, one of the secrets to the long life span of Bob Hope and George Burns was that they each got a massage every day! And it makes perfect sense, because massage can help bring more fresh nutrients to the cells and help take away waste products.



One of the reasons we look older as we age is that we lose Collagen. Massaging the skin helps to bring fresh nutrients to your cells making it easier for them to create new Collagen. However, because breakdown chemicals are also produced when the skin is massaged, no one has been able to totally replace lost Collagen just by massaging skin - so the best one can hope for is to retard the effects of aging.

How To Be Immortal – The Force Be With You

Let's recap. Dermatologists tell us we get new skin on our hands every 24 hours. We get new skin on our face every 28 days. Then every 6 months there is complete turn over on the face - every cell is completely new. Dr. Alex Carrel won the Nobel Prize for proving that if cells can get all the oxygen and nutrients they need they can live forever. Now here is some new information. Another amazing fact is that medical studies have proven that 98% of the atoms in your body are completely replaced every year. Still another amazing fact is that a researcher from Yale, Dr. Harold Burr discovered that all living things had an electrical energy field surrounding them. He proved this field of energy had a direct correlation with growth, development and repair. Astonishingly when he measured the *shape of the electrical field around a seeded sprout it was not the shape of the seeded sprout but was instead the shape of the adult plant it was to become!* Want to know how to safely increase the electrical energy of your skin? **Ask Me.**

What is the key to Immortality? It is the breath. Life begins when you take your first breath and it ends when you take your last. When you breathe you bring in oxygen. Here is a nice easy exercise you can do anytime to help increase your oxygen. You can do this by simply taking power breaths several times per day and thinking of them as the most valuable and yet inexpensive "immortality supplement" you can take. Here's how to take a power breath. Breathe in deeply through your nose for a count of "4". Hold your breath for count of "7". Exhale through your mouth for a count of "8". Then breathe naturally.

The FDA has not evaluated these statements. None of this information is intended to diagnose, cure, treat or prevent disease.

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Questions?

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www.AgelessSecret.com**About Jim Kaszyk***Founder and President of Kasz Enterprises.*

Bachelor of Science in Chemistry, U Mass. Served in U. S. Air Force School of Aerospace Medicine during the Vietnam War. Chemist and Medical Researcher for the prestigious Laboratory of Pathology, a San Antonio, Texas Toxicology Laboratory. Research and Development Chemist. Developed a product that improved the quality and cost of textile processing. The company named the product in his honor. Plant manager and epoxy resin chemist. Chairman of a committee that developed a prototype training manual for epoxy resin technology. Currently President of **KASZ Enterprises**, which did research leading to the development of a complete line of herbal shampoo products. Many radio personalities and holistic doctors claimed one of the products re-grew hair and stopped hair loss. Invented **THE AGELESS SECRET™**, *Energetic Cosmetic™* Skin Spray. It revitalizes the water within so even old dried out skin can look young again. Each application trains skin to look more beautiful so now you don't have to look older as you age.