

Can You Really Turn Back  
The Clock Ten Years?

# BODY RESET

by Carolyn Hansen





# Body Reset

## —Can You Turn Back The Clock 10 Years?

**WORRIED ABOUT THE SIGNS OF AGING?** Starting to feel fatigued at the end of the day and know it's coming down to you getting older? Concerned about the fat gain that typically comes on as you move up into your 50s and 60s?



Regardless of what your concerns are—body appearance, health, or overall well-being of life, the good news is that you *can* take control and “turn back the hands of time”.

While I'm not going to be introducing a strategy to actually make years go backwards in this book, I am going to be introducing

a strategy and concept that will help you revitalize your body so that you look and feel years younger.

Many people think that aging is just something that happens—something that they have no control over, it's a part of their destiny whether they like it or not.

I'm here to tell you otherwise.



While sure, you will get older as each birthday passes by, your *body* —and your mind for that matter doesn't have to.

It's all about putting the right steps into place that will help you accelerate your progress dramatically forward.

If you've just started stepping back and looking at your current situation, you may be coming to realize that you've been neglecting your own health, fitness, and well-being for a number of years.

Many women find themselves in this position as they reach their 40s and beyond because so much of their time has been devoted to family, their significant other, and trying to maintain some sort of resemblance of a social life.

Workouts fell by the wayside.

Your diet started consisting of whatever foods you could possibly grab hold of throughout your busy day.

Sleep? You can't recall the last time you got a full 7 hours.

If this is what your current picture looks like, it's time for some changes.

Start with educating yourself about what all your current lifestyle choices are doing to your overall health and well-being, along with learning how your body is now changing.

Your body is going to change. Once you hit 40 and move into menopause, there are definite changes taking place.

You can't stop these changes as they are going to be biologically programmed, but you can most definitely work *with them*.

That's key.

Most women try and fight their body. They think back to what they would have done in their 20s and 30s when they found themselves unhappy with their figure or well-being.



Crash diets, late night parties, or whatever else you used to “feel better” again are not going to work at this point in your life.

You need a whole other approach and by learning what is going on with your body, you can make sure that you put that approach into action.



In the following guide, I’m going to walk you through the key places you need to be putting your focus so that you can get your body in top shape.

Below you’ll find a diagram that nicely illustrates what we’re going to be talking about and how everything is intricately connected together.

As you’ll see, one factor leads into the next and so on and so forth.

Because it’s a cycle, if even one element of this cycle isn’t presenting itself as it should, problems are going to be occurring as the cycle is now broken and you’re stuck at some stage.

Until you take the steps to correct this stage, problems are still going to be occurring.





So let's get started and go over how your body is changing and how your current choices are impacting how you feel.

## An Unhealthy Body Leads To An Unhealthy Mind

First, it's time to really take into account how your body is going to influence your mind. Many women will notice that their physical health is very intricately connected to their mental and emotional health.

Basically, when you don't feel good in your own body, it's going to impact your mood and overall well-being.

This change in your demeanor is then going to go on and impact your body even further due to chemical reactions that take place in your body as well as mental choices you make.

To illustrate this example, let's say that you are finding that your workout or diet plan just isn't working.

You're upset.



You're depressed.

You're feeling like just giving up.

Because you're in such a blue mood, you decide to comfort yourself a little and go on to treat yourself with a bowl of that double chocolate chunk ice cream you know is sitting right there in your freezer or that left over birthday cake.

This now sets you back even further. So now not only do you have a bad mood, but you have more weight gain.



That weight gain is going to lead to an even worse mood, possibly leading to more eating.

See how this is stacking up?

The cards are not in your favor when looking at it in this perspective.

Likewise, if you are feeling demotivated with your diet, perhaps you gave in and ate something you shouldn't have, you may now forgo your workout session because you're just not feeling into it any longer.

Your mental and emotional status is going to have a significant influence on how you approach your program.

Those who are feeling happy mentally and confidently in their ability to move forward are going to be demonstrating more pro-active choices when it comes to going about their diet and workout program.

Those who are depressed and feeling exhausted, run-down, and emotionally drained just won't have the resources to keep up their workouts at hand.

The key point to know here is that your mind will influence your body and your body will influence your mind.

The two are not separated. If you've been neglecting your health for far too long, your mind isn't going to be in the positive place it should be.

Until you take control and get it back to where it needs to be, you're going to keep feeling this way and keep struggling to maintain your fitness and diet regime.

A healthy mind will lead to a healthy body.





## Day To Day Lifestyle Choices Add Up

Moving forward, your mental status is also going to be interconnected to the day to day choices that you are making.

How you choose to go about your lifestyle and all the decisions that you make on a day to day basis are also going to be influencing your progression and the health status you maintain.

What factors influence things?

Here are the main ones.

### Stress

Perhaps the biggest influence over your health that you aren't giving enough attention to is stress.

Leading a high stress lifestyle is easily one of the biggest issues that will, make no mistake about it, take a toll on your overall well-being.

Stress not only decreases your mood, which we just noted will then influence your workout and diet choices, but in addition to that, it also sets off a cascade of reactions taking place throughout your body.

Stress hormones are released—cortisol, adrenaline, and insulin, all of which, when released chronically, will make your body fat percentage go up, set you up for diabetes and heart disease, and wear you down mentally.



If you are constantly stressed out, you are asking for disease to strike and until you put forth action steps to get back on track, you'll remain in this position forever.

Stress is something that creeps up on you—it's typically not just something that appears one day and you can take control over.



It's something you need to be consistently monitoring and making sure that you are not letting get out of control.

Whenever you notice your stress level rising, you need to do one of two things.

1. Use proactive stress controlling techniques to help lower your stress levels back down again.
2. Figure out what is causing that stress and then take steps to stop it or reduce it from influencing you.

Many women simply complete step 1. They'll meditate, do a yoga class, go see a movie with a friend, or relax with a good book.

This is great and a very good step in the right direction.

But if you aren't doing the second part of the equation, you're basically inviting that stressor to bother you again.

This is what you must avoid because if it keeps coming back—and more get added to it—eventually you'll find yourself in a place where you are just too overwhelmed and once you hit that place, that's when you start shutting down and burnout or disease strikes.

Once you learn how your body is responding to stress and the signs that illustrate it may be getting out of control, it becomes that much easier at that point to put a stop to it as soon as it starts.

But, you need to start increasing awareness to get to that point, and many women never actually take the time to learn how to do this.







### Lack Of Sleep

If there is one thing that I would highly recommend you pay attention to it's your sleep habits. Sleep is one of the most critical factors driving good health and if you aren't sleeping as you should, it is—make no mistake about it—going to impact your success.



Sleep could easily be considered the fountain of youth because when you're running low on it, nothing will age you faster.

### **Sleep impacts:**

-  **Your skin**—just a few nights of not enough sleep and your complexion will be looking lackluster and chances are you'll have some bags around your eyes
-  **Your metabolic rate**—even one night of insufficient sleep can slow down your metabolism, making fat loss that much more of a challenge
-  **Your insulin sensitivity**—too little sleep means your body is more likely to store carbohydrates as body fat, rather than burn them up for energy or devote them towards building lean muscle mass tissue
-  **Your mental state**—and, as we noted above, your mental state will directly influence your ability to stick with your diet and workout protocol
-  **Your disease risk factor**—those who are low on sleep duration or quality will be at a higher risk for heart disease, diabetes, and stroke
-  **Your motivation**—along with your mood and mental state, feeling fatigued from lack of sleep is a fast way to crush any desire to get your workout for the day ahead

And this is just the tip of the iceberg.

Those who neglect sleep are not going to have as strong of immune systems, which means they won't have the full capability they should to fend off invading bacteria and viruses, meaning you could fall ill more often.





Furthermore, your immune system is going to play a role in keeping oxidative damage down, and if it's weakened, oxidation takes place and this will cause you to age far more quickly than you otherwise would.

Sleep is the time when the body goes into deep repair mode, fixing all the damages that took place in your body over the course of the day.

If you skip over this sleep, when is your body repairing itself? Women who don't devote enough time to sleep won't recover as quickly from their workouts, so progress can be slow as well.

Remember that isn't just more sleep you need either—its quality sleep. If you aren't taking the right measures to actually boost sleep quality, you aren't doing everything you can to make sure that this factor is going to be working in your favor.

When you wake up after a good night's sleep, you just *feel good*. You might not even be able to remember that feeling as it's been so long, but sleep will make a world of difference in your day to day well-being.

### Low Social Support

Finally, the last day to day factor that will influence your progress is the amount of social support you have behind you.

Those who are low on the social support scale are going to notice a number of issues possibly arising.

First, they'll be less energetic. Social support *energizes* you like few things can do. This doesn't have to be social support during your actual workout session as some people really do prefer to workout alone, but its social support on a lifestyle basis. Basically, being around others and connecting with them.

Be it your significant other, your family, your friends, or your co-workers.

Having strong connections helps provide health protection, especially as you get older. When you move out of the work force, you'll no longer have the daily social support and connection with your co-workers as you did before, so you'll need to find connections to replace this.



That's when having strong friendships and family ties comes in especially helpful.

Those who have strong social connections also tend to be more outwardly in their mental state and viewpoint. If you're constantly alone and going about your day by

yourself, you'll internalize a lot more and can get hung up on factors you may perceive to be negative, when really they aren't quite so.

By maintaining your strong social connection, any time you are down about something, rather than ruminating in those thoughts for an extended period of time alone, you can talk to someone and discuss it out on the open.

This can go a long way towards helping you get past it and going forward on a positive note.

When it comes to your healthy eating program and maintaining a regular exercise program, nothing is going to help more than social support as well.

If the people you are closest too are not supporting you and preferably on the same path as you, it's going to make the entire process feeling more challenging.

Not only will you have to deal with the fact they may be constantly keeping unhealthy foods in the house or pressuring you to skip your workout sessions, but you'll have to deal with the mental tension regarding the fact that you are going against their desires.



While this may not feel like a big deal—you think of yourself as strong enough that you don't let what other people think or want impact your own personal choices, it can really impact you on a subconscious level.

Too many people don't realize all the many things that really do influence them—often without them even realizing it.

### Daily Activity

You already know that doing regular gym workouts is important. Even if you aren't doing these, you know that you should be as you've read time and time again how strength training will help you see optimal success with your health and body composition.

But, don't let yourself overlook the importance of daily activity. This includes all the other additional movement you do on a day to day basis.

Walking to check the mail.



Going window shopping with a friend rather than sitting and having coffee.

Going for a bike ride with your kids.

Working outside in the yard, enjoying the sunlight rather than staying indoors all the time.

The more often you get out and get active, the more likely you are to maintain a healthy body and mind. As the saying goes, “A body in motion, stays in motion.”

When you adopt a sedentary lifestyle, even if you are doing your workout sessions religiously, this often isn't enough. You're still going to be experiencing negative side effects because of the high amount of time you are in active, so that needs to change.



One thing that some women don't really realize is the fact that activity done outside of the gym can actually be even more effective when it comes to weight control compared to activity done inside the gym.

While your gym workout may burn a few hundred calories, if you're active all day long, the total calorie burning benefits from all this activity are going to total up to far more.

As far as bodyweight management goes, your day to day activities will have the more significant influence here, so are what you should be concerning yourself with.



There's no replacement for strength training in a workout program so that is a gym-must, but all the cardio training you might be doing?

It's really not necessary if your diet is in proper alignment and you are getting out and leading an active lifestyle.

Most women will find they enjoy lifestyle activity far more than they do those dreadful long cardio workouts at the gym, so this also really helps out on the adherence side of things.

So there you have a few quick points about the day to day choices you are making and how they are impacting your progress and overall well-being.

As you get older, the day to day is going to impact you even more than it used to. Your body is getting more sensitive to the impacts of high stress, lack of sleep, or feeling alone all the time, so it's vital that you are taking action steps to avoid this.

Now it's time to switch gears and teach you some of the important information to know about your current hormonal status and how your hormones are changing with each year that passes.



## A Master Guide To Your Hormones

Hormones are essentially substances in your body that are released by various tissues or organs in order to accomplish some objective.

They are extremely powerful; so powerful in fact you might even say that you are controlled by them.

Hormones can be a good thing—or a bad thing, depending on the present situation taking place and what is going on with your body.

If you get the wrong mix of hormones at the wrong times, it can be very detrimental to your health, leading you to disease.

As a woman ages, her hormonal profile is going to change significantly. Estrogen and progesterone, the two female sex hormones, are going to shift considerably as menopause sets in, leading to side effects such as hot flashes, high levels of fatigue, or not feeling quite like your current self.

As these hormones begin to shift, it can also make you more likely to start putting on body fat if you aren't taking the right steps to combat this.

The small amount of natural testosterone you have in your body—the male sex hormone—is also going to begin to decline as you get older, causing additional changes to take place.

While no women will ever have the level of testosterone in her system that a man has (and is what causes men to grow far more muscle mass than females), you do still naturally have a small amount and this level of testosterone does play a role in keeping your body composition under better control—increasing muscle mass tissue while decreasing fat mass tissue.

So when testosterone begins to decline, unwanted body composition changes can begin occurring.



As estrogen and progesterone start changing, you may also notice this has a serious impact on your libido levels as well. It's not abnormal to find women in their 40s, 50s, and 60s who have lost desire in sexual activity, something that is going to likely push their partner further away from them (therefore reducing the social support you have), while also causing them to lose the feel-good benefits that sexual activity presents.

When you orgasm, you'll release a flood of dopamine into your system, which is one of the most powerful stress-relievers out there.



We spoke earlier about the impact of your body under high amounts of stress and how this increases the process of aging, so think of regular sexual activity as one way to side-step this problem.

As your body starts to get older, it's also not going to respond nearly as well to some of the dieting practices that you utilized in your earlier years.

For example, back when you were younger, you may have been able to hop onto a very low calorie diet whenever you wanted to shed a few extra pounds of fat without a problem.

Now however, that just isn't quite how the situation goes. If you decide to start up on a very low calorie diet, your metabolism will instantly start crashing, slowing down fat loss to a halt.



A slow metabolic rate is one of the primary reasons why many women struggle so immensely to lose the fat they desire and this is often brought about from years and years of yo-yo dieting beforehand.

Furthermore, if you've been using crash diets or improperly designed diets in the past, this is also going to mean that your body is not going to be as sensitive to a hormone called leptin.

Leptin is a hormone that is produced by the body fat cells and has the job of monitoring incoming calorie intake as well as your current body fat stores.

If your incoming calorie intake starts to decline, Leptin levels will drop lower than they currently are, setting off a sequence of events that will essentially make you want to forgo your diet entirely.

You'll feel incredibly hungry, you'll be so fatigued getting off the couch feels like a challenge, and the last thing you'll want to do is keep going.

The more often you've yo-yo dieted, the less responsive your body is going to be to any given amount of leptin, therefore these side effects will set in sooner than they otherwise would have, making it an ongoing battle to keep going on any diet you start on.

By correcting the underlying problem—by using a diet that works with your body and isn't so destructive in nature, you can restore leptin sensitivity so that you can side step many of these negative problems.

Leptin is a very real and serious hormone that most women know nothing about, but one that will completely help or destroy your fat loss progression.

By understanding how things are going to change as you get older and continue on your diet plan, you can make sure you are setting yourself up for success.

Another hormone that you need to make note of as it too can really start to influence you is insulin.



Insulin sensitivity is another factor driving how lean your body is and your disease risk as well. Women who are very insulin resistant—which is often brought on by a diet that's filled with processed foods containing simple carbohydrates or saturated/trans fats—are going to be very prone to developing diabetes with age.

In addition to this, it's another self-fulfilling cycle because the more insulin resistant you are, the more likely you are to begin gaining body fat and the more body fat you gain, the more insulin resistant you become.



So if you don't do something to break the cycle, you could be on a one-way track to developing diabetes; a condition that you will then live with for the rest of your life.

Those who are insulin resistant may also go on to develop what's referred to as metabolic syndrome X, which is characterized by being overweight, along with showing signs of high blood pressure, high cholesterol, and high blood glucose.

This is one of the most dangerous conditions to have because it'll put you at risk for stroke, heart attack or heart disease, as well as diabetes as just mentioned.

As you get older though, unless you are taking action steps to reverse the trend, this is what you are setting yourself up for.

Another thing to take into account is that as you grow older, you are going to be at a greater risk of losing lean muscle mass tissue as well. Unless you are taking part in a strength training program, your body will start breaking down its lean muscle mass stores as it sees no reason to keep this metabolically active tissue if it doesn't need it.



Muscle mass is very demanding to maintain, so to your body, it's a lot of extra metabolic work.

This is just what you want though. The number one reason why many women do start to gain body fat as they get older is not due to some hereditary factor or just because they are getting older.

Instead, it's actually due to the fact that they haven't been stressing their system enough for it to maintain its lean muscle mass, therefore, they've lost it.

As they lose lean muscle mass, their resting metabolism will start to decline because muscle is so metabolically active, as we just noted.

As your resting metabolism goes down, if you aren't cutting back on your food intake in a corresponding manner (which most women don't), the body is now in an energy surplus on a day to day basis.

As such, body fat gain results.

As this chain of events is led to continue on, this then means that you are basically losing muscle mass and gaining body fat—a complete change to your overall body composition.

Keep in mind that muscle mass is very dense tissue that takes up very little room on your body, while fat mass requires far more space and now you have a body that's the same weight, but appearing much larger.

Clearly this is not the path you want to go down and it all can be prevented by using proper exercise strategies.

You never convert muscle to fat just like you can't convert fat to muscle. This is a very large misconception some women still have.

The two tissues are completely separate entities. Saying that if you build more muscle, it'll just convert to body fat one day if you stop exercising is like saying that as you get older, there's a chance your heart might turn into a set of lungs.



Clearly this is a very laughable idea, but yet, it is no different than saying that muscle converts to fat. It's the exact same idea. You will never convert your muscle mass to body fat, so never fear building more muscle.

It is the number one thing that you can do to prevent the signs of aging and keep your hormonal profile in check.

In addition to that, keep in mind that the foods you eat on a day to day basis are also going to have a significant influence on your hormonal profile as well.

For instance, insulin is going to be directly correlated to your carbohydrate consumption, so by eating the right foods, you can keep this hormone in check entirely.

Leptin is also influenced by diet, as we noted above as the lower your calories and carbohydrates go, the lower leptin is going to fall.

If you eat foods that are nutrient dense, slow digesting, and full of antioxidants, you will be setting yourself up for hormonal success.



The right diet can have a dramatic influence on your ability to actually burn off fat at a rapid pace versus storing fat at a rapid pace.

How you set up your daily meals for instance can either train your body how to conserve fuel very well so that it's not

risking starvation or it can train your body to know that it'll always have a ready supply of fuel available, so there's no need to slow your metabolic rate down.



Little changes will add up, so by setting yourself up properly, you are ensuring you realize success.

## Getting Back On Track

So hopefully now you can see that there are very definite ways that you can influence the future.

If you choose to do nothing about your health but instead just continue on as you are going, you are going to see rapid signs of aging and it will be downhill from here.

It's unfortunate to say, but women who take no action lose muscle very quickly once they hit the age of 50 and beyond and once that process starts, fat gain is likely, functional strength reduces, your mental status declines (both due to unwanted changes in appearance as well as changes in your ability to perform daily tasks), and your disease risk starts to increase.

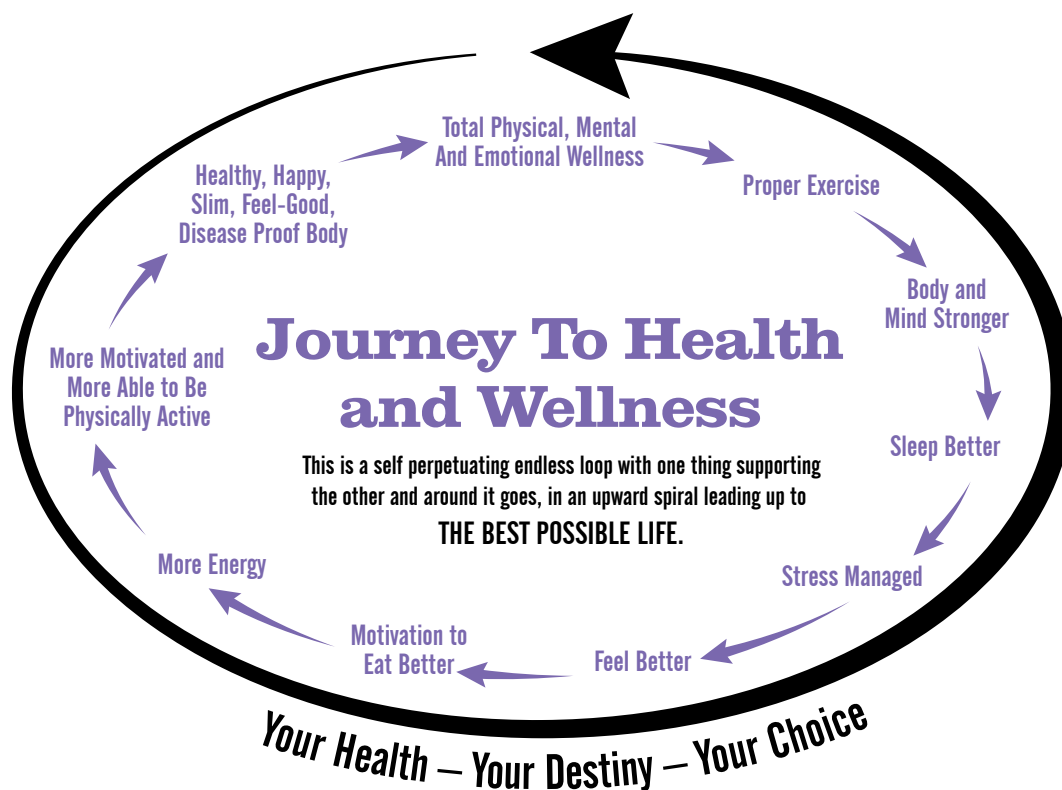
A woman who takes action however—who starts the cycle of better health off at any place along the series of events—is one who can reverse this all.

Remember that diagram we talked about at the start of this eBook. Everything is interconnected.





Here is the diagram again so you can see what I mean.



So if you start with working on your sleep quality for instance, this will then go on to influence your energy level.

As your energy level increases, that then will in turn increase your workout performance.

As your workout performance increases, this may increase your weight loss results, which now boosts your appearance and makes you feel that much happier overall in your own skin.

If you don't start somewhere though, nothing will ever change.

So find a place you feel comfortable beginning and take action. Once you're seeing results there, you will naturally go on to see results elsewhere, pushing your progress along.



## Ready To Turn Back The Clock?

It is very easy to read through a short report like this one and find yourself agreeing with almost everything that has been said. Then the report is closed, you go on with your day, and nothing in your life changes.

Instead of doing this I would like you to promise yourself that you **WILL** commit to making the changes needed to begin reversing the aging process and turning back the clock by at least 10 years.

Don't wait for tomorrow. Allow this report to be the instigating factor for change in your life and visit the following link to sign up now for my program. It is not expensive. In fact, compared to the value you will derive from the health benefits associated with taking action today, the investment will be truly miniscule:

**Join Me Today And Allow Me To Help You  
Begin Your No-Excuses Body Makeover  
Click Here For An Instant 50% Discount**

This is how you take back control of the aging process and add years of quality living to your life span. Can you imagine a more worthwhile goal?

Cheers,

**Carolyn Hansen**