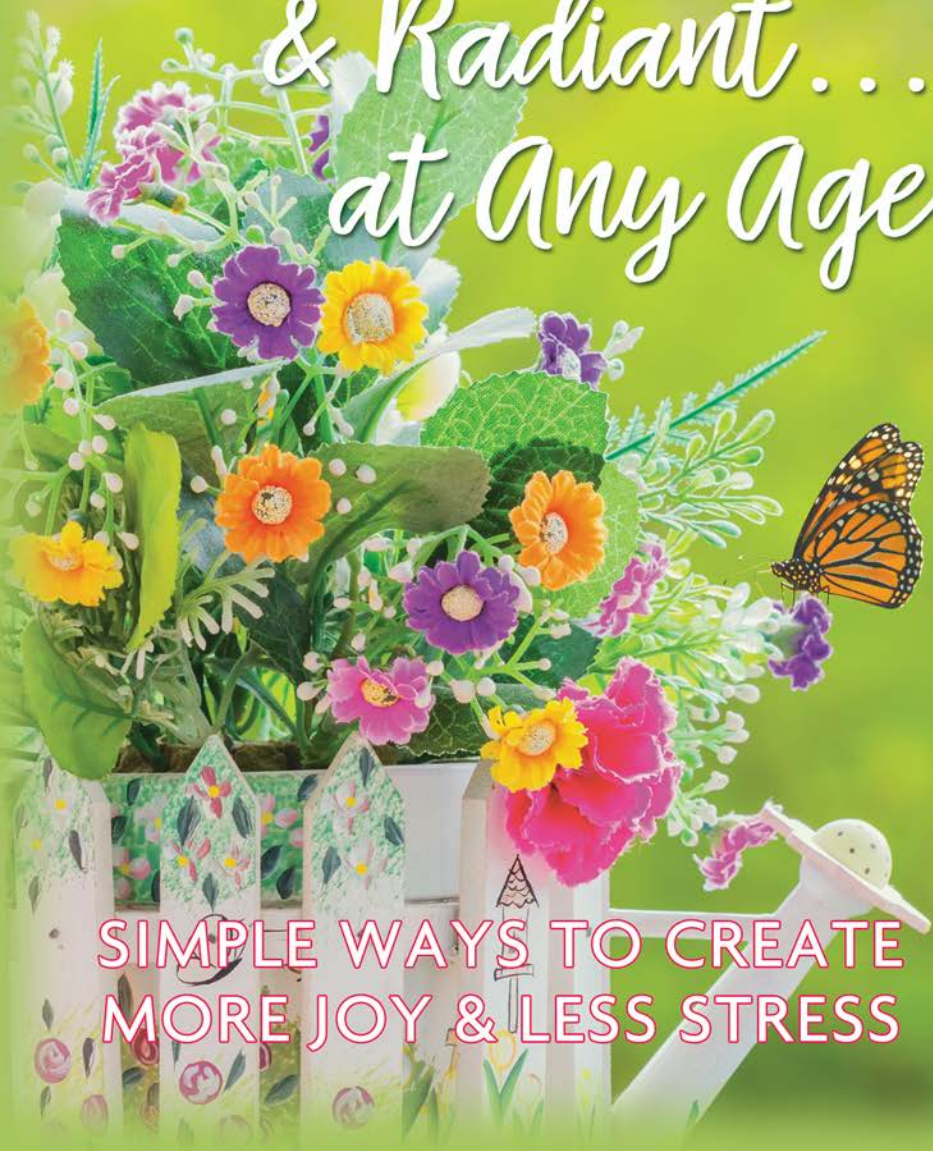


Healthy, Happy & Radiant... at Any Age



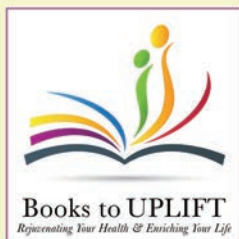
SIMPLE WAYS TO CREATE
MORE JOY & LESS STRESS

Susan Smith Jones, PhD

Healthy, Happy & Radiant... at Any Age

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MORE JOY & LESS STRESS

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The health suggestions and recommendations in this book are based on the training, research and personal experiences of the author. Because each person and each situation is unique, the author and publisher encourage the reader to check with his or her physician or other health professional before using any procedure outlined in this book. Neither the author nor the publisher is responsible for any adverse consequences resulting from any of the suggestions in this book.

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*This book is lovingly dedicated
to my dear friend, Ginny Swabek,
who always supports my work
and encourages me to reach for the stars.*

*It is also lovingly dedicated to all of you
seeking great health and a better quality of life.
May all your fondest dreams come true.
I salute your vibrant adventure.*

“Each patient carries his own doctor inside him.”

—ALBERT SCHWEITZER

*“You can accomplish anything if you do not accept
limitations . . . whatever you make up your mind to do,
you can do.”*

—PARAMAHANSA YOGANANDA

*“Whatever you can do or dream, begin it!
Boldness has genius, power, and magic in it.”*

—JOHANN WOLFGANG VON GOETHE

“Do ordinary things with extraordinary love.”

—MOTHER TERESA

Introduction

Feeling physically, emotionally and spiritually off-kilter?

Lost some joy of living? Overwhelmed by life?

*Want to look and feel younger? Wish you could heal
your body and experience vibrant health?*

*Maybe all you need to do is to get back to the basics
with Susan Smith Jones, PhD.*

To be truly healthy, we need to do more than eat a colorful, natural foods diet, jog around the block, get plenty of sleep, and embrace a positive attitude. Incorporating a variety of holistic lifestyle choices that support body, mind, and spirit—living a natural lifestyle—is essential if you want to create your very best life. It’s all about choice and choosing what is the very best life has to offer. It is within your hands to live your best and healthiest life now . . . no matter your age.

Imagine, if you can, a life without ever feeling sick—without aches, pains, or fatigue. Imagine never getting colds or the flu or depression. Imagine waking up each day—bouncing out of bed—eager to experience life’s great adventures with joy

and passion. Imagine not being tempted by unhealthy foods or recreational drugs, or succumbing to noisome addictions. Imagine being your ideal weight and having people consistently praise you on how beautiful/handsome and youthful you look, and wanting to know about your diet and lifestyle. Imagine feeling hopeful, in control of your body, and genuinely grateful when you go to sleep at night. Imagine not needing to spend a penny on prescription drugs. If you can, imagine, also, feeling so vibrantly healthy that you only visit your doctor once a year or so to get an annual checkup. And imagine your doctor's surprise and delight when you show up feeling and looking younger than your previous visit. It is music to the ear to hear the doctor say that you are in superior health and have the physiology of someone twenty years your junior, and the doctor wants to learn from *you* what you're doing to be so healthy.

Over the past three decades, I have been traveling internationally, from the UK to America, Australia to South Africa, Canada to France, India to Switzerland, Italy to Japan and beyond—giving seminars, retreats, workshops, lectures, and keynote addresses on how to thrive in every area of life, including how to reshape and tone the body, reduce stress, look and feel younger, increase energy, ramp up metabolism and accelerate fat loss. I also share my knowledge on how to exercise for life, detoxify and rejuvenate, heal whatever ails you, alleviate depression, disease-proof the body, sleep like a baby, cultivate an attitude of gratitude, increase prosperity, bring goals to fruition, live a balanced lifestyle, and so much more. Now I have put all of these quintessential lifestyle tips in this book that you'll want to share with your family, friends, and business associates.

As I describe in the book, if you give me three months—just one season, only 90 days—you will be able to profoundly

change your life for the better. If you think you cannot make tremendous strides in your health and level of success in only three months, think again! No longer can you use the excuse that “it’s all in my genes.” With enough faith and prayer, the right diet, and all of the other essential lifestyle choices I write about in this book, you *can* change your life.

Dr. Dean Ornish would agree, based on one of his latest studies regarding obesity and how lifestyle changes affect gene activity. Children whose parents are obese have a tenfold increased risk of being obese. While obesity in parents sets a predisposition for obesity, it is the combination of food choices, inactivity and genetic tendencies that determine obesity. Can we blame genetics for the problem? On June 16, 2008, *Reuters News* published an article titled “Healthy Lifestyle Triggers Genetic Changes,” which described a three-month, groundbreaking study lead by Dean Ornish, MD. It was demonstrated that the subjects affected changes in activity in about 500 genes—including 48 that were turned on and 453 genes that were turned off—as a result of eating more healthful foods, keeping stress levels down, practicing relaxation techniques such as meditation, and exercising regularly—all topics discussed henceforth. Regarding the study, Dr. Ornish states: “It’s an exciting finding because so often people say, ‘Oh, it’s all in my genes, what can I do?’” Well, it turns out you may be able to do a lot. In just three months, you can change hundreds of your genes simply by changing what you eat and how you live. That’s remarkable, encouraging, and phenomenal.

Of course, if you have the opportunity, I would be honored to have you participate in one of my events in person; you’ll leave with *everything* you’ll need to improve your health and enrich your life. For now, at least, you’ll have this book. Think of it as the springboard for creating success in every

area of your life—a simple guide you can carry with you (in your purse, briefcase, tote bag, glove compartment of your car, on your bedside table, in your office, etc.) to help keep you motivated and moving in the direction of your highest dreams. It's just a matter of choice; you can create a life filled with success, joy, peace, and balance. *You can do it!* It's within your power to make the positive changes necessary to live your best life. I believe in you. Now all you need to do is believe in yourself, make a commitment, and follow through. I hope to meet you somewhere along the way.

Susan Smith Jones

www.SusanSmithJones.com

PART 1

Living Healthfully— Rejuvenate Body, Mind & Spirit

*“Choose what is best:
habit will soon render it agreeable and easy.”*

—PYTHAGORUS

The idea that we have control over our wellness and that we can choose to be healthy and functioning at our best is far from new. What is new is its growing popularity in the world of science and medicine. Immunologists, psychiatrists, endocrinologists, neuroscientists, microbiologists, and psychologists from around the world—professionals who rarely step outside their own fields—are combining their expertise in a new field called psychoneuroimmunology. This new science deals with the mind’s effect on the body’s incredibly complex network of organs, nerves, vessels, and white blood cells.

Research shows that the immune system, brain, and other vital body systems communicate, connect with, and influence one another. Experts today are telling us that in almost every area, stress interferes with the body’s ability to resist disease and heal itself. When your brain allows your stress level to get out of control, it suppresses the immune system.



A whole-person approach that acknowledges the importance of stress and emotion is now seen by more and more professionals as the basis for recovery from many types of ailments and diseases. At its most basic, mental/behavioral therapy, taking advantage of the mind-body connection, uses emotions to prod certain brain chemicals into stimulating the body's defense systems. Dr. Simonton's method of cancer treatment calls on the patient to alter feelings, attitudes, and expectations. Central to the process are daily exercises in relaxation and use of imaging techniques, along with the physical activity necessary to reduce the stresses that he is convinced play a role in disease.

On a PBS television program on psychoneuroimmunology, Dr. Caroline Sperling, a clinical psychologist and director of the Cancer Counseling Institute in Bethesda, Maryland, explained that if anger does not get discharged, neurotransmitters and other toxic residues remain in the body. She mentioned that the opposite is also true. When you release





messages to your body, which releases neurotransmitters that stimulate the immune system. This action helps the body to stop creating abnormal cells.

Along the same lines, Deepak Chopra, MD, spoke on a national television talk show about his view of the mind-body connection. He explained that the mind is in every cell of the body, and that each thought causes a release of neuropeptides that are transmitted to all the cells in the body. Thoughts of love, he said, cause the release of interleukin and interferon, which help heal the body.



Anxious thoughts cause the release of cortisone and adrenaline, which suppress the immune system. Peaceful, calming thoughts release chemicals similar to Valium, which help the body to relax.

Norman Cousins, throughout his insightful book, *Head First: The Biology of Hope*, presents evidence that hope, faith, love, the will to live, purpose, laughter, and festivity help combat disease. Cousins writes, “The greatest force in the human body is the natural drive of the body to heal itself—but that force is not independent of the belief system, which can translate expectations into physiological change. Nothing is more wondrous about the fifteen billion neurons in the human brain than their ability to convert thoughts, hopes, ideas, and attitudes into chemical substances. Everything begins, therefore, with belief. What we believe is the most powerful option of all.”

The magnitude of impact that this inner belief system

PART 2

20 Surefire Tips to Minimize Stress & Create a Balanced Life

Here are 20 simple ways I've discovered from my research world-wide on how to be vibrantly healthy and blissfully happy, to live a balanced life, and to rejuvenate body, mind, and spirit.

1. Make fitness the mainspring of everyday life.

Develop a well-rounded fitness program that includes strength training (weights), aerobics, and stretching or yoga. Make it a top priority. Nothing can do more to make you vibrantly healthy, energetic, and youthful than a regular fitness program. An impressive study at Tufts



University found that after one year of twice-a-week strength training, women's bodies were 15 to 20 years more youthful. (I probably now have your full attention!) Here's what they

discovered: The subjects had less fat and more muscle; their bone loss was prevented or reversed; their strength and energy had increased dramatically; and they all showed surprising gains in balance and flexibility. Wow! No other program, including diet, meditation, and aerobic exercise, has ever achieved comparable results. You can learn more about this study (published in *JAMA*, 1994, Miriam E. Nelson et al., “Effect of High-Intensity Strength Training on Multiple Risk Factors: A Randomized Controlled Trial,” volume 272, pages 1909–1914.) and the program in the book, *Strong Women Stay Young*, by Miriam E. Nelson, PhD Men, although they are generally more attuned to the benefits of strength training, should be aware of these results, too.

Make sure to get enough water and wholesome foods. Eat your foods close to the way nature created them, rich in color and with emphasis on diversity. Get plenty of fresh air and healthful amounts of sunshine, too, and drink fresh vegetable juices to help rejuvenate and nourish your more than 70 trillion cells. Avoid dependence on caffeine, nicotine, alcohol, and drugs that interfere with your immune system’s functioning. I also encourage you to visit my website www.SusanSmithJones.com and click on *E3Live*. under *Favorite Products*. You will learn about this nutrient-rich, superb superfood and why I’ve taken it for over 30 years in both powder and tablet forms. I have recipes for facial masks using this green, nutrient-rich powder on my website.

The only person’s health and fitness you can change is your own, so if you want to have a good influence on the health and fitness of those you love, take care of yourself. There is nothing stronger than the ripple effect of personal example. I love George Bernard Shaw’s comment, “If you must hold yourself up to your children as an object lesson, hold yourself up as an example and not as a warning.”

2. Get enough sleep.



Even though 98 percent of us know that sleep is just as important to our health as nutrition and exercise, most adults fail to get sufficient sleep. Americans average seven and one-half hours of sleep a night, whereas the ideal is ten. In his book, *Power Sleep*, Dr. James Maas points out that half the population of the United States is sleep-deprived. He also maintains that many

Americans do not know what it's like to be fully alert and have become habituated to low levels of alertness. If you need an alarm clock to wake up, or if it is a struggle to get out of bed in the morning, or if you fall asleep in meetings or watching television, or even reading this terrific book, you are sleep-deprived.

Even minor sleep deprivation causes mood changes. People get angry and upset more easily, lose patience, and snap at one another. One of the first things to go when one is sleep-deprived is communication skills. Maas recommends taking 10- to 20-minute “power naps.” Any longer than 20 minutes sends you into delta or deep sleep, and you wake up groggy. Also, if you nap too long in the afternoon, it will cause insomnia at night. Power naps pay back on the installment plan the debt we carry in our sleep-deficit banking account.

Never underestimate the importance of getting enough sleep. It is clearly an essential part of living a balanced life.

Teach yourself to have positive expectations about everything in your life, including your wellness. In his lectures on psychoneuroimmunology at UCLA, I heard Norman Cousins



talk about two groups of people about to have surgery. The first group of patients dreaded surgery and attempted to postpone or avoid it. The second group, with the same medical problems, regarded the surgery as an opportunity to rid themselves of their illnesses. After surgery, those who had positive expectations had much better post-operative experiences. Such outcomes have been documented repeatedly and can be perused in any of my other books in the References.

The loss of a loved one tests our emotional balance severely. If a person is able to integrate loss into a broader texture and meaning of life, and feel grief and depression without losing the inner sense of safety, those feelings will be relatively temporary. But if someone responds to loss with prolonged depression, the body will also be in a state of depression, making that person susceptible and vulnerable to many things. When we can see ourselves as participants in life, rather than as victims of unfortunate circumstances, our lives automatically become less stressful and more wholesome.

9. Find time each day to be alone.

It is by spending time alone, breathing deeply, and quieting everyday thoughts that we can do the most for our happiness and peace of mind. Mother Teresa wrote, “We need to find God, and He cannot be found in noise and restlessness. God is the friend of silence.” In solitude and silence, we see most clearly what is out of balance in our lives, and the inherent power that sustains us. However brief it may be, find some time each day to enjoy the peace of your own company. Remember, the word “alone” is derived from the Middle English phrase “all one.”



Even if you're married, you need times of privacy and solitude. In my counseling, I always encourage couples to spend occasional time alone, not only daily, but at regular intervals during the week, month, and year. In this way, you regain your identity as an individual. It was William Wordsworth who gave us these simple, yet profound, words:

*When from our better selves we have too long
Been parted by the hurrying world, and droop,
Sick of its business, of its pleasures tired,
How gracious, how benign is
Solitude.*

Solitude is not a luxury. It's a necessity and an essential component for rejuvenation of body, mind, and spirit.

PART 3

Superfood Cornucopia & Recipes

Are you ever at a loss for what to add to dishes to make them healthier? To be healthy, happy and radiant, you want to fill your kitchen and body with the best superfoods.

I always encourage the consumption of salads, smoothies, and fresh juices. These foods that are made with lots of produce will revitalize your body and bolster your energy. As my grandmother always used to say to me: *Produce is the most important health care your money can buy.*

If you're making colorful salads, blending smoothies, or making fresh juices, what can you add to make them all different and satisfying, more nutritious, and scrumptiously delicious? Well, here's a list of some of my favorite superfoods that I often incorporate into salads, juices, and smoothies along with many of their healthful benefits, as well as a couple recipes. See how many of these gems-of-nature you can include in your recipes.





Almond: Helps in brain development; regulates cholesterol levels; fortifies the heart; improves skin complexion

Cucumber: Regulates body temperature; essential part of skin care; regulates blood pressure; promotes hair growth

Mint: Relieves respiratory disorders; improves skin conditions; reduces cancer risk; breath freshener; antibacterial properties

Aloe Vera: Cleans the digestive system; natural laxative; promotes weight loss; strengthens teeth and gums

Date: Helps cure intestinal disorders; increases stamina; fortifies the heart; relieves hangover symptoms

Orange: Lowers blood pressure; disease-fighting antioxidant; helps maintain strong bones; reduces cancer risk

Apple: Reduces cancer risk; aids in liver detoxification; settles an upset digestive system; fights the effects of aging of the brain





CASHEW CREME RENEWME! RECIPE

This recipe can be used in so many ways—dressings, dips, sauces, etc., depending on what you add to it. It's delicious, nutritious and oh-so-easy-to-prepare.

TOTAL TIME TO PREPARE 10 minutes

RECIPE YIELD About one cup

BASIC RECIPE

1 cup raw cashews

1/2 cup purified water (I use purified, alkaline water from my *Ionizer Plus* device in my kitchen)

1/4 teaspoon of *E₃Live RenewMe!* (refer to my website)

Dash of sea salt



Resources

Please visit www.SusanSmithJones.com to learn more about, or to purchase, these books. You will find the full list of Susan's titles on her website.

The Curative Kitchen & Lifestyle

Living on the Lighter Side

Wired to Meditate (Audio Book)

Choose to Live Peacefully (Audio Book)

Vegetable Soup/The Fruit Bowl

(Co-authored with Dianne Warren for children ages 1-8)

Body Temple Vitality

Affirming God's Love

Invest in Yourself with Exercise

God-Centered Health

Choose to Thrive

Be the Change

Kitchen Gardening



If you enjoyed this book, you might also want to get a copy of some of my other books—available in print and electronic form—including *Invest in Yourself with Exercise*, *The Curative Kitchen & Lifestyle* and *Living on the Lighter Side*. While each of these books in this series stands alone, together they create the perfect healthy living program that you can refer to often simply by the turn of a page or the click of a button.

**You can purchase and download Susan's books at
www.SusanSmithJones.com**



About the Author

Susan Smith Jones, MS, PhD: For a woman with three of America's most ordinary names, Susan Smith Jones, certainly has made extraordinary contributions in the fields of holistic health, longevity, and human potential. Selected as one of 10 "Healthy American Fitness Leaders" by the President's Council on Physical Fitness & Sports, Susan is an award-winning writer and advice columnist. She has authored over 2,500 magazine articles, numerous audio programs, and 30 books, including *Health Bliss*, *Invest in Yourself with Exercise*, *The Curative Kitchen & Lifestyle*, *The Joy Factor*, *Choose to Live Peacefully*, *Wired to Meditate*, *Vegetable Soup/The Fruit Bowl* (co-authored with Dianne Warren—for children ages 1 to 10), *The Healing Power of Nature Foods*, *Walking on Air*, and *Recipes for Health Bliss*

Susan appears regularly in the pages and on the covers of national and international publications, and has been a guest on more than 2,500 radio and television talk shows around the country and worldwide. For 30 years, she taught students, staff, and faculty at UCLA how to be healthy and fit. On her frequent lecture tours, she discusses how to look younger and live longer; boost immunity and energy; maximizing wellness in the workplace; enhance management training and conflict resolution, minimize stress and foster joy; prevent and alleviate disease; use food, herbs, and spices as medicine; set up a healthful kitchen; create meals that rejuvenate the body; detoxify the body with whole foods, choose live cuisine and fresh juices; raise healthy children; and bring a sacred balance into your body and life.

An acclaimed holistic health and lifestyle coach, culinary instructor, and private natural foods chef, Susan works with discerning clients around the world. She creates menus and rejuvenation programs designed to support and complement the needs of her individual clients, as well as the participants at her specialized holistic health retreats.

Susan's inspiring message and innovative techniques for achieving total health in body, mind, and spirit have won her a grateful and enthusiastic following and have put her in constant demand internationally as a health and fitness consultant and motivational speaker (lectures, workshops, seminar, and keynote presentations) for community, corporate, and religious/spiritual groups. She also is president of Health Unlimited, a Los Angeles-based consulting firm dedicated to the advancement of health education, optimal wellness, anti-aging, natural remedies, and peaceful, balanced living.

Many years ago, when a devastating car accident fractured Susan's back so severely that doctors told her she would never again be physically active and would live a life of chronic pain, she proved them wrong. Her miraculous recovery proved to her that we all have within ourselves everything we need to live our lives to the fullest. She now regularly participates in a variety of fitness activities, including hiking, weight training, in-line skating, biking, Pilates, horseback riding, and yoga. A gifted teacher, Susan brings together modern research and ageless wisdom in all of her work. She resides in West Los Angeles.

For more information on Susan and her work or to purchase her books, ebooks and audio books, please visit: www.SusanSmithJones.com

*Feeling physically, emotionally and spiritually off-kilter?
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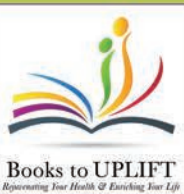
“Susan Smith Jones has been a popular, frequent guest on my talk show radio programs for years, and we often talk about how to reduce stress, live a balanced life, and rejuvenate the body, mind, and spirit.

Now she has put all of this valuable material into a succinct gem-of-a-book. *Healthy, Happy & Radiant . . . at Any Age* is your gateway to vibrant health and youthful vitality. It’s the antidote for stress, fatigue and an unhappy life. Anyone searching for guidance on how to minimize stress and create radiant health will find her 20 simple tips sound and easy-to-follow, and her approach refreshing and welcome.

Her material takes us deeper into the intricacies of how ongoing stress affects our lives and how our bodies work so we can become empowered and create optimum health—physically, mentally, emotionally, and spiritually. This book is as timeless in its content as it is essential reading for everyone worldwide.” —Nick Lawrence, Radio Talk Show Host & Producer

Susan Smith Jones, PhD, has made extraordinary contributions in the fields of optimum health, natural remedies and human potential. Selected one of ten “Healthy American Fitness Leaders” by the President’s Council on Physical Fitness & Sports, she is author of over 30 books and 2,500 magazine articles. For 30 years, Susan taught students, staff and faculty at UCLA how to be healthy and fit. As the founder and president of Health Unlimited, a Los Angeles-based consulting firm dedicated to the advancement of peaceful, balanced living, she travels worldwide as an in-demand consultant, motivational speaker and frequent guest on radio and TV talk shows. Susan has helped thousands of people enhance their physical, mental and spiritual well-being.

Visit: SusanSmithJones.com



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