

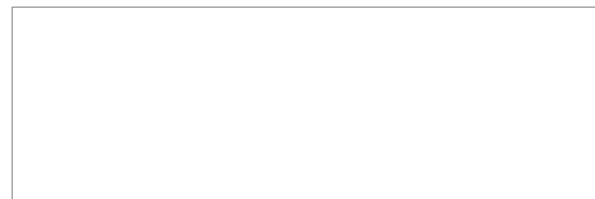


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## Enhancing the quality of life

January 2015



### Events Around Carmel, CA

- January 10, 2015 Qigong at Lover's Point 10:30 – 11:30 a - Rain Organic Spa, Pacific Grove, CA 831-920-2270  
*Qigong [pronounced chi-gong] is an ancient form of self-healing and spiritual practice, developed by shamans thousands of years ago. Qi or [Chi] is the universal life energy. Gong means art or development. So Qigong means Energy Development. Learn to drop stress and tension quickly, gather fresh energy from the environment and awaken your hidden power and potential.*
- January 21, 2015 Caregiving for Alzheimer's 10:00 – 12:00 p - Alzheimer's Association, 21 Lower Ragsdale, Ste B, Monterey CA  
[http://events.montereyherald.com/monterey\\_ca/events/alzheimers-association-presents-savvy-caregivi-/E0-001-078591892-6](http://events.montereyherald.com/monterey_ca/events/alzheimers-association-presents-savvy-caregivi-/E0-001-078591892-6)
- January 18, 2015 Antiques & Vintage Market 08:00 – 03:00 p - Monterey Peninsula College, 980 Fremont St, Monterey CA
- January 28, 2015 Setting Achievable Fitness Goals 05:30 – 06:30 p - Peninsula Wellness Center, 2920 2nd Avenue, Marina CA

*Learn from yesterday, live for today, hope for tomorrow*

- Albert Einstein

The New Year is upon us.

And, with the start of the New Year, comes an opportunity to reflect on our lives, our lifestyle choices, and to find ways to enhance the quality of our lives and of those we care about.

The first premise that I make about my life is that I am responsible for my overall wellbeing and happiness. Sure, my DNA, environmental factors, and unforeseen events will impact my life in ways that I can't control; but, my optimal health is determined by the kinds of foods that I eat, my activity and exercise levels, stress relief, proper rest, and other factors that are in my control.

My mood and happiness are also my responsibility. This is not to disavow that hormonal or neurotransmitter imbalances influence emotional balance; but, exercising the Will in cultivating clear and life-affirming perspectives and in making good lifestyle choices can significantly enhance our feelings of contentment, wellbeing, and happiness.

There was a man who lived in the US in the 19th Century with little means or education. He was born in a one-room log cabin with dirt floors and no visible opportunities for advancement. He lost his mother when he was 9 years old. As a younger man, he was fired from his job, lost his beloved fiancé to death, suffered from severe episodes of depression, failed in business, and eventually suffered a nervous breakdown.



In Carmel, CA

This man overcame numerous obstacles and failures to become President of the United States when the nation was confronted with its gravest crisis. His name is Abraham Lincoln and he once wrote that:

*A man is pretty much happy as he makes up his mind to be.*

All that is within us allows us the opportunity to be that which we long to be.

I want to wish you the very best for this New Year and hope that you'll stretch the boundaries of possibility in achieving optimal health and happiness and those other things that are most important to you, that are yours for the reaching.

Clyde Ross  
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*If the doors of perception were cleansed, everything would appear to man as it is – infinite*

- William Blake

## The Importance of Diet and Exercise in Maximizing Skin Health and Wellness

Skin care requires a lot more than just using a good cleanser, sunscreen, and moisturizing products. The skin is the largest organ in our body. It requires the same care that is required to maximize our overall health and wellbeing.

We are living in an era where tremendous technological and medical advances, availability of healthy foods, and the elimination of many killer diseases such as polio, smallpox, measles, and the plague have created the healthiest time in human history.

On the other hand, a wave of obesity and chronic, preventable diseases is on the rise:

- Certain cancers
- Type 2 diabetes
- Kidney disease
- Depressions and life altering anxiety
- Heart disease and stroke

Many of these diseases are occurring in younger and middle aged people. I am one example.

Looking at one problem, obesity: we must ask ourselves why are people, especially children, growing obese? How can we prevent our children from becoming overweight? In many cases, an individual is not treated until a major medical emergency is present, such as a heart attack or stroke or cancer that creates an emergency. However, in treating and preventing obesity, prevention becomes the best way in reducing the risk of a life threatening illness eventually occurring.

We have made tremendous advances in farming, industrialization, and medical science; but, we are not evolving as a species in becoming healthier. How can this be?

It appears that we are not making rational choices in terms of what we eat and the amount of exercise we are doing to stay healthy. In a time of relative abundance and comfort, we are making bad choices.

It is essential that we eat foods that are healthy and engage in a level of exercise and activity that promotes health and wellbeing. By doing so, we will potentially reduce the probability that our health levels and immune systems will decline to allow serious disease to take over.

By living right, we maximize our health, quality of life, and our skin wellness and appearance. And, normalize our weight, increase our energy levels and ability to focus, and sustain a higher level of productivity at work or in our personal pursuits.

Beauty, wellness, and an attractive outer appearance are not solely genetically determined. It takes effort and discipline to look and feel our best. It is in our hands, it is our responsibility, to take the steps necessary to stay healthy, look our best, and to enhance the quality of our lives.

*Not knowing when the dawn will come I open every door*

- Emily Dickinson



## Eat Right, Maintain Weight Levels, to Maximize Wellness

Eating right is a discipline, a matter of learning to eat to live and not to live to eat.

There is a tremendous amount of eating options available to us, many of them do not support or help in keeping our skin or bodies healthy. However, time pressures, workloads, family requirements make us choose those options, such as processed foods, fast food restaurants, or unhealthy snacks that are convenient and accessible.

The U.S. has the highest rate of obesity in the world, much of it due to the abundance of cheap, calorie-rich, processed food. In *Salt Sugar Fat: How the Food Giants Hooked Us*, Pulitzer Prize winning author, Michael Moss, describes how food companies manipulate our biological desires by scientifically engineering foods that induce cravings to overeat. For example, Moss describes how the industry discovered the allure of added sugar in the 1900s, and has been jacking up the levels ever since, without regard for consumer health, in everything from soda to breakfast cereals to instant pudding, in a race for market share.

As we age, eating less, not more, becomes important and eating healthy, non-processed foods that are devoid of dangerous trans fats, added sugar, and excess calories is essential. Avoiding the following kind of food choices is a good first step to climbing the ladder of proper weight maintenance and good health: foods heavy with trans fats, sugary sodas, highly processed foods, fried foods, unhealthy carbs, high fructose corn sugar, and most foods from fast food restaurants.

### Exercise as a Way of Life

For me, exercise is a way of life. It is almost as important as breathing or eating or loving and supporting my friends and family. Looking at exercise and physical activity in this way, it becomes easier to maintain the discipline of regular physical activities and exercise that will advance and maintain our skin and overall health.

How much exercise do you need? Exercising moderately for at least 30 minutes, four to five times a week is one of the best things you can do for physical and mental health.

- |                              |  |
|------------------------------|--|
| <i>Aerobic activities</i>    | Running, cycling, & swimming strengthen your heart and increase your endurance.  |
| <i>Strength training</i>     | Weight lifting or resistance training builds muscle, bone mass, and improves balance. It's one of the best counters to frailty in old age. |
| <i>Flexibility exercises</i> | Stretching & yoga prevents injury, enhance range of motion, & reduce stiffness & aches   |

I am 58 years-old and 5 years removed from open-heart surgery. But, I run 4 – 5 days a week, lift weights and stretch 3 – 4 times a week, and tango when I can. **It's not easy** to keep up this discipline. But, I feel so much better when I do.

Exercise is as good for your mind as it is your body. It can help one control appetite; lose weight, shed inches, and lower risk for serious diseases. But exercise is also effective at relieving depression and boosting one's mood. It can help relieve stress and anxiety, improve self-esteem, sleep, and coping with life's challenges in a healthy, positive way. Exercise can:

- |   |                                     |
|---|-------------------------------------|
| Improve Overall Health and Wellbeing        | Improve Skin Health and Appearance. |
| Increase Cardiovascular Endurance           | Maintain Proper Weight              |
| Reduce Unhealthy Stress Levels              | Increase Flexibility                |
| Improve Large Muscle Strength and Endurance | Balance Mood and Emotions           |

**Myth**  
**If you exercise, it doesn't matter what you eat!**

**Fact**  
**If you exercise, it matters even more what you eat!**