

TOP 10 TIPS FROM REWIND YOUR BODY CLOCK

The Complete Natural Guide
to a
Happier, Healthier Younger You

World leading natural youth expert, Jayney Goddard, author of the International No 1 bestseller "Rewind Your Body Clock; The Complete Natural Guide to a Happier, Healthier, Younger You" shares her top ten tips in this fascinating e-Book

J A Y N E Y G O D D A R D . O R G



INTRODUCTION

Hello there, and a warm welcome to this e-Book that I have put together for you that gives you workable tips for ways that you can quickly begin to use some of my top tips for age reversal.

Yes, I know that it sounds like rather a tall order – but I assure you that it really is possible to get younger – biologically – by making just a few small, easy adjustments which, science proves, really work.

First - what do I mean by getting 'biologically younger'?

Biological age is a measure of how old we are physically and unsurprisingly, biologically. Chronological age is just the number of birthdays we have had.

However, our biological age can be older than our chronological age – and conversely, it can also be younger – depending upon a variety of factors such as how well we eat, the amount and type of exercise we take and how effectively we deal with stressors.

For example, I experienced a devastating, life-threatening illness 17 years ago at which time my biological age was measured at 55 years old, whereas I was only 38 at the time. In an effort to save my life, I have, over the last few years, put the recommendations in my book to use and I now measure – biologically 27 years old, whereas I'm chronologically now 55.

“Ultimately, it is possible to live a long happy and healthy life, adding more years to your life AND more life to those years.”



Biological age reversal could save your life

One of the most important points regarding biological age reversal is that we all have so much more control over how we age, from a biological standpoint, than we even realise.

By making a set of simple lifestyle adjustments, we can prevent, halt and even reverse the diseases that we associate with an inevitable part of ageing. These are the chronic lifestyle-related diseases that cause absolute devastation to one's health – cancers, heart disease, type 2 diabetes, stroke, kidney disease and even the neurological problems; dementia, Alzheimer's and Parkinson's Diseases.

And, let's be honest here, who doesn't want to look and be fitter, have better brain power, healthy libido, improved sleep, be happier, stress-resilient, resistant to both chronic and acute illnesses and more?

Here are my top ten tips that I get my clients to integrate into their lives, to become healthier, happier and biologically younger. In true Top of the Pops fashion, we'll go from 10 to 1!

MY TOP TEN TIPS TO REWIND YOUR BODY CLOCK

10 - EAT

The jury is now in and the World Health Organisation, Harvard Medical School, The British Medical Association, The Complementary Medical Association, The Physicians' Committee for Responsible Medicine and more all agree that eating a plant-based whole food diet is the best way of ensuring our health in general – and this contributes greatly to the maintenance of optimal body composition, which has a healthy ratio of fat to muscle, and optimal functioning – from a physiological perspective.

Putting a rainbow on your plate by including a wide variety of various differently coloured foods ensures that you get the full 'bang for your buck' when it comes to the nutritional advantages conferred by the incredible constellation of phytochemicals in the plants we eat.

The new field of epigenetics is showing us that we are not at the mercy of our genetics and that we can positively affect the expression of genes by following a plant-based whole food diet - so that we don't fall prey to the illnesses that plague our ancestors.

The diseases caused by poor diet are causing a massive economic crisis and for just one example of this, let's look at the cost, per hour, of obesity in the UK and USA alone.

In 2017, the costs of obesity were £27 billion in the UK (£3,082,000 per hour) and in the USA, a whopping \$190 billion, (\$21,689,000 per hour) with a shocking \$14 billion of that accounting for the direct medical costs of obesity in children alone.

There's also the planetary ecological perspective to all this. Our population is growing – and we need to feed all the people. It is entirely possible to do that by eschewing meat farming – due to the enormous drain on resources this makes.

It takes more than 2,400 gallons of water to produce just 1 pound of meat, whereas it takes only 25 gallons of water are required to grow 1 pound of wheat. You can save more water by not eating a pound of meat than you can by not showering for six months!

Lastly, by avoiding all animal products (which promote harmful inflammation anyway), we are actively not participating in the cruelty of industrial scale intensive farming.





9 - DRINK

You'll already know that getting adequate hydration is key to looking and feeling great – but it is also vital for the optimum function of your brain – if we are even slightly dehydrated, our cognitive function really takes a hit – making us functionally 'older' than our years! Cut out caffeine and drink pure water.

You'll know when you are properly hydrated as your pee will be a light straw colour – any darker than that – you need to get fluids on board right away.

People often ask me whether alcohol is OK – in moderation. The most compelling research shows that alcohol is not helpful – and doesn't promote wellness in any respect.

However, all things being equal – and if you are in a good state of health - then a little alcohol in moderation is OK. It won't confer any benefits, from a health perspective (no matter what the vested interests might tell you about the anti-ageing effects of the resveratrol in red wine for example).

Alcohol is particularly harmful to women. My position is that I don't drink alcohol unless it is a special occasion, then I'll have a glass or two.

9 - SLEEP

Getting a good night's sleep is one of the most important things we can do to maintain health, in mind and body – and to become biologically younger. During sleep we don't just zone out – it isn't simply a passive thing that happens to us and we are inert – sleep is actually a very active time, metabolically speaking. There's much more going on during sleep than we realize. Logic dictates that good “sleep hygiene” has a dramatic impact upon every aspect of our being – and while we look well rested when we've had adequate sleep and we are actually perceived by others to look younger – having healthy sleep is essential to our looks and our wellbeing.

In studies that I cover in my book 'Rewind Your Body Clock', it has been shown that when we miss out on sleep, we make poorer decisions, are more likely to be aggressive, and gain toxic, inflammation-promoting visceral fat in and around our middle area.

If you have difficulty with disrupted sleep patterns try this:

Set your alarm clock for the same time every morning and this will soon re-set your body clock if you've been experiencing insomnia or other sleep difficulties.

Also, try this:

Such is the importance of good sleep, I have recorded a very special and highly effective Yoga Nidra (yogic sleep) meditation for you. It is said that just 20 minutes of a Yoga Nidra meditation is the equivalent of two hours of deep, restful sleep. I certainly find this to be true. I've had a lot of great feedback from many of my clients who tell me that they love this recording – but they've no idea how it ends – I consider that a job well done! You'll find this as a free gift on my website JayneyGoddard.org



8 - DARKNESS

It is important to sleep in total darkness so that your body and brain can rest and repair themselves properly. Adequate sleep also helps establish healthy hormonal balance – and compromised sleep – as a result of light exposure is dangerous! Studies have shown that women are more likely to develop breast cancer if they are exposed to light during sleeping hours. Don't use screens of any sort for an hour before bed as they emit a blue light that stops the production of the sleep-inducing hormone, melatonin.

If you struggle with getting to sleep, eat melatonin-containing foods before bed, including:

- Bananas
- Tart cherries
- Porridge oats
- Sweet corn
- Rice
- Ginger
- Barley
- Tomatoes
- Pistachios

“DO WHATEVER
BRINGS YOU TO LIFE,
THEN

FOLLOW YOUR OWN
FASCINATIONS,
OBSESSIONS, AND
COMPULSIONS.”

-Sheryl Sandberg



7 - INFLAMMATION

Underlying every dangerous chronic disease is the process of uncontrolled, chronic inflammation. In order to get fully healthy – and rewind your biological age – you need to get inflammation under control. All of the elements in this top ten are geared to do just that – they all contribute to quelling runaway inflammatory processes – which in turn will help you to heal, reverse and even avoid those devastating illnesses I mentioned earlier.

If you suspect that you might have excess levels of inflammation, you can request a test from your doctor – this is free on the UK's National Health service but you may need to pay for it in other countries. Nevertheless, it is definitely worth checking it out. You need to ask for a 'High Sensitivity CRP test', to ensure that you get meaningful, accurate data about your inflammatory state.

**“FORTUNE DOES FAVOR
THE BOLD.**

**YOU’LL NEVER KNOW
WHAT YOU’RE CAPABLE
OF IF YOU DON’T TRY.”**

6 - EXERCISE

1) **Steady state cardio**

We humans are built to walk. I encourage all my clients to walk for at least 30 minutes for a minimum of five days a week. This is a gentle form of exercise that packs a powerful punch! Steady state cardio of this kind is a potent fat burner, is gentle on the joints, dramatically contributes to better metabolism and reduces toxic visceral fat that sits around our belly – and also surrounds our internal organs. This fat is not an inert substance that just sits there, recent research has shown that it actually produces a range of dangerous pro-inflammatory chemicals that drive the development of chronic disease and obesity.



5 - EXERCISE

2) Exercise – weights and resistance training

To maintain a healthy and youthful body composition it is essential to incorporate weight training into our exercise routines. Don't be tempted to lift lower weights at higher reps – as so many of us are told – instead, join one of Kim Constable's online groups for proper instruction and support.

Lifting weights in the way that Kim teaches is what makes muscle grow, and aside from making us all look better, it fires up our metabolism and the production of 'youthifying' hormones, including the most potent youth substance of all; Human Growth Hormone (HGH).

HGH is such a fascinating hormone – it improves muscle to fat ratio, drives motivation and ambition, makes you feel more positive and so much more! There just isn't enough space to go into just how much of a potent anti-aging elixir it is here, but I do expand upon it in my book.

3) Exercise for your brain:

Don't forget that exercise doesn't just benefit your body – it has a huge impact upon our cognitive function too. Intriguingly, most researchers agree that the best brain anti-ageing activity that you can do is ballroom dancing! This is because it is an activity that has both physical and mental demands and provides valuable socialization – all of which have a dramatic impact upon our cognitive functioning, over general exercise or mental tasks alone.

All this means that the best brain health workouts involve those that integrate different parts of our brains such as coordination, the ability to respond to rhythm and strategy (e.g. following choreography, working with a partner). Ballroom dancing has another added secret advantage when it comes to anti-ageing: when you do ballroom dancing you have to interact with other people and regular social interaction has been shown to add approximately nine healthy years to your lifespan.



4 - MINDFULNESS AND MEDITATION

Becoming resilient to stress is crucial, when it comes to rewinding your body clock, and responding to stressors poorly can easily add over ten years to your biological age. You can harness the benefits of mindfulness at any time – even if you are in the gym, lifting heavy weights! Arnold Schwarzenegger promoted this idea decades ago, when he told people to “Put your mind in your muscle” – to be really aware of your muscle/mind/body connection.

One of the most potent age-rewind techniques that has been proven, categorically, to make us measurably younger is a form of meditation called the Relaxation Response.

It has been shown to stop the degradation of the telomeres that sit on the ends of our chromosomes (telomeres are a bit like the little plastic bits on the ends of your shoelaces – they stop our chromosomes from unravelling – well it’s a bit more complicated than that, but this is a useful way of conceptualising it).

Telomeres shorten with age, but meditation can stop this shortening and actually cause telomeres to get longer – and this is a measurable bio-marker for improved youthfulness.

Try this:

I have made an instructional “Relaxation Response” recording for you and you’ll find it as a free download on my website; JayneyGoddard.org.

This brilliant technique was pioneered by Dr Herbert Benson, at the Benson Henry Institute at Harvard Medical School. Dr Benson is considered to be the father of “Mind/Body Medicine”, which is the study of how our minds and bodies are not separate entities, but each affects the other – so the thoughts we think are really important; our bodies ‘hear’ and respond to every thought we think! The Relaxation Response helps us to train our minds in such a way that we become more resilient to stress, and this enables us to also choose our thoughts with greater discrimination. By the way, I learned the Relaxation Response directly from Dr Benson, himself, at Harvard Medical School, so the recording I have made for you is straight from the source. This technique has been proven to be extremely effective as a way of modulating the immune system – so that the cytokines (chemical messengers) that are responsible for chronic and inappropriate inflammation are not produced in a harmful way, and conversely that cytokines that improve our inflammatory state are produced.



3 - HAPPINESS

The power of happiness cannot be overestimated when it comes to getting biologically younger. Our happiness 'setpoint' is malleable and we can actually change our own happiness levels for the better.

In "Rewind Your Body Clock", I talk about the 'neurobiology of happiness' – and how, due to a phenomenon known as 'neuro-plasticity', the thoughts we think actually change the shape and function of our brain. It is important to know that our brain's ability to change can be both good and bad as our brain develops to enable the thoughts that we think most frequently to be expressed and accessed most easily. So, be careful about the thoughts you choose to think, and be aware that spending time with negative, 'glass half full' people can actually affect the shape and function of your own brain, so that negative thought patterns are more easily processed in your own brain! The good news is though, conversely if we make an effort to think positive thoughts – by keeping a gratitude diary, or being with positive, uplifting people, our brains will change shape to preferentially access and facilitate happier, more positive thoughts – and research points to positive, optimistic people living longer, happier and healthier lives.

One of the best ways to rewire your brain to increase your own capacity for happiness is by creating a gratitude practice. I love this exercise that I have adapted from the University of California, Berkeley's gratitude exercise. It is called "Three Good Things".

Try this:

Every night for a week, note down three things you are grateful for that happened during that day. Really put colour into them to make them as real as possible – so describe how they made you feel, what was so wonderful about them, smells, sounds, physical sensations and anything more you can think of. At the end of the week you will feel genuinely happier. If you enjoy the practice, do carry on with it – the more you do it the happier you get!

2 - NATURE

Getting out into nature is so important for us – it improves our health on all levels. Physically it is best for us to exercise in natural surroundings, emotionally, being in nature makes us happier, and it also helps us to foster a spiritual connection with our natural environment. All of this contributes dramatically to becoming biologically younger. Nature also fosters in us a sense of awe – this has been proven to reduce inflammation – thus reducing our predisposition to developing chronic illnesses.

Try this:

Get out into nature as much as you can – daily at an absolute minimum. Even if you live in the urban jungle, you'll still spot examples of Mother Nature, with little plants sprouting out of cracks in the pavement and more.

Get houseplants – caring for houseplants connects you to nature and dramatically improves all levels of wellbeing.

Gardening – this is one of the very best wellness strategies in that it provides you with exercise, outdoors, plus it gives you the satisfaction of growing something – and even the microbes in soil act as anti-depressants.



I - MINDSET

Potentially, over 95% of what we believe about ageing – our mindset – is responsible for how we age. So, if you follow all my advice above, but still believe that you are ageing or old, then that's exactly what will happen! Our bodies and brains believe everything that we tell them and respond accordingly!

Happily, all the practices above will dramatically contribute to a more positive mindset – and it is up to you to recognise and assess the way that you talk to yourself. You've got to do whatever it takes to cultivate kindness towards yourself – particularly with the language you silently use. If your message to yourself is that you are worthy, loved, happy, fit, well and youthful, your body will respond in kind, to reflect exactly that.

For a fascinating glimpse into just how powerfully the right mind-set can rewind our body clock take a look at Professor Langer's Counter-Clockwise studies in 1979 [here](#) and the 2010 BBC Horizon programme that she did with Dr Michael Mosely called "The Young Ones" where a group of elderly stars who were at their peak in the 70s were placed in a 1970's environment – for just one week. The results were outstanding, and I strongly suggest taking a look some clips from the programme [here](#).

Try this:

Create your own "Rewind" immersion environment. My favourite way of doing this is to think about the bands and pop stars you loved when you were a teenager. (Our physiology is at its peak during our teenage years as we are pumping out huge levels of Human Growth Hormone at that time. HGH is responsible for drive, motivation, youthful muscle to fat ratio, energy, optimism and more. Make yourself a playlist of that music and

listen to it – even better, dance to it – as this of course also confers the benefits of movement and exercise. Why not get your friends in on the act and hold a "rewind" party? Decide upon your pin-ups, crushes and heart-throbs of the day and get your friends to do the same – print them off and pin them up so that you can easily see them. Maybe even dress the part. I guarantee it will be hilarious – and it will rewind your body clock into the bargain!



RESOURCES

Finally, here are some resources for you to learn more about the fascinating topic of how to Rewind Your Body Clock

The Book

"Rewind Your Body Clock: The Complete Natural Guide to a Happier, Healthier, Younger You". This book really is the ultimate guide as to what really works to help you become biologically younger from a natural, lifestyle perspective. All my recommendations are fully grounded in science – so that you know that they really work! There's a lot of very misleading information out there, so I was determined to produce a book that would clearly lay out exactly what we can do, easily and quickly to get real results – and not waste time on things that simply don't work! Because everything I share with you is fully grounded in robust scientific research, you can be sure it is safe and effective.

You can get the book from all bookshops on and offline. Amazon have a special offer on at the moment – world-wide.

Your 21-Day Rewind Plan

At the back of my book, I have laid out a 21 day blueprint of ways that you can easily and simply integrate all my suggestions and recommendations. I know that I have bombarded you with a lot of information in the book so I felt that a guide would be really helpful so that you can make it work for you – in the real world!

My website

JayneyGoddard.org This site contains a wealth of information that will help you on your Rewind journey, and I constantly update my blog with all the latest biological age-rewind research – but I distill it so that you don't have to trawl through interminably boring research studies – so that you can immediately take the juicy bits on board and use them!

Coming very soon

Test your biological age and track your own age-rewind progress on my website - JayneyGoddard.org

If you've bought my book, you'll find a group of tests that you can take to ascertain your own biological age. Now, I know that once you've done these you'll be wanting to start logging your age-rewind progress – and you can actually do this on my site via a free – and totally secure – section. If you email me from my site, I will let you know as soon as this brilliant feature goes live.

Peer support

Get peer support and direct access to me in my private, member's-only Facebook group: You'll find this at '[Rewind Your Body Clock with Jayney Goddard](#)'

Youtube

I regularly post helpful videos for you – and I encourage you to let me know what you most want to know – so that I can make videos that really answer your questions! My advice is to 'Subscribe' to my channel, and when you do, you'll be offered the opportunity of being notified when I post a new video as a little bell graphic will pop up – so do click on it and you'll never miss any of my videos! Just go to YouTube and search "[Jayney Goddard](#)".

Instagram

You'll find me at [JayneyGoddard](#). I post virtually every day, with really helpful "Rewind" information and latest research. Follow me there and it's also a place where you can post your questions for me.

In closing, I wish you health, vibrant youthfulness and joy as you Rewind Your Body Clock, on this exciting adventure!





About Jayney

Jayne Goddard MSc, FCMA, FRSM is one of the world's leading experts in the fields of complementary medicine and natural health. She is a broadcaster, author, lecturer and journalist and an acknowledged thought leader in the health care arena.

Jayne is Founder and President of The Complementary Medical Association (The CMA) and Founder and Co-Chair of the British Academy for Lifestyle Medicine. She has a Master of Science post-graduate degree from UCLan, England; trained in Mind/Body Medicine at Harvard Medical School, USA, under Dr Herbert Benson (the "father" of Mind/Body Medicine); and runs an international practice in which she uses a range of natural medicine approaches to help her clients reach their fullest health potential.

Due to Jayney's extensive training, she always ensures her recommendations are grounded in robust scientific research – so that both her clients, and readers, know her suggestions are fully proven to work.

Jayne is passionate about working with people suffering from chronic lifestyle-related conditions, as she herself experienced a life-threatening auto-immune illness that left her fully wheelchair-bound for ten years.

Using the techniques she teaches in her new book "Rewind Your Body Clock; The Complete Natural Guide to a Happier, Healthier, Younger You", Jayney was able to recover and return to vibrant health. Not only that, Jayney has rewound her own biological age to a super-fit equivalent of 27 years old – whereas her chronological age is 55.

Many of her patients have seen similar results too, which goes to show that the straightforward, evidence-based 'Rewind' techniques Jayney shares in her book really are effective. They'll work for you too – remember, mindset is everything – and the decisions and choices you make on a daily basis dictate your future health, happiness and vibrant wellbeing!