

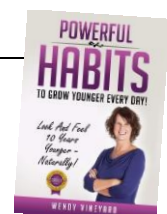
SOURCES: *Powerful Habits to Grow Younger Every Day*

by Wendy Vineyard

Published August 2015

Books – General References

1. *Ageless Body, Timeless Mind*, Deepak Chopra
2. *All is Well*, Louise Hay and Mona Lisa Schulz
3. *A Smart Woman's Guide to Hormones*, Lorna Vanderhaeghe, MS with Alvin Pettle, MD
4. *Awaken the Giant Within*, Anthony Robbins
5. *Constant Craving*, Doreen Virtue
6. *Dead Doctors Don't Lie*, Dr. Joel Wallach
7. *Earthing – The Most Important Health Discovery Ever?*, Clinton Ober, Stephen T. Sinatra, MD, Martin Zucker
8. *EFT for Fibromyalgia and Chronic Fatigue*, Dawson Church
9. *EFT for the Highly Sensitive Temperament*, Rue Hass
10. *EFT for Procrastination*, Gloria Arenson, MFT
11. *EFT for Weight Loss*, Dawson Church
12. *Excuses Begone, The Power of Intention, You'll See It When You Believe It*, Wayne Dyer
13. *Feel the Fear and Do it Anyway*, Susan Jeffers
14. *Food as Medicine – How to Use Diet, Vitamins, Juices, and Herbs for a Healthier, Happier, and Longer Life*, Dharma Singh Khalsa, MD
15. *Foods That Fight Pain – Revolutionary New Strategies for Maximum Pain Relief*, Neal Barnard, M.D.
16. *Grain Brain*, Dr. David Perlmutter
17. *How the World Sees YOU*, Sally Hogshead
18. *How to Live to 100 Years*, Eugene Christian
19. *Iodine – Why You Need It, Why You Can't Live Without it*, David Brownstein, MD
20. *Life Code*, Dr. Phil McGraw
21. *Losing Your Pounds of Pain – Breaking the link Between Abuse, Stress, and Overeating*, Doreen Virtue, PH.D.
22. *Love for No Reason*, Marci Shimoff
23. *Master the Money Game, 7 Simple Steps to Financial Freedom*, Tony Robbins
24. *Modern Clinical Hypnosis for Habit Control*, Charles M Citrenbaum, Mark E. King, William I. Cohen
25. *Nutrition for Champions – The 100 Year Diet That Will Keep You Lean for Life*, Dr. Michael Colgan
26. *Quantum Healing*, Deepak Chopra
27. *Reinventing the Body, Resurrecting the Soul*, Deepak Chopra
28. *Shift Happens – How to Live an Inspired Life...Starting Right Now!* Robert Holden, Ph.D.
29. *Supreme Influence – Change Your Life with the Power of the Language You Use*, Niurka
30. *The Anti-Inflammatory Athlete at Any Age*, Dr. Michael Colgan
31. *The Magic of NLP Demystified*, Byron Lewis
32. *The Magnesium Solution for High Blood Pressure – How to use Magnesium to Help Prevent & Relieve Hypertension Naturally*, Jay S. Cohen, MD
33. *The Miracle of Natural Hormones*, Dr. David Brownstein
34. *The Power of Habit*, Charles Duhigg
35. *The Tapping Solution*, Nick Ortner
36. *The Tapping Solution for Pain Relief*, Nick Ortner



Sources - Powerful Habits to Grow Younger Every Day

by Wendy Vineyard

Published August 2015

37. *The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less and Loving More*, Jessica Ortner
38. *The Slight Edge*, Jeff Olson
39. *The Success Principles*, Jack Canfield
40. *The Untethered Soul*, Michael A. Singer
41. *The Vortex*, Esther & Jerry Hicks
42. *The Yamas & Niyamas*, Deborah Adele
43. *TimeLine Therapy and the Basis of Personality*, Tad James and Wyatt Woodsmall
44. *Train Your Brain to Get Happy – The Simple Program that Primes Your Gray Cells for Joy, Optimism, and Serenity*, Teresa Aubele, PhD. Stan Wenck, EdD and Susan Reynolds
45. *You're Not Sick, You're Thirsty! Water For Health, For Healing, For Life*, F. Batmanghelidj, MD

Introduction

Canadian Baby Boomer population:

- www12.statcan.gc.ca/census-recensement/2011/as-sa/98-311-x/98-311-x2011003_2-eng.cfm

U.S. Baby Boomer population:

- www.census.gov/prod/2014pubs/p25-1141.pdf

Part 1 – Aging Research Sounds Like Science Fiction; Current Research Into Youthful Aging

Triage Theory of Aging

- www.smart-publications.com/articles/dr-bruce-ames-proves-his-triage-theory-of-micronutrients-with-vitamin
- www.ncbi.nlm.nih.gov/pubmed/19692494

Part 2 – Grow Younger Every Day

What Symptoms Do We Normally Associate With Aging?; What Causes Aging?

- www.ncbi.nlm.nih.gov/pmc/articles/PMC3704564/
- www.thehealthsite.com/beauty/a-smile-is-now-proven-to-keep-you-looking-younger/

How Do I Know What Will Work For ME?

Average length of doctor visits:

- <http://kaiserhealthnews.org/news/15-minute-doctor-visits/>

Habit #1 – Younger Face, Body And Brain

How to Increase Serotonin in the Brain Without Drugs

- www.ncbi.nlm.nih.gov/pmc/articles/PMC2077351/#r21-1;

Alzheimer's Disease – Yes, It's Preventable, Dr. Joseph Mercola,

- www.mercola.com

Eliminate This One Ingredient and Watch Your Health Soar, Dr. Joseph Mercola

- <http://articles.mercola.com/sites/articles/archive/2011/05/02/is-sugar-toxic.aspx>;
- Benefits of vitamins on brain size and function:
- <http://healthland.time.com/2011/12/29/how-your-diet-may-affect-your-risk-of-alzheimers-disease/>

Sources - Powerful Habits to Grow Younger Every Day

by Wendy Vineyard

Published August 2015

Natural alternatives to hair dye:

- <http://blogs.naturalnews.com/are-we-dying-to-look-good-natural-hair-coloring-ideas>;
- <http://www.advancednaturalmedicine.com/hair-renewal/dangers-of-hair-dye.html>

News Release: *EFT Lowers Cortisol Levels One-Hour Session Reduces the Weight-Gain Hormone by 24%*

- www.EFTUniverse.com

Non-invasive body contouring treatments:

- *Body Buzz*, Elevate Magazine, January/February 2013
- *Isagenix announces new findings about Product B*, August 2014, www.isagenixhealth.net
- Fibre calculator: www.nationalfibercouncil.org
- *The Very Real Risks of Consuming Too Much Protein*, Dr. Joseph Mercola, <http://articles.mercola.com/sites/articles/archive/2014/09/03/too-much-protein.aspx>
- *Staying Hydrated in the Sun* by John Kohler, *Healing Our World Magazine*, Hippocrates Health Institute, Vol. 33, Issue 2.

Benefits of salt:

- <http://www.scientificamerican.com/article.cfm?id=its-time-to-end-the-war-on-salt>

Habit #2 – Avoid The Stress Mess

85 percent of disease is connected to emotions:

- <http://articles.mercola.com/sites/articles/archive/2009/06/11/The-20-Cancer-Symptoms-Women-Are-Most-Likely-to-Ignore.aspx>;
- <http://articles.mercola.com/sites/articles/archive/2015/03/14/trapped-emotional-energy.aspx>;

Benefits of prayer:

- www.psychologytoday.com/blog/more-mortal/201406/5-scientificallly-supported-benefits-prayer;
- www.thehealthsite.com/diseases-conditions/10-ways-praying-actually-benefits-your-health-p114/

6 Surprising Chronic Pain Triggers:

- <http://articles.mercola.com/sites/articles/archive/2014/12/13/6-chronic-pain-triggers.aspx>

How to improve brain function:

- <http://fitness.mercola.com/sites/fitness/archive/2011/03/07/simple-way-to-radically-increase-your-brain-power.aspx>
- <http://articles.mercola.com/sites/articles/archive/2011/05/02/is-sugar-toxic.aspx>

Affirmations and declarations:

- <http://ezinearticles.com/?Affirmations-Vs-Declarations,-Is-There-a-Difference-in-The-Law-of-Attraction?&id=6452943>

Habit #3 – Little-Known Secrets To Control Your Weight

Ghrelin and whey protein:

- <http://fitness.mercola.com/sites/fitness/archive/2012/05/04/fasting-effects-on-human-growth-hormone.aspx>;
- <http://articles.mercola.com/sites/articles/archive/2011/07/13/is-your-food-making-you-old-by-ori-hofmekler.aspx>

Sources - Powerful Habits to Grow Younger Every Day

by Wendy Vineyard

Published August 2015

Get the body you want:

- www.sharecare.com/health/womens-health/health-guide/womens-health-guide/tips-for-a-trim-beautiful-body-7

Waist-Hip Ratio

- <http://nutritionbite.com/waist-to-height-ratio-the-new-determinant-of-health-risk/>
- www.medicalnewstoday.com/info/obesity/how-much-should-i-weigh.php
- <http://science.howstuffworks.com/life/inside-the-mind/human-brain/how-stress-works1.htm>

Weight loss supplements:

- <http://articles.mercola.com/sites/articles/archive/2014/06/25/weight-supplements.aspx>

Hypothyroidism and wheat:

- www.livestrong.com/article/457598-a-gluten-diet-an-underactive-thyroid

Symptoms of gluten intolerance:

- www.amymyersmd.com/2013/02/10-signs-your-gluten-intolerant

Habit #4 – Come Clean – Cleanse Your Body 109

How do toxins make you fat?

- www.isagenixhealth.net/do-toxins-make-you-fat/

Benefits of brushing your teeth:

- www.bmj.com/content/340/bmj.c2451

Benefits of oil pulling:

- <http://jezebel.com/the-oil-pulling-health-craze-works-just-not-in-the-w-1538252677>

Habit #5 – Get Active Every Day 118

Interval Training

- [www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/interval-training/art-20044588?pg=2;](http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/interval-training/art-20044588?pg=2)
- www.womenshealthmag.com/fitness/high-intensity-interval-training

Habit #6 – Balanced Happy Hormones 131

Adrenal Health:

- www.womentowomen.com/adrenal-health-2/dhea-and-adrenal-imbalance/2/

Cortisol:

- <http://lissarankin.com/10-signs-you-have-way-too-much-cortisol>

Habit #7 – Avoid Food And Lifestyle Landmines 142

AGEs:

- <http://blog.doctoroz.com/oz-experts/the-hidden-dangers-of-grilling>

Dangers of Smoked Meat:

- <http://healthyeating.sfgate.com/dangers-eating-smoked-meat-10162.html>

Ways to reduce inflammation:

- www.huffingtonpost.com/dr-robert-a-kornfeld/5-ways-to-reduce-inflamma_b_271640.html
- www.womentowomen.com/inflammation/whatischronicinflammation.aspx
- www.drweil.com/drw/u/QAA142972/Anti-Inflammatory-Herbs.com

Sources - Powerful Habits to Grow Younger Every Day

by Wendy Vineyard

Published August 2015

Amount of sugar consumed:

- www.macleans.ca/society/health/sugar-and-health-how-much-sugar-do-you-eat-in-a-year/
- <http://bamboocorefitness.com/not-so-sweet-the-average-american-consumes-150-170-pounds-of-sugar-each-year/>;
- www.usda.gov/factbook/chapter2.pdf

Dangers of Fructose:

- <http://lowcarbdiets.about.com/od/nutrition/a/fructosedangers.htm>

Weight gain connected to aspartame:

- www.ncbi.nlm.nih.gov/pmc/articles/PMC2892765/

Dangers of weight loss supplements:

- <http://articles.mercola.com/sites/articles/archive/2014/06/25/weight-supplements.aspx>

Dangers of eating too much protein:

- <http://articles.mercola.com/sites/articles/archive/2014/09/03/too-much-protein.aspx>
- Environmental Working Group: www.ewg.org/foodnews/summary.php

Habit #8 – Vital Vitamins, Minerals, Fats And Herbs 151

Best herbs for inflammation:

- www.healthline.com/health/osteoarthritis/herbs-arthritis-pain#WillowBark0

Best anti-inflammatory supplements:

- www.webmd.com/vitamins-and-supplements/lifestyle-guide-11/inflammation
- www.liveinthenow.com/article/10-anti-inflammatory-supplements-that-work
- www.drweil.com/drw/u/ART02012/anti-inflammatory-diet

Symptoms of Low Stomach Acid:

- http://bodyecology.com/articles/low_stomach_acid_symptoms.php
- <http://digestivehealthinstitute.org/2014/07/10/h-pylori-low-stomach-acid-gerd/>
- http://drmyhill.co.uk/wiki/hypochlorhydria_-_lack_of_stomach_acid_-_can_cause_lots_of_problems

Benefits of Omega 3 Oil:

- <http://articles.mercola.com/omega-3.aspx>

Benefits of Magnesium:

- <http://articles.mercola.com/sites/articles/archive/2012/12/17/magnesium-benefits.aspx>

Vegetarian Supplements:

- *Vegetarians: You Have To Protect Yourself Against Cardiovascular Disease and Dementia*, Dr. Michael Colgan, The Colgan Institute,

Superfoods:

- <http://greatist.com/health/25-greatist-superfoods-and-why-theyre-super>
- www.realsimple.com/food-recipes/shopping-storing/food/superfoods
- www.doctoroz.com/slideshow/dr-ozs-10-favorite-superfoods

Product B:

- www.popsci.com/science/article/2011-07/man-who-would-stop-time
- www.isagenixhealth.net/isagenix-announces-new-findings-on-product-b/

Telomeres and aging:

- *Hey – Wanna Live Forever* by Joseph Hooper, Elle Magazine, August 2011:
- <http://jcb.rupress.org/content/192/3/370.full>;

Sources - Powerful Habits to Grow Younger Every Day

by Wendy Vineyard

Published August 2015

Antioxidant foods:

- http://www.canadianliving.com/health/nutrition/the_best_5_antioxidant_foods_you_should_be_eating.php
- <http://www.rd.com/health/healthy-eating/top-10-antioxidant-rich-fruits-and-veggies/#ixzz2vhovh3vO>

Intermittent fasting

- <http://articles.mercola.com/sites/articles/archive/2014/06/14/intermittent-fasting-longevity.aspx>
- <http://www.nerdfitness.com/blog/2013/08/06/a-beginners-guide-to-intermittent-fasting/>

Habit #9 – Sleep Well, Live Well

Effects of sleep deprivation:

- <http://articles.latimes.com/2011/mar/08/news/la-heb-sleep-decisions-20110308>

Habit #10 – Feel The Joy And Do It Often

Benefits of laughter:

- www.care2.com/greenliving/8-health-benefits-of-laughter.html
- www.helpguide.org/life/humor_laughter_health.htm
- <http://flavorwire.com/412175/the-50-funniest-movies-ever-made/view-all/>
- www.boston.com/ae/movies/gallery/top_50_funny_movies?pg=40

Benefits of Pet Ownership:

- www.heart.org/HEARTORG/GettingHealthy/Owning-a-Pet-May-Protect-You-from-Heart-Disease_UCM_453586_Article.jsp

Importance of social support:

- www.ncbi.nlm.nih.gov/pmc/articles/PMC2077351/

Part 3 – How To Create A Powerful Habit In 30 Days, Or Less

What Is A Habit?; Developing Good Habits: The Key To Growing Younger Every Day; Why Do Habits Work?

The role of unresolved stress in diseases and conditions:

- www.womentowomen.com/emotions-anxiety-mood/how-emotional-experience-determines-your-health/
- <http://articles.mercola.com/sites/articles/archive/2013/11/14/prescription-painkillers.asp>

Decision-making causes stress:

- <http://www.entrepreneur.com/article/232150>
- <http://psycnet.apa.org/journals/psp/94/5/883/>

Start With Your Values

- How long does it take to get back to a task after an interruption
- www.yast.com/time_management/science-task-interruption-time-management/
- <http://interruptions.net/literature/CubeSmart-productivity-wp1.pdf>