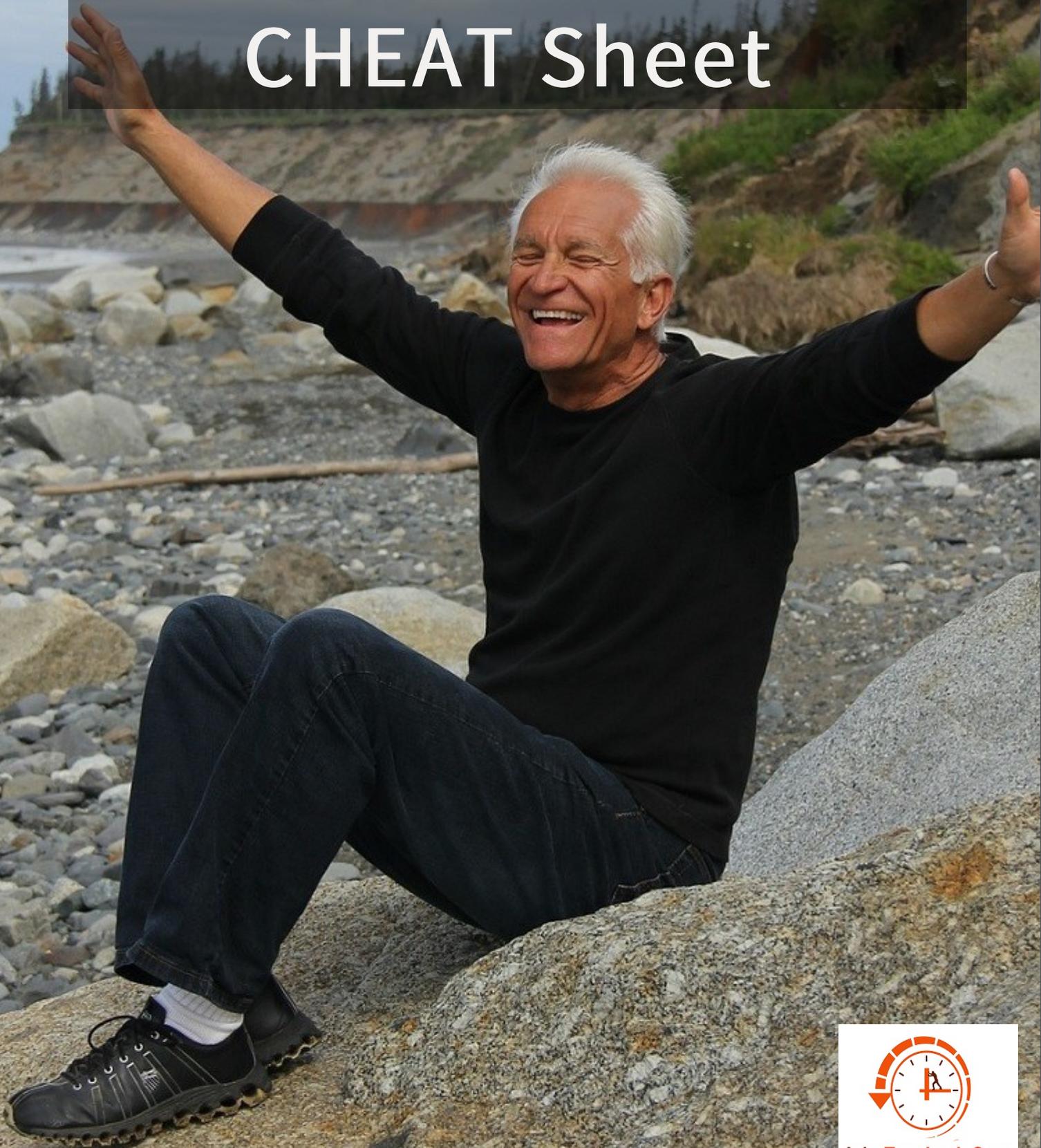


My Healthy Ageing *After 40* CHEAT Sheet



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Introduction

Most of us would not have taken too much of an interest in our own health nor would we have been too concerned about growing older when we were in our 20's or 30's. It's when we hit our 40's that we all-of- a-sudden become more aware of the aging process; our hair is greying and thinning perhaps. The first wrinkles are starting to show! We are not sleeping as soundly as we used to, and our eye-sight is diminishing!

In and after our 40's most of us also experience a decline in our energy and an increase in our waistline.

Overcoming the effects of a hang-over after a late-night drinking bout and dealing with stressful situations are also more difficult to cope with and an aching back and increased stiffness are becoming the norm.

These are just some of the general signs of aging brought about the hormonal, metabolic and cellular changes programmed into our body since birth.

So, what can we do to slow down the aging process in our bodies? How can we hang on to our looks and retain our health and quality of life after our 40's as the years now appear to more rapidly pass by than ever before?

How can we stay off pharmaceutical drugs and out of hospital as we move into our 50's, 60's and beyond?

The answer to these questions is a simple one but it requires a sacrifice on your part and the sacrifice is that once you hit your 40's you will need to take a 100% responsibility for your own health and not rely on others from now on!

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In your 40's and 50's in particular, your body is still resilient enough for you to achieve major changes in your health and physical appearance. So, you must grasp the important truth that your health and your future quality of life are your responsibility and NOT your doctor's! This requires an open mind, self-discipline and, in most cases, a financial commitment!

Due to the many health hazards of the modern world we live in, it's important to now take measures into your own hands to ensure you expose yourself to the right elements and nutrition your body needs. So, I have compiled a simple list of the steps I have taken, and the products I have invested in over the years, to help me hang on to my own health, waistline and looks now that I have entered my 70's.

Six Essential Steps to Healthy Aging After 40

I believe that the following six points are some of the basic essential action steps you should take and the devices you should invest in to reconnect to nature and give your body what it needs to thrive and not just survive!

1. Invest in a good earth-inspired Pulse Electro-Magnetic Field (PEMF) device.

At age 54, I invested in an MRS 2000+ MED PEMF device in 2001, which I purchased through a friend from Austria who first introduced me to this type of 'magnetic resonance healing' and I have been using the same device close on 17 years now.



That's why this is my **#1 recommendation** because PEMF is not only non-contact, non-invasive and non-pharmacological but also a very effective treatment for many health conditions.

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Worldwide more than 2,000 double blind studies have demonstrated that PEMF therapy is a safe and effective treatment to promote and maintain general cellular health and function to keep your body younger looking and healthier for longer because it improves circulation and immune system function and activates cellular metabolism and repair, which is essential in the anti-aging process of the body.

Because the body is self-healing, self-regulating and self-regenerating, it has the natural ability 'to heal' when given the proper energy and elements needed and that's what makes PEMF such a powerful tool to help you retain your health and slow down the aging process as you grow older! For more information on the IRMS Pulse Electro-Magnetic Frequency device, [you can visit the website here!](#)

Just to be clear however, PEMF therapy, or any energy medicine device for that matter, **does not heal or cure disease**. What it's really doing is jumpstarting and then optimizing the body's own natural healing process.

2. Invest in a Good Alkaline Water Ionizer

Drinking plenty of clean, pure water is hugely important for good health, weight control and slowing down the aging process. I drink at least 2 to 3 liters of water a day and I have used an alkaline water ionizer since my early fifties to help me fight inflammation in my body as I have aged.



I suggest you only buy the top of the line ionizers as they have more plates of ionization, better electronics, and better cleaning cycles. Also, make absolutely sure it has good filtration with the ability to remove fluoride, chloramines and other hard to remove toxins. [Check it out here!](#)

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3. Sound Nutrition

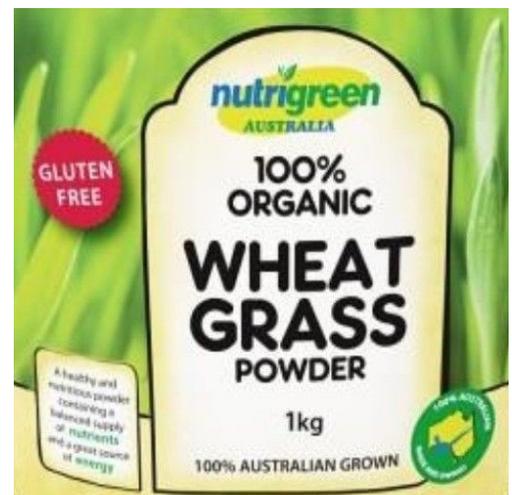
When you hit your 40's, you can no longer take proper nutrition for granted. **Now is the time** to become more conscious of what you are putting into your body, so you can slow down the aging process in your cells. **Now is the time** to wean yourself of processed foods and excessive alcohol and eat more raw foods, especially fruits and vegetables and drink fresh green juices.

100% B

I start my morning with my special **Boomers 100% Natural Whey Protein Concentrate Powder**, which is sourced from Australian grass-fed herds, is unflavoured, has no sweeteners and bulking agents and is also gluten free. To that I add a variety of in-season fruit, organic wheat germ, oatmeal, psyllium husks and my Omega 3 Flaxseed oil.

Because of our poor soil crisis, I also add one table spoon of Nutri Green wheat grass powder. Contact me direct at support@johntonsbeek.com for a 10% discount on your order if you live in Australia or NZ!

Organic wheatgrass has over 90 minerals and essential trace elements and I also take Kyolic garlic to keep my blood pressure under control.



4. Sunlight & Natural Light

Get at least a ½ hour of natural sunlight a day and get outside (*even if its cloudy, the sun's energy still gets through*) Avoid fluorescent, compact fluorescent lights and electromagnetic smog from mobile phones, micro-wave ovens and WIFI at all cost!

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I am lucky I live in sub-tropical Brisbane, Australia where the sun shines almost every day but if you live in a country with very limited sunlight, then make sure you supplement your diet with Vitamin D.

Caveat! You shouldn't take any vitamin D supplement without taking vitamin K2. Vitamin K2 deficiency is connected to vitamin D toxicity symptoms, which includes excessive calcification that can contribute to the hardening of your arteries!

5. Oxygen and Clean Air.

Regularly practice deep-breathing exercises (*or consciously breathing deeply while walking outside in nature*). I live in Victoria Point, a bayside suburb of sub-tropical Brisbane, Australia right on Moreton Bay.



Deep breathing exercises are a pleasure for me when doing my daily 30-minute walk along the bay and breathing in the fresh sea air straight from the South Pacific Ocean.

6. Regular Aerobic and Weight Resistance Exercise

Walking is a good exercise and you should do it about 30 minutes a day, if possible 3-5x/week. Cardiovascular training, or aerobic training, is a type of exercise that increases the endurance of skeletal muscles by making the distribution of oxygen by the heart more efficient.

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Strength training is also very important as it prevents **Sarcopenia** (muscle Loss) as you grow older and you should do that also 3-5x/week if possible.

I use Steve Holman's 'Old School, New Body workout for the over 40's.

[You can get it here!](#)

Our health is under siege from every direction. Environmental toxins, ultra-processed foods, EMFs, government-subsidized GMOs and a host of other threats surround us. It is simply not possible to protect ourselves anymore unless we are armed with cutting edge health information.



I believe however that the most complex of tasks can be made easy if you just take one step at a time and that's why I have put this short CHEAT Sheet together.

Visit my website <https://www.johntonsbeek.com> in which I will be delving into more information to slow down the ageing process after our 40's.



Take care!

John Tonsbeek