

21 SNEAKY TRICKS FOR  
LOOKING & FEELING  
**YOUNG**

BY JEFF REAGAN

# 21 Sneaky Tricks For Looking And Feeling Younger

*By Jeff Reagan, Founder of The Patriot Health Institute & Natural Health Expert*

First off, I want to congratulate you for picking up our Ultimate Male supplement. I know you're really going to enjoy the benefits you get from it.

In this report, I'm going to reveal a few of my best kept secrets when it comes to looking and feeling younger. At the age of 53, I've used all of these strategies over the years to make myself look at least 10 years younger than I am.

Some of these are "tricks" I learned growing up in Ohio. My parents had a small garden and "farm" when we were younger, and eating healthy was really just "a way of life" - It wasn't until I was in my 40's that I really started to eat a bunch of junk. I made a BIG "turnaround" in my life when I was 50 years old and pushing 230 lbs!

I decided to do something about my health. This included everything from eating better, to working out to taking the right supplements to help me feel better.

Now I'm back at the weight I was in highschool, and I look younger, have more energy and I'm able to keep up with my kids when they're around on the weekends.

So in this report - I'm sharing some of the little known strategies I used to get in the best shape of my life. DO NOT try and use all of these at once - you will overwhelm yourself and quit.

Find 1-2 of them that you really like, and start trying to use them each day.

As a warning, some of these may go against everything you've ever heard from the mainstream media and from your Doctor. But rest assured, these tricks are completely healthy and safe.

Let's get started...

## 1. Add A Green Smoothie To Your Daily Diet

I started drinking green smoothies a few years ago, and it's really helped with my energy levels, my bowels and my skin. My wife loves them as well, and says she can tell she looks younger when she drinks them regularly. Here's one of my favorite recipes that I always use.

3 Oz. Arugula

1 Green Apple

Juice from ½ of a Lime

A small sliver of fresh ginger (about the size & thickness of a dime)

4-5 Ice Cubes

½ cup or so of water

Put all of the ingredients in a blender, and then blend it for a while until it's smooth. The texture might take a few days to get used to. But rest assured this is a delicious and refreshing drink to have everyday.

## **2. Eliminate The #1 Food That Causes Aches & Joint Pain**

The main cause of aches and joint pain is inflammation. So if you get rid of inflammation, you can get rid of most of your pain.

Now, the #1 food that causes inflammation, especially among people over the age of 40 is grains. So this means bread, pasta, cereal, pizza etc...

The worst offenders in the grain category are those with wheat in them. This would be pasta, bread, cereal & pizza. Other things like rice and corn may cause some inflammation, but not to the extent that grains with wheat will.

If you eliminate just the main wheat ingredients (bread, pasta, cereal, pizza) then you'll start to notice a major difference in how your joints and muscles feel.

## **3. Eat Grassfed Meat And Free Range Chicken**

Most of the meat and chicken you find at a grocery store is grain fed. This usually makes the animals sick and when they go to slaughter they're usually incredibly unhealthy.

On the other hand, if you were to go to a grassfed farm and watch the animals they would look as healthy as could be. Cows were meant to eat grass, not grains. They like to roam around and eat grass, that's pretty much what they've done for hundreds of years.

And the same with chickens. Chickens eat a combination of grass and feed, but most importantly they need to have room to run around. Most chickens today are raised in very small pens or crammed into a large room where they can't move. This makes the animals unhealthy, and they're no where near as nutritious as an animal that has lived the right lifestyle.

Grassfed meat also has a much higher ratio of Omega 3's, which is great for your joints and your heart health.

You can find grassfed meat and free range chicken at farmer's markets, Trader Joe's and Whole Foods. Also if you do a little searching you can find a local farmer who offers this (probably at a big discount as well)

#### **4. Eliminate Sugar - It's the #1 food killing people today**

Sugar is without a doubt one of the worst foods you can put into your body. And food companies know that consumers know this. Which is why they are now trying to hide sugar in foods under different names.

Here are a few sugars and sugar substitutes that you should avoid at all costs...

- > Regular sugar
- > High Fructose Corn Syrup
- > Evaporated Cane Syrup
- > Aspartame (Sweet N Low, Equal)
- > Sucralose

My recommendation for sugar substitutes would be either Stevia, honey or maple syrup.

Stevia works very well for coffee, tea etc... You can find it at pretty much any grocery store, usually sold under brand names like Truvia.

#### **5. Eat A Piece Of Dark Chocolate Each Day**

Dark Chocolate is one of the best antioxidants for people with a sweet tooth. Just make sure your small pieces of dark chocolate don't turn into eating the whole bar!

Your best bet is to find one that does not contain any milk or dairy. Personally I really like the 365 brand from Whole Foods. They have a plain one and then one with almonds as well.

Trader Joe's also has a really good "Trader Joe's" brand of dark chocolate as well.

#### **6. Do A Simple 4 Minute Workout Each Day**

This is a simple workout that will kick your butt. I use this with my clients who want to get in shape, but don't really have much time to workout.

10 Bodyweight Squats

5 Pushups (go from your knees if needed)

Simply repeat this cycle as many times as you can in a 4 minute span. Take a rest when you need to. Each time you try this workout, try to see if you can do more than you did the last time!

This simple 4 minute workout is MUCH better for you than a long walk or jogging around the block everyday. You will be feeling it at the end of the 4 minutes.

## **7. Eat High Fat Foods**

When it comes to high fat foods, we have been brainwashed by the mainstream media to think that fat is bad.

This couldn't be more wrong.

Your body NEEDS and actually thrives on high fat foods. Now you need to make sure you are eating actual healthy foods that have fat. Chips, cookies and cake don't count.

Some of my favorite high fat foods would be...

- avocado
- olive oil
- fish
- eggs
- bacon
- coconut oil

Each of these foods are healthy and good for your heart. Not to mention they are loaded with healthy fats which will also really help with soreness, aches and pains in your body.

## **8. Eliminate Soda & Diet Soda**

Everyone knows that soda is not good for you. In a typical can of soda there is over 9 tablespoons of sugar! And most people I know drink 2+ cans of this stuff everyday.

Besides the sugar, soda is nothing but a mix of cheap chemicals. These chemicals cause you to gain belly fat, and they'll also make it MUCH harder for your body to burn fat.

And the same goes for diet soda as well. Most people think diet soda is ok since it's 0 calories. This is also wrong. In numerous university studies, people who drink diet soda have been shown to gain even MORE weight than people who drink regular soda.

Now, I'm not saying regular soda is better for you. They're both terrible for you.

What I'm saying is that diet soda causes your body to basically shut down and focus on ridding your body of all the fake chemicals that are in diet soda. This is time wasted by your body, that it could be using to burn body fat like it would normally do.

Just eliminating soda from your diet makes a BIG difference in weight loss and overall health for everyone I know.

## **9. Eliminate Milk**

Remember the “milk does a body good” commercials? Well, I wouldn’t believe them. Commercial milk today is very processed and manipulated to be nothing like what it was when it came out of the cow.

In my Flat Belly After 50 diet, I recommend getting rid of dairy products from your diet. After seeing thousands of customers do this, I’ve seen firsthand that milk will really cause you gain weight if you drink it.

Getting rid of milk is a very simple step, that can help you to be healthier and look younger.

And if you’re worried about calcium, you can get plenty of calcium from dark greens like spinach and kale.

## **10. Drink Green Tea & Water**

One of the biggest health problems I see is people drinking absolute JUNK. Sports drinks, sodas, energy drinks, milk etc...

All of these drinks are not helping your body. In fact each time you drink one of these, you are damaging your body and making yourself look and feel older.

I always recommend that you stick to drinks that will actually help your body. My two favorites being unsweetened green tea and water. Both of these have 0 calories, and they will give you more energy and help you feel better vs. something like a soda or an energy drink.

## **11. Eliminate Store Bought Salad Dressings (Make Your Own)**

Store bought salad dressings are loaded with cheap hydrogenated oils, GMO’s, sugar, fake chemicals and more crap than you can even imagine.

One of the easiest ways to avoid this, is to make your own salad dressings. This is very, very simple to do and they taste delicious. Here’s one of my favorites...

Apple Vinaigrette...

- 2 parts olive oil
- 1 part apple cider vinegar
- 1 dash of a quality ground mustard
- 1 pack of Truvia natural sweetener

Simply mix that up and you have a delicious sweet and tangy dressing that will last for a long time. If you wish, you can buy bottles or mason jars and fill them up with dressings and save them for 30+ days.

## **12. Stay Away From GMO Foods**

GMO foods are genetically modified foods. This means that they don't grow from a seed in the earth like a normal food would. They've been artificially created by scientists in a lab.

There is very little research done on GMO's but you don't have to be scientist to know that something's not right. I like to call it "Jeff's Common Sense Rule". A tomato that's genetically modified in a lab, and grown like some sort of frankenstein is not going to be healthy for you like a tomato that grows in the ground how nature intended.

Most food labels do NOT require them to disclose GMO's at this time. So your best bet is to buy your fruits and veggies from health food stores like Trader Joe's and Whole Foods. Or buy them locally from a farmer or farmer's market in your area.

This is the best way to avoid GMO foods.

## **13. Switch To Coconut Milk Ice Cream**

If you like eating ice cream like I do, switch to Coconut Milk Ice Cream instead of regular ice cream made from dairy.

I'm not a big fan of dairy products, and I know they cause a lot of problems when it comes to increasing your belly fat, bloating your stomach and your wrecking your bowels.

Coconut milk ice cream is made from liquid in coconuts, and you can get it in just about every flavor that regular ice cream comes in. It tastes pretty darn good, and it's much healthier for your body vs. regular ice cream.

If you are big eater of ice cream, switching to coconut milk ice cream is a simple change that can help your health. The best place to find this is at health food stores such as Whole Foods or Trader Joe's.

## **14. Cut Back On The Amount Of Juice You Drink**

Juice has been sold to us as a "health drink" for many years...

Well the dirty truth about juice is it's highly processed and at the end of the day it has about the same amount of sugar as a soda does.

This goes for apple juice, orange juice and others like acai juice.

If you were to eat an orange in the morning, that orange would be much better for you than a glass of orange juice. The orange has fiber in it, which juice doesn't. And the orange has not been heated up to high temperatures and pasteurized.

Also, most juices add synthetic vitamins to their juice, which your body does not absorb as well as vitamins that are naturally in the fruits we eat.

If you're really craving something sweet, eat a couple pieces of an orange or a pineapple.

### **15. Add Lots Of Dark Greens Like Kale And Spinach To Your Daily Diet**

If you want to see a very quick turnaround in your health & looks, this would be one of my first suggestions.

I had my wife this past year do a little experiment where we ate 2 meals a day that were OVERLOADED with greens (about 10 oz of greens per day) . We usually used a mix of kale, spinach and other forms of lettuce.

After just a few days, my wife was shocked by how much energy she had. She said her skin even looked and felt better than it usually does.

I have a theory that this is why people who go vegetarian feel so great. They don't necessarily feel great because of getting rid of meat, they actually feel great because they're eating a lot more greens in their diet.

Adding a large amount of greens to your daily diet is one of the simplest ways to look & feel younger.

### **16. Use Olive Oil & Coconut Oil - Ditch The Margarine, Vegetable Oil, Canola Oil and Pam Spray**

Olive oil and coconut oil are both loaded with healthy fats. These are 2 of my favorite sources for healthy fats.

On the other hand, margarine, vegetable oil, canola oil and Pam spray are nothing but a mix of cheap chemicals, GMO foods and other junk that will harm your body.

In fact, in many situations if you put margarine on the ground on a hot summer day, ants won't even crawl on it! This is because they know it's not food.

You can pick up olive oil at pretty much any grocery store, and you might have to go to a health food store like Trader Joe's or Whole Foods to grab some coconut oil.

The healthy fats in both olive oil and coconut oil are great for your skin, your heart and also for fat loss.

Both of these oils are much better choices than margarine, vegetable oil, canola oil or a spray when it comes to cooking, marinades, dressings etc...

### **17. Eat The Whole Egg (Including The Yolk)**

There's been a big push in America over the last 20 years to eat only the egg whites when it comes to eggs.

This is completely wrong!

This all goes back to the low-fat food craze, that we now know is completely wrong and really has nothing to do with people's weight and health.

The truth about eggs, is that the yolk has most of the nutrients, protein and fat that your body needs.

And don't worry about the cholesterol factor. This is a major misconception in the mainstream media. The cholesterol in the foods you eat, DOES NOT affect your body's cholesterol.

The main culprits of high cholesterol are not eggs or bacon - but foods like pasta, pizza and cereal. Processed grains & sugar are going to hurt your cholesterol more than anything else.

So when you eat your eggs in the morning, make sure you eat the yolk too! Each egg has 6 grams of protein that your body could use in the morning!

### **18. Fast Once A Week For A Full Day**

This is something my wife and I have been experimenting with lately. It's great for fat loss and it really helps with your mental concentration & clarity.

So once a week, we will do a 24 hour fast.

I usually do these on Monday after a weekend of watching football and eating less than perfect. My body usually loves me for it.

So basically we have dinner on Sunday night around 6 PM. And then I do not eat until 6 PM on Monday night.

If you think about it, it's really not that much longer than you would normally go without eating. If you get up around 7 AM, most people would eat at 8 AM, so it's really only about 10 hours longer than normal.

If you do this just once a week, you will drastically cut down on your food intake (while still keeping yourself full the rest of the week).

This is a great strategy for losing fat, increasing your focus and helping your mental clarity.

## **19. Meditate For 7 Minutes Each Day**

We live in a very cluttered world.

Almost every minute of our day is spent trying to do 2 things at once. We never have time for everything that we want to do.

One of the ways I've really tried to become more aware of what I'm doing is by meditating for 7 minutes each day.

It's pretty simple too. Here's what I do...

Simply sit in a comfortable position on the floor or in a chair. Then take deep breaths and continue to focus on your breathing.

Your goal should be to focus on your breathing and "feel" every part of your body being alive. This is a very "rare" feeling in today's fast paced world.

You will have other thoughts that continue to creep into your head, but just try your best to continue to focus on your breathing.

Do this everyday for just 7 minutes a day and you'll see a major difference in the way you feel each time you do it.

## **20. Don't Obsess Over Calories**

All calories are not equal. Get that into your head now.

I had this discussion with a fellow fitness expert just last month. He basically tells his clients that if you think all calories are created equal, then just eat 2000 calories of SweetTarts everyday for the next month and tell me how you look & feel.

Obviously no one would do that, but the point is... that the nutritional difference between good foods and bad foods are VERY different.

If you were to eat 2000 calories of nothing but SweetTarts for 1 month vs. someone who eats 2000 calories of eggs, salads and green veggies - your body's would look very different at the end of the 1 month experiment.

Don't worry about calories, just stick with eating real foods like meats, veggies, fruits, nuts and good oils.

## **21. Shop Local And Organic For The Best Quality And Lowest Prices**

Is organic really better for you?

Well, your average strawberry that you'd get at the grocery store has been sprayed and coated with over 53 different chemicals by the time it gets to your fridge.

Do you think any of those chemicals are good for you?

This is another place where I like to use Jeff's Common Sense Rule. Would you rather have a strawberry that grows naturally from a local farm, or one grown on a mega farm that is doused with hundreds of chemicals and fertilizers every day? Here's a few reasons why I love eating local, and organic...

-> It tastes much better

-> It's better for you

-> I like supporting local farmers and businesses in my area

Now here's the best way I've found to eat organic and local on the cheap...

Your most expensive way will be to go to a store like Whole Foods. I don't recommend that, unless you really have no other options for organic.

I usually buy all of my foods at a local farmer's market, where I get to buy food right from the farmer. Almost every major and mid sized city has farmer's markets. And even very small cities have farms that sell their produce from the side of the road.

Even if they are not technically organic, these will be much healthier for you than anything you can get in a grocery store.

Another great way to add organic to your diet is to start your own garden. Obviously you can't feed a full family doing this unless you have a very large garden.

But you can start small with things like kale, tomatoes, peppers and other stuff and then expand from there. This is one of the easiest ways to get good veggies into your diet. Not to mention it doesn't cost you very much to do!

## **Jeff's Final Words**

Look over these 21 “tricks” and find 1 or 2 that you really like. Do NOT try and implement every single one of them in your life at the same time. That’s a recipe for failure.

I would pick just 1 or 2 that you really like and then try to work those into your life. Each one of these strategies will help you to look and feel younger in just a few weeks.

Enjoy!

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