Twitter Thread by Ian Clark



Ian Clark
@RealRawRelevant

Me at 46:
- Overweight
- Facing 3 chronic diseases
- Depressed
- Balding

Me at 64:
- Healthy weight
- Living and thriving with no diseases
- Happy
- Full head of hair

Here are 5 steps I took to heal myself and age backwards without doctors, health insurance or medication:

1) Ditch processed foods

First thing I did for my health was ditch the highly processed foods I ate daily.

These are factory made foods which come in boxes and contain an ingredient list which reads like an inventory list of a scientific lab.

If you want to live longer?

Avoid processed foods and stick to real whole foods that come from local farms instead of supermarkets.

As a rule of thumb, if the label contains ingredients you don't understand?

Don't eat it.

2) Get sufficient high quality sleep + take naps

Quality sleep releases melatonin in your brain.

This key hormone is an anti-oxidant which fights the build up of hydrogen peroxide and helps to slow down the aging process in your body.

Very important: ■

You don't have to take melatonin supplements to get the sufficient amount of melatonin. Instead, optimize your sleep by:

- Sleeping in a dark room
- Lower room tempature
- Taking naps
- Avoiding screen time before bed

Seems simple but getting adequate sleep and rest is crucial.

3) Fasting

Restricting your eating schedule is a natural way to release endogenous antioxidants (that's antioxidants which are made inside the body).

It also activates autophagy, an internal process where your body recycles damaged proteins which would otherwise....

clog up your brain and arteries leading to things like:

Cancer
Alzheimers
Stroke
Heart diseases

These days I rarely eat more than twice a day.

I'm also healthier today at 64 yrs than I was at 20 AND my food expenses are way down even though I only eat the best organic foods.

4) Supplement magnesium

Magnesium is a key mineral for optimal function of your:

Muscles
Joints
Immune system
Brain
Heart

It's also impossible to get enough of it through your diet.

Why?

Because modern agriculture practices has depleted most of the magnesium which would...

otherwise be found naturally in the soil where your food is grown.

Research shows up to 75% of adults in North America are deficient in magnesium.

So if you want to be one of the few to get enough of this key mineral and optimize your long term health?

Take magnesium.

5) Avoid oxidants

Just like metals that get rusty, excessive oxidation can damage healthy cells inside your body which speeds up aging.

A simple way to slow down the aging process and look younger is to avoid oxidants like:

Iron
Excess sugar (eg HFCS)
Industrial seed oils

Thanks for reading!

If you found this thread useful, please

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2) Follow me @RealRawRelevant for more content like this https://t.co/UYm6moVEip

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> — Ian Clark (@RealRawRelevant) August 6, 2022