

# 5 Things You Can Do to Increase your Telomerase Activity

By Dr. Ed Park, Recharge Biomedical



## Warning:

This is not some slick *Huffington Post*-type list of exercises, nutritional tips, mantras, or quick fixes. These tenets are not purchased from some expert or online store, but they will pay dividends when it comes to happier and healthier stem cells through telomerase activation. We now know that improved telomerase activity means a longer and happier life in general.

## 1. Peace, Love and Understanding

Try to be at peace with yourself. Don't become addicted to self-help and believe that outside doctrine or some guru will transform you. You are fine and exactly where you need to be in life at this moment. What you might believe to be your biggest problems may actually be your greatest strengths when reframed correctly. Love yourself and you will attract and create more love in your life.

That said, you must strive to understand that your actions are the result of feelings, thoughts and beliefs, and emotions that you choose.

When you look outside, you dream and you suffer. When you look inside, you awaken and you learn that no one and nothing can make you feel what you do not CHOOSE to feel. Expand your palate of emotional choices and truly own your actions like a Zen chess master.





## 2. Breathe

There is literally no situation that cannot be improved with conscious deep breathing (except perhaps being underwater without a SCUBA tank). Meditation, yoga, aerobic exercise, dance, love-making, singing... It is all good when it comes to the flow of life energy.

When you learn to listen to, control, and utilize your breath, you learn to master your body, mind and spirit and reintegrate with the world in a healthier way.

## 3. Laugh

Laughter is the orgasm of the soul, or if you prefer, the very best medicine. Exceedingly old people tend to have a hair trigger when it comes to laughter. There is a lot to find funny in our lives and when you tap into that, excess cortisol, cellular dysfunction, and disease find it harder to block the flow of energy and to gain their foothold.



## 4. Be grateful and serve

Pride and entitlement are the roots of evil and suffering. Don't water those roots. Your last thought before sleep and your first one upon awakening should be gratitude for your precious life and all the blessings that surround you. Experience each moment mindfully and with abundance, and you won't dwell in the remorse of the past nor your anxiety about the future.

Practice kindness to all because you never know what they are going through. When you demonstrate empathy and help those that you don't think can help you at all, then the universe will show you just how wrong you can be.

## 5. Sleep well and often

The mysterious and regenerative properties of sleep upon the body, mind and spirit are underappreciated secrets to longevity. During regenerative sleep, telomerase is hard at work helping your rapidly reproducing stem cells and even helps to kill off dysfunctional ones. If you can get eight hours of sleep a night, you will look better and your cells will love you back for it. Don't hesitate to take daytime naps of either 15 or 90-minute duration. Sleep is far from wasted time. It is the nervous system's 'disc defragmentation' and the vehicle's preventative maintenance that you absolutely need to be healthy.



Disclaimer: There are many practical behaviors that would fall under these five broad guidelines. Be creative! To be frank, the scientific literature is just emerging to support these ideas and I myself am not particularly good at practicing them. Nevertheless, I do believe based on experience, observation, and intuition that they can help you.

### **This Could Also Help You...**

**This Isn't a Magical "Cure All" Pill, But It Has Been Medically Proven to Safely and Powerfully Enhance Telomerase Activity, Which Results in Slowing the Aging Process and Extending Your Life.**

Remember, aging is caused by the shortening of telomeres in stem cells. If the stem cells' telomeres can be protected by telomerase activation, then **the effects of aging may be slowed and possibly reversed!**

If you are interested in exploring extending your life with a natural plant derived pill and the support of a Medical Doctor, you should click the link below to learn more now.

**A Longer Healthier Life Could Be Right Around the Corner!**

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*\*\*TA-65 is not intended to prevent or cure any disease. By standard definitions, "Aging" is not a disease.*