

THE JEUNESSIMA ART OF LIVING INDEX

*Your Top Tips & Ideas for a Healthier,
Happier & Longer Life*

Choose one action that you can start implementing into your life today ...
so you enjoy your life more ... every day ... at any age!

*Check if you are yin or
yang-dominant, so you can
choose the right foods and
activities to balance your
body and mind*

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*Reflect on the questions:
“What does balance mean
for me? What is the one
thing I can do every day to
achieve it?”*

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*Strive for balance,
even if it seems elusive.
Just the attempt allows
your body and mind to
perform better*

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*Yin and yang are opposites
that together create a
whole. Use this concept to
understand & heal your
body and mind*

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Plan your week ... not just for your business. Also plan breaks for yourself and activities to enjoy with your family, partner, and friends

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“Create a work life that works for you and doesn't make you feel guilty or overwhelmed”
Leading wine maker Patricia Ortiz encourages women “not to be 11” but to “be happy ‘just’ being 10”

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Meditate in the morning and bring the sun's energy to the energy storage center in your belly, so you can profit from it all day long

Ramel Rones, Scientific Consultant at Harvard Medical School, shares a simple meditation to nourish body and mind

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It is never too late to restart your life

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Always look for the positive in every situation. It's not always easy but you can always learn something and be grateful for it
Our Editor Catherine Hunter learnt through her own hardships how to see the positive in even the most difficult situations

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Measure your energy level to know when it is easiest to get in the flow

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Adapt your daily tasks & activities to your energy level to get more done in less time

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Avoid clutter ... it will help you to think more clearly and to be more organized and more effective in all areas of your life

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Follow the ancient system of Vastu Shastra and choose positive images and never keep artificial or dried flowers in your living room so you can fully relax, unwind and socialize

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Work on your own yin and yang balance so you can have a balanced relationship with your partner

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Boost your metabolism by fasting ... best for 36 hours

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Slow aging with the polyphenol fisetin

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Sleep better with essential oils like lavender, valerian, rose, jasmine, bergamot, ylang-ylang, chamomile, and frankincense

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Test your DNA, MICROBIOME, and other BIOMARKERS so you can choose the best food, supplements, therapies for you.

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*Avoid junk light
Dave Asprey recommends wearing blue light blocking glasses, adding more red light, and getting out into the sun to profit from its full spectrum light*

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*Add herbs to your daily diet to calm your stress & stay young longer
Dr Josh Axe's Top 7 adaptogens to relieve stress
Panax Ginseng, Holy Basil, Ashwagandha, Astragalus, Licorice, Rhodiola, Cordyceps*

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Balance yin dominance, for instance during menstruation, shivering, wasting and others with yang foods like black beans, onions, chicken, trout, lobster, walnuts, ginger, ...

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Balance yang dominance like constipation, sore throat, hypertension, even hangover by eating yin foods like fruits and vegetables, asparagus, blueberries, eggs, ...

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