

RANDOM HOUSE  BOOKS



Grow Younger, Live Longer

Deepak Chopra

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ABOUT THE BOOK

Human ageing is reversible. Scientific research shows that we can literally turn back the markers of getting old, including blood pressure, muscle strength, cholesterol levels and many others. Using the tools in this book, you can learn specific strategies for melting away those biological years so you can feel, perform and look like you did as many as fifteen years ago.

- Change your perceptions
- Access restful awareness and restful sleep
- Nurture your body through healthy food
- Use nutritional supplements wisely
- Enhance mind/body integration
- Exercise
- Eliminate toxins from your life
- Cultivate flexibility and creativity in consciousness
- Love
- Maintain a youthful mind

Combining all the knowledge and pioneering spirit that made *Ageless Body, Timeless Mind* into a huge international bestseller, with all the latest discoveries in mind/body medicine, *Grow Younger, Live Longer* will show millions of readers round the world how they can achieve a long life filled with joy and vitality.

ABOUT THE AUTHORS

Deepak Chopra is the bestselling author of thirty-one books, including *Ageless Body, Timeless Mind* and *The Path to Love*. He is the Director of Educational Programmes at The Chopra Center for Well Being at La Costa Resort and Spa, California. David Simon is Medical Director of the Chopra Center.

Also by Deepak Chopra

Creating Health

Return of the Rishi

Quantum Healing

Perfect Health

Unconditional Life

Ageless Body, Timeless Mind

Journey into Healing

Creating Affluence

Perfect Weight

Restful Sleep

The Seven Spiritual Laws of Success

The Return of Merlin

Boundless Energy

Perfect Digestion

The Way of the Wizard

Overcoming Addictions

Raid on the Inarticulate

The Path to Love

The Seven Spiritual Laws for Parents

The Love Poems of Rumi

(edited by Deepak Chopra; translated by Deepak Chopra and Fereydoun Kia)

Healing the Heart

Everyday Immortality

The Lords of the Light

On the Shores of Eternity

How to Know God

The Soul in Love

The Chopra Center Herbal Handbook

(with David Simon)

The Deeper Wound

Also by David Simon

The Wisdom of Healing

A Simple Celebration

(with Ginna Bell Bragg)

Return to Wholeness

Vital Energy

The Chopra Center Herbal Handbook

(with Deepak Chopra)

Grow Younger, Live Longer

Ten Steps to Reverse Ageing

Deepak Chopra
with David Simon



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Introduction

IN 1993, THE first edition of *Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old* was released. The essential message of the book was that the human body is not a piece of biological machinery that deteriorates steadily and inexorably over time. Rather, human beings are magnificently organized networks of energy, information, and intelligence in dynamic exchange with their environment, fully capable of transformation and renewal. Since the publication of *Ageless Body, Timeless Mind*, thousands of patients at the Chopra Center for Well Being have experienced profound changes in the quality of their lives by applying the principles presented in that book, which at this writing is in its eleventh printing. According to many readers and literary critics, *Ageless Body, Timeless Mind* remains a classic, consciousness-based approach to the reversal of aging.

Grow Younger, Live Longer: 10 Steps to Reverse Aging extends this consciousness-based approach and includes ten practical steps that can become habit-forming, enabling you to reset your Biostat (your biological, or functional, age) up to fifteen years younger than your chronological age. We have intentionally made this new book simple and practical, so you can begin implementing these approaches right away. By integrating these insights and practices into your lifestyle, you will notice immediate improvements in your physical and emotional well-being. As you begin to reverse your biological age, you will reclaim the ability to tap into your inner reservoir of unlimited energy, creativity, and vitality. You will feel younger and you will function like a much younger person, too.

Our generation has been celebrated for its willingness to challenge the prevailing assumptions of society. Rather than viewing the second half of life as a time of progressive deterioration in body and mind, we see aging as an opportunity for greater wisdom, love, creativity, meaning, joy, and increased mental and physical capacity. More people than ever before are living into their eighties, nineties, and beyond with sound bodies and clear minds.

This book is designed as a manual for renewal. Three very practical recommendations are suggested for each of the ten steps. Each week we encourage you to implement the action steps so that by the end of ten weeks you are taking full advantage of all the resources available to you. Although awareness is the essential first step in any transformation, unfortunately, *reading* this book is not enough for you to begin reversing the aging process—you have to actually *execute* the recommendations on a daily basis in order to reap the benefits of this program.

Readers familiar with our previous works may ask if it really matters that we reverse our aging. If, as we often state, we are immortal souls on an eternal cosmic highway without beginning or end, if our essential nature is transcendental reality not subject to the laws of the material world, does it really matter if we grow younger and live longer? Why should we care about maintaining a youthful appearance for an extended time? Is it mere vanity? Does it take our attention away from our true self?

To those of you who ask these questions, we answer that in the deeper reality, all is play. Life is a cosmic game of hide and seek in which we lose ourselves to find ourselves. At our core we are all members of the same being and it does not matter if we are young or old, villain or hero, sinner or saint. The real purpose of the book is to remind you, the reader, that this deeper reality, the domain of pure potentiality, of spirit, is the essence of who you really are. Reversing aging and growing younger is part of the

possibility. Whether you choose to activate this choice and implement this possibility is up to you.

We believe our primary purpose here is to seek the pure spiritual potential that is available to all of us. As human beings, the vehicles we use to explore our spiritual potential are the human body, the human nervous system, and the human mind. We therefore believe it is worth focusing attention on maintaining optimal functioning of our body/mind so we can seek our true nature as spiritual beings.

The experience of life through a human nervous system is a miraculous gift of creation. We are blessed among species in that we can change our perceptions, interpretations, and expectations of life and thereby transform our reality. As a result of changing our perceptions and taking new action steps, we can literally create a different physical body. As an expression from the ancient Ayurvedic system of healing tells us, *To know a person's experiences from the past, examine their body now. To know a person's body in the future, examine their experiences now.*

The basis of these principles and of this book is that every impulse of experience is transformed into the chemistry and electricity of your body. With every thought, sensation, and feeling you have, your nervous system undergoes subtle shifts in physiology, generating chemical messengers that regulate your body. These biochemical communicators continuously mold the molecules that comprise your cells, tissues, and organs.

The field of mind/body medicine declares that you can influence your health and well-being through the choices you make. Your mind and body are intimately interwoven so that changes in one instantaneously influence the other. Our personal and professional experience at the Chopra Center makes us confident that applying the principles and practices offered in this program will enhance the way you think and the way you feel. You have the capacity to reverse

your aging. This book provides the tools. We welcome you on this journey to renewal and look forward to hearing about your success.

How to Use This Book

HUMAN AGING IS reversible. Read this book at least twice and make sure you understand all the principles. If something is not clear to you, send an e-mail to younger@chopra.com. Once you feel confident that you have grasped the essence of this book, set a date for fully committing to the ten-step program. Make the ten steps a routine for ten weeks. You will be amazed at the results.

Ten weeks is about the time it takes to create a habit. Congratulations. You are on your way to looking, feeling, and being young as a lifelong habit.



Escaping the Prison of Conditioning



The “normal” experience of the body and its aging is a conditioned response—a habit of thinking and behavior. By changing your habits of thinking and behavior, you can change the experience of your body and its aging.





YOU HAVE BEEN living inside a prison that has no visible walls—the confines of your self derive entirely from the habits and conditioning of your mind. If you are committed to growing younger, you must escape this prison of conditioning. You are not to blame for living within unnecessary limitations. If a rope is tied around the leg of a baby elephant and attached to a stake in the ground, it learns that it can move only within very narrow limits. Years later, as a powerful adult, it still remains within narrow confines when its leg is staked, even though it has the strength to uproot an entire tree. It has been conditioned to accept the limitations imposed upon it.

In a similar way, most people think and act within the narrow limitations of what they have been taught during childhood, without questioning the basic assumptions that structure their worldview. To live a healthier, richer, more creative life you need to recognize that most of what you hold to be true derives from habits of thought. We are born into a prevailing conversation about the world. As soon as we are capable of speaking, we engage in this conversation, reinforcing with our own thoughts and actions the patterns of thinking and behavior that surround us. This is unmistakably true in regards to how we view the body and its aging.

Until recently, few have questioned the assumption that aging is irreversible, and therefore, for generation after generation, people have reinforced the habitual thinking that growing older meant a progressive decline in mental and physical capacity. It is now time to change our habits of

thinking and behaving and alter our experience of the body and the aging process.

The Quantum Possibilities

Drawing upon the wisdom traditions of the East, the dramatic new discoveries of modern quantum physics, and our own personal and professional experience, we invite you to change the way you think about and experience the world and your body. Despite how radical some of these ideas may at first appear, we encourage you to try out the practical approaches we offer and experience for yourself how this program can revitalize your body and mind.

From the perspective of quantum physics, reality is a mysterious, magical place. While on the physical plane of everyday life, time and space predominate and entropy, decay, and aging are the normal course of events, these are not features of quantum reality. The quantum realm is the fountainhead of pure potentiality, giving rise to the raw material of your body, your mind, and the physical universe. The quantum realm is the womb of creation, the invisible world where the visible is designed and assembled. We can summarize the key principles of quantum physics in five main points:

1. In the quantum realm there are no fixed objects, only possibilities.
2. In the quantum realm, everything is interwoven and inseparably one.
3. Quantum leaps are a feature of the quantum realm. A quantum leap is the ability to move from one location in space or time to another without having to go through any place or time in between.
4. One of the laws of the quantum realm is the Uncertainty Principle, which states that an event is a particle (matter) and a wave (energy) simultaneously. Your

intention determines whether you see a particle or a wave.

5. In the quantum realm, an observer is needed to create an event. Before a subatomic particle is observed, it exists only as a virtual particle; all events are virtual events until the moment they are observed.

Your own body/mind system is also an expression of the same quantum field that underlies everything in the universe. Therefore, you can apply these quantum principles to the way you look at your body and aging. Rephrased in terms of your biology, they would be:

1. You are not merely the physical body that you identify with out of habit. Your essential state is a field of infinite possibilities.
2. Your body is inseparably one with the whole universe. When you are perfectly healthy or whole, you feel expanded. You become constricted only when you have discomfort or dis-ease. This comes from a feeling of separation.
3. You are capable of taking quantum leaps in perception and interpretation. With these quantum leaps you can alter not only the experience of the physical body but its very structure. Your physical body is capable of taking a quantum leap from one biological age to another without having to go through all the intervening ages in between.
4. Your body is simultaneously material (particlelike) and nonmaterial (wavelike). You can choose to experience your body as physical or as a network of energy, transformation, and intelligence.
5. Before you decide which biological age you choose to experience, you are all possible biological ages. It's up to you to decide what age you want to be.

If you choose to see yourself as a physical entity, separate from everything else, you discard the chance to reverse the aging process. If you are able to look at yourself as a field of possibilities, intimately interrelated to everything else, wonderful new opportunities emerge. We encourage you to use these thoughts to trigger a paradigm shift in your awareness. With this shift you can gain a completely different understanding of the body/mind system you inhabit, the world you perceive, and the essence of your being.

*Viewing your body from the perspective of quantum physics opens up new modes of understanding and experiencing the body and its aging.
The practical essence of this new understanding is that human beings can reverse their aging.*

In the Language of Spirit

Knowledge traditions seek to understand and explain the workings of the cosmos. The perspective of quantum physics offers a fascinating way to view life, the body, and aging. The perennial wisdom traditions of the East offer equally amazing insights into the nature of reality. As explorers of both modern science and the ancient knowledge traditions, we are enthused and inspired by the closer and closer alignment between these different perspectives on life. According to Ayurveda, the ancient healing tradition of India, aging is an illusion because your true self is neither your body nor your mind. Your essential nature, *who you really are*, is the domain of ever-present witnessing awareness that is beyond your physical and mental layers. This field of consciousness gives rise to both the thoughts in your mind and the molecules in your body. Tapping into this realm of awareness where time and space

have no meaning is the basis of emotional and physical renewal.

Accessing this field of pure potentiality has spiritual as well as physical consequences. Knowing your essential self as a nonlocal being, inextricably interrelated to everything else in the cosmos, awakens greater creativity, meaning, and purpose in life. Although the most profound way to improve health and reverse aging is ultimately a spiritual one, not everyone is immediately ready to accept this approach. One person may want to lose weight, another may need help to stop smoking, while a third may be seeking a more fulfilling love relationship. Each of these needs is important in its own right, but taking a spiritual approach opens the door to the evolution of consciousness, which can make all these things possible, and many more.

A spiritual approach means that we expand our awareness, even while focusing our attention and intention locally.

The reason we perform any action is in the hope that it will bring us satisfaction, fulfillment, and happiness. Embracing the spiritual domain, which is the source and goal of all desires in life, creates the possibility for satisfaction, happiness, and fulfillment independent of the inevitably changing situations, circumstances, and people that surround us. Those fortunate ones who dwell in this domain have achieved what is often called enlightenment.

Viewing your choices from a spiritual perspective means asking the big questions: Who are you? Why are you here? What do you really want? How can you best serve? Although at first glance these questions may seem irrelevant to slowing the aging process, they are actually essential to renewal. Shifting your internal reference point from an egocentric being, whose sense of worth depends upon the positions and possessions one has accumulated, to a

network of conscious energy, woven from the threads of universal intelligence, has a profound effect on your mind and body. When you become clear that the reason you want to live to a hundred or more years is so you can express your full creative potential, *you change your chemistry and physiology*. When you identify your unique talents and commit to using them in the service of others, *you strengthen your immune system*. When you decide that exercising regularly or preparing a balanced meal is an enjoyable experience, *you improve your circulatory health and lower your blood pressure*. Your perceptions, interpretations, and expectations influence every aspect of your mental and physical health. Shifting your perspective and making new choices provide you with powerful tools to change your life.

The Window to Renewal

One of the ways science makes major advances is by studying situations, circumstances, and events that are the exception to the usual way things work. These are sometimes called anomalies, or exceptions to the rule. Most scientists ignore anomalies, but in fact, these are the very things we should be studying. If something breaks the rule, no matter what it is, no matter how infrequent it is, no matter how remote the probability, it means that a new possibility has arisen. And if a new possibility has presented itself, there must be a mechanism. Even if only one person out of ten million cures himself of cancer or of AIDS, we have to pay attention. Most scientists tend to disregard events that are so rare they do not regularly infringe upon the prevailing view of the world. They may dismiss an anomaly by saying that it is so rare—one in ten million—what's the point of investigating it?

The point is that it doesn't matter if something happens only once in ten million, because if it has happened even

once, there must be some mechanism to account for its occurrence. And if there is a mechanism, then as scientists we want to know what that mechanism is, because once we understand the mechanism, we may be able to reproduce the phenomenon.

Galileo, Copernicus, Newton, and Einstein are examples of scientists who questioned the prevailing assumptions of their time and expanded their view to include phenomena that had previously been ignored. These and other great scientists paid attention to anomalies and sought to understand the mechanism that explains them. When something doesn't fit the paradigm, doesn't fit the pattern, doesn't fit the theory, it forces us to examine the model we are using. It compels us to expand or change the theory to incorporate the exceptional situation.

A good example of this is a friend of ours who was diagnosed with AIDS over fifteen years ago. He was close to death when he made the choice to change his life. He started meditating, began eating a healthy diet, and made the commitment to eliminate toxins from his life. Fifteen years later he is feeling completely well and has undetectable levels of the HIV virus in his blood. When we first met him, he was an anomaly, but now we know many more people like him. Our theory of consciousness predicts that if we reach a critical mass of people who have the same experience, then it will become true for everyone.

We believe that these same principles apply to human aging. If we look at recent historical times we see that the average life expectancy has shifted remarkably. The average life span of a human being during the Roman Empire was twenty-eight years. The average life span of a human being born in the Western world at the beginning of the twentieth century was forty-nine years. Although in the past, high rates of infant mortality influenced human life expectancy, the fastest-growing segment of the American population today is over the age of ninety years.

A baby girl born in America today is expected to live just less than eighty years; an infant boy has a life expectancy of almost seventy-four. Historically, there are many people who have lived to ripe old ages and have made major contributions to civilization. Leonardo da Vinci was drawing sketches in his sixties, Leo Tolstoy was writing novels into his seventies, and Michelangelo was sculpting in his eighties. Winston Churchill, with his fondness for cigars and Scotch, was active and productive until his death at age ninety. As our collective consciousness embraces the belief that we can have the biology of youth with the wisdom of experience, it will become the pervasive experience.

The Science of Aging

Recognizing that human beings do not age at the same rate, scientists have described three different ways to characterize a person's age. The first is *chronological age*, which is what your birth certificate says. Your chronological age measures the number of rotations Earth has performed on its axis and around the sun since you left your mother's womb. Your chronological age cannot be altered through mind/body approaches, but it has the least relevance to how you feel or function.

Biological age is a measurement of how well your physiological systems are functioning. It is the most important component of the aging process. Your biological age is calculated in reference to an average population of people who have the same chronological age that you have. Values for almost every biochemical and physiological process can be determined for different age groups. Known as the biological markers, or *biomarkers*, of aging, these include blood pressure, amount of body fat, auditory and visual thresholds, hormonal levels, immune function, temperature regulation, bone density, skin thickness, cholesterol levels, blood sugar tolerance, aerobic capacity,

and metabolic rate (see the table [here](#)). Once you know your results, you can compare them with the group average and see if your biomarkers are older or younger than your chronological peers. Your biological age can be very different from your chronological age. A fifty-year-old who takes good care of herself can have the biology of a thirty-five-year-old. Alternatively, a fifty-year-old who has not been attentive to his health may have the biology of men many years older. Whatever your biological age is today, we believe we can alter it by implementing the changes recommended in this book.

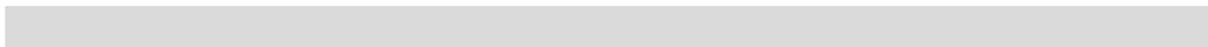
Biological age is the key component of the aging process.

Psychological age is your subjective experience of how old you feel. We meet many people in their sixties who report that they feel better than they did in their thirties. In prior times they may have been smoking two packs of cigarettes a day, were unhappy in their jobs, and were not eating well. Since instituting the ten steps to reverse aging, their mental and physical well-being has dramatically improved. They have learned to relax and enjoy life, so although they are chronologically older, they unequivocally feel younger than they did years ago. Psychological age is closely linked to biological age. When the body is functioning in a more efficient, energetic manner, we experience this vitality as feeling more alive.

Although we cannot reverse our chronological age, we *can* reverse the more important measures of our biological and psychological age—and by so doing can regain the physical and emotional vitality we had in the past.

The Biomarkers of Aging

AEROBIC CAPACITY



ANTIOXIDANT LEVELS

AUDITORY THRESHOLD

BLOOD PRESSURE

BLOOD SUGAR REGULATION

BODY FAT

BONE DENSITY

CHOLESTEROL AND LIPID LEVELS

HORMONAL LEVELS

IMMUNE FUNCTION

METABOLIC ACTIVITY

MUSCLE MASS

MUSCLE STRENGTH

SKIN THICKNESS

TEMPERATURE REGULATION

VISUAL THRESHOLD

Research into Aging

In the 1970s, Alexander Leaf, a Harvard doctor, journeyed around the world seeking the secret to a long, healthy life. He visited communities in the southern republics of the former Soviet Union, northern Pakistan, and the Andes Mountains of Ecuador, where it was rumored that many people were living dynamic, vital lives well into their eighties, nineties, and beyond. In many cases, these stories were true. Leaf discovered that the one consistent feature of these people living in widely separated regions of the world

was their attitude about aging. Simply stated, in these societies, growing older meant growing better; vibrant centenarians were revered for their knowledge, physical vitality, and personal presence. They had the wisdom of experience with the biology of youth.

Another interesting study was performed by Harvard psychologist Ellen Langer. She took groups of men in their seventies and eighties and encouraged them to think and behave as if they were twenty years younger. After doing this for only five days, these men showed a number of physical changes associated with age reversal. Their hearing and vision improved, they performed better on tests of manual dexterity, and had improved joint mobility.

Both of these studies tell us the same thing. Expectations determine outcomes. If you expect your mental and physical capacity to diminish with age, it probably will. If you have the expectations that you can grow younger and live longer, this will be your experience. As more and more people shift their expectations and experience reversal of aging for themselves, it will become the expectation of everyone.

Restoring Your Life Energy

When a doctor wants to check the status of a specific biochemical in your body, he draws blood for analysis. The results obtained from scrutinizing a minute sampling are accepted as being true for the entire body. For example, if we want to check your blood sugar level, we need to examine only a minuscule amount that can be collected from a tiny pinprick. We assume that what is true for one drop of blood is true for every drop in your body. This assumption is a result of the recognition that the body is holographic. This means that the whole is contained in every part; whenever one aspect changes, everything changes.

Applying this principle to the reversal of aging, you can see that making a healthy shift in any one component of your life will have a positive influence on your entire state of well-being. The more you are able to replace life-damaging choices with life-affirming ones, the more profound the benefits you will experience physically, emotionally, and spiritually. When you reverse one biological marker of aging, you will reverse almost all the others. For example, improving your muscle strength leads to an increase in bone density. Improving your aerobic capacity enhances your immune function. Our ten-steps-to-reverse-aging program is therefore a practical holistic approach to creating a profoundly better quality of life. These approaches are simple yet powerful and we are enthusiastic to share them with you.

The body is holographic; therefore, when you change one biomarker you influence them all.

The conditioning of our society leads us to believe that as we grow older, we deteriorate physically and mentally. When you break out of this conditioning, you will learn from your own experience that every day in every way you can increase your physical and mental capacity. That is the promise of this book. If you practice the ten steps you will reverse your biological age, and biological age is the only age that really matters.

You Can Reverse Your Biological Age by Changing Your Perceptions

ACTION STEP #1

I am reversing my biological age by changing my perceptions of my body, its aging, and of time.

I put this into practice by:

- 1. Changing my perception of aging by resetting my Biostat and practicing on a daily basis the rituals that remind me of my biological set point.*
- 2. Changing my perception of time by the practice of self-referral techniques, bringing my attention to the nonchanging factor in the midst of change.*
- 3. Changing my perception of my body by learning to experience it as a field of energy, transformation, and intelligence, practicing the Energy, Transformation, and Intelligence technique.*