



University

INTERVIEW SERIES

17 Days To A Younger You:
An Interview With Dr. Mike Moreno

Dear Student,

I'm Michael Senoff, founder and CEO of HardToFindSeminars.com.

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest free resource for online, downloadable audio business and health related interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently.

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

It is my mission, to assist those that are very busy with their careers.

And to really make my site different from every other audio content site on the web, I have decided to give you access to this information in a downloadable format.

Now, let's get going.

Michael Senoff



Founder & CEO: www.hardtofindseminars.com

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17 Days To A Younger You:

An Interview With Dr. Mike Moreno

Many people think they need to go all out in order to be healthy, but hiking up mountains or going to the gym seven times a day isn't necessary. The truth about good health is -- it's actually pretty simple.

According to famed physician Dr. Mike Moreno, being healthy boils down to five main factors of aging that affect the whole body. And in this audio you'll hear all about those factors and how to use them to look and feel younger, happier, and healthier... in just 17 days.

You'll Also Hear...

- What's the big deal about antioxidants, anyway -- exactly why you need them (and the best way to get them)
- 5 simple little changes to make to your routine that could help keep your brain healthy – even as you enter old age
- The right way to strengthen your immune system and prevent colds and flus this season
- A 2-minute home assessment of your heart function – without fancy expensive equipment or paying to see a doctor
- The single best thing you can do for your body – changing this one thing could change your whole life
- The “straw breathing” technique that helps focus muscles for improved lung capacity (and why that's so important for good health)
- A quick rundown of Dr. Mike's “four-cycle plan” that will walk you through the steps of restoring, rebuilding, refining and renewing a healthier younger you in just 17 days

It seems like another report comes out every day telling us how unhealthy we've become as a society even though there are so many advances in medicine designed to keep us alive longer. It doesn't have to be that way.

According to Dr. Mike, medicine is complicated but good health really isn't. It starts with a solid understanding of the basics and a simple plan for anti-aging. And in this audio, you'll hear how to achieve it... in just 17 days.

Hi Chris Costello and I teamed up with Michael Senoff, to bring can bring you the world best health-related interviews. So if you know anyone struggling with their weight, with cancer, diabetes, ADHD, autism, heart disease or other health issues send them over to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Chris And today we are excited to be talking with Doctor Michael Moreno, better known as Doctor Mike to talk about his new book, The Seventeen Day Plan to Stop Aging. Doctor Mike, thanks for joining us.

Doctor Mike Thank you so much. It's so great to be on the air and I really appreciate you chatting with me.

Chris So your books are really inspirational and one of the things that we found inspiring is: one way that you have, you can really tell you work with people and you help motivate them to do some of these things that can create great health and there also very well planned and simple and I really enjoyed reading through them.

Doctor Mike Well, thank you. You know, I gotta tell ya, I think health can be a lot easier then we make it and my strategy has always been with my patients to try to break things down. Medicine can be complicated and yes, it takes several years to learn and understand the body, but when you break down to general principles and make it to the point where anybody and everybody can understand it, it kinda just brings it down to a level where you're interested in it and when things it to complicated people lose interest. So I like to keep it simple and I like to just take things back to a foundational health one-on-one as I call it.

Chris You obviously walk the talk. Also, from your photo you look like you're in great shape, you look very young and that's such a great thing to see and one of the things, Doctor Michael, that you talk about. There are five factors that determine aging and I'd love for you to share with our listeners what those are and what they can do to really slow down that eating process.

Doctor Mike The five main factors of aging, I think it's important to point out, that they affect all of our body, every organ system can be affected by these five factors. I try to discuss them again, as we spoke about earlier, in a way that is really understandable and really gets the point home. The first one is inflammation. Contrary to what most people well think of inflammation, they think of arthritis and they're absolutely right. Arthritis is a type of inflammation, but inflammation is really something that can go on in our

entire body. You cannot only cause arthritis; it can lead to heart problems and heart disease, diabetes and even cancer. So it's a stiffness of the cells and the stiffness of the cells believed to serve an inadequate function of the cells, and if you're talking about joints, you're thinking of arthritis. If you're talking about the brain, you're thinking about dementia or memory issues. If you're talking about the heart, you think of heart disease. So inflammation is really a raw, broad term. The second is oxidative stress. Now oxidative stress is something we hear about all the time and you'll constantly hear people saying, "make sure you're taking foods rich in antioxidant" and the question is, "what does that mean?" "What is an antioxidant do?" Well, it does exactly what it says; it battles oxidative stress. An example of oxidation out in the real world is perhaps a piece of iron that rusts over time and that rustiness is a chemical product. A chemical process that takes place through molecules in the body that are unstable. They go around trying to get stable and in the process of going around trying to get stable, they cause damage or oxidative stress to the tissues and again these tissues are everywhere in the body and they can lead to stiffness and they can lead to inadequate function. And again, whether were talking about the heart, or cancer, or diabetes, Alzheimer's disease, or arthritis, oxidative stress is truly something that can affect us. The third is glycation. Now, glycation is very interesting. Glycation, really, simply put, has to do with a process in which our body integrates our diet in terms of sugar and protein molecules from the food that we eat. So we want the nice balance of good carbs and we want sort of a nice balance of appropriate amount of proteins and good protein and we want to stay away from the more harmful carbs. We hear about fine sugars and white flour products and things like that. So glycation really refers to how your body integrates proteins and carbs and the balance of these two so that we can prevent damage to the body. And again, as I said earlier, the damage can take place in the way of Alzheimer's disease, and dementia, cataract is a big one in terms of glycation and even wrinkles. So its not just about internally looking or feeling good, but its about that outward appearance that we're all concerned about. The fourth one is methylation; and methylation, again, affects all of the body, all of the organs because it has a play on the DNA; and DNA is sort of our framework or our blueprint for every cell in the body. So if the DNA does not replicate appropriately, the DNA does not function appropriately, divided appropriately, you can really damage all of the cells in the body. Proper methylation can be done through again basic things, like foods, but again the key to the methylation process as it affects DNA, as it affects every organ in the body. And then lastly, immune impairment. Everybody's been told or asked, "how can I make my immune system better?" "What can I do to strengthen my immune system so that I can improve my body and the way I feel and

prevent colds and flus?" And it turns out that immune impairment is a very, very big factor in the aging process so we give you and we've outlined very simple things to improve your immunity; to kind of minimize those viruses and flus. We talked about the different types of immunity. The natural or the innate immunity and these are things like our eyes water when something gets in them; or we sneeze when exposed to something our skin acts as a barrier in a natural, innate immunity cough reflex. All these things and then there's the more complicated immunity, which is the internal organs and how they function; the spleen, the bone marrow, the delicate lymphatic system throughout her body. So immune impairment is the fifth and extremely important part of the aging product.

Chris And Doctor Mike, where can people find you? I know you've got a great website and they can find more information about your work.

Doctor Mike Right there's a great website: [theseventeendaydiet .com](http://theseventeendaydiet.com), which was launched a couple years back with the initial book; and there are thousands of people who share their experiences, their success, questions get answered about diet recipes, a number of things. And also, my website which is DoctorMikediet.com, and again, very similarly, sharing success stories and I answer questions every day that people have about everyday health issues and things to make them healthier. So the two are very helpful and there links to both as well.

Chris And so I want to ask you about the anti-aging essentials and then I would also like you to talk a little bit about just what do people need to be eating. You know, the word is out that food does impact health and if you want to have any kind insurance policy its going to through what youre eating. So first, let's touch on the anti-aging essentials that you have in the seventeen day plan to stop aging.

Doctor Mike Again, we talked about this at the beginning of the discussion, its about keeping it simple without a lot of stuff in the last several years. So many people have in terms of the economy and jobs and losing on so many things, but one thing we still have control over is our health and when I think to myself, here we are looking at more pills available than we ever imagined, more studies, more blood tests, more imaging tests. I mean, we have so much technology, as it applies to our health, available to us yet every day on the news we hear, over and over, that we're getting to be more and more unhealthy as a society, and those two things just don't make sense. And so, I break it down to really being very, very, basic about building, as I say, your base for anti-aging. The first is movement and I choose toward moving our exercise because exercise to some people can

be, sort of, an inapproachable term and when people think of exercise, they think, "Wow, I have to go hiking, or climb a mountain, or go to a gym with a bunch of people. It doesn't have to be that. It can just be getting up and walking, moving, taking into account what I call neat, N E A T; which are: non-exercise activity thermo genic. Which means, I burn calories through, not necessarily formal exercise, but just moving. You know, we're stuck at desks now e-mailing and texting and, you know, we may want to get up and take a quick walk. You know, even a two or three minute walk or even a five-minute walk. Anything you can do. Find ways in your daily activities to move more. The second one is another real basic thing and that is staying hydrated. We don't drink enough water, and we are constantly looking for a way to get more energy to get through our busy days so we turn to caffeine or products that are sugar booth; and all these things do is cause problems within our body and caffeine can dehydrate us. And so, I think, trying to get six to eight glasses of water in the day. Try to stay ahead of that hydration curve and try to make sure you're getting six to eight glasses of water a day. The third thing I talk about it is just maintaining a healthy weight and the seventeen day diet really led people down that pathway. Its about a range and there's not one weight for every height. It varies with men and women both, but that range is really where you really want to stay and we do that through simple activities, and diet, and movement, and hydration is a big part of maintaining our weight range. The fourth is avoiding smoking. I'll be honest with ya, I should say that is number one, but I'll tell ya, smoking is the single worst thing that people can do to their body and if you are a smoker, I'm sensitive to the fact that it is difficult, it is one of these things that is so difficult to do, but less is better. So one or two less cigarettes a day can mean a big, big difference and the more that you approach declining the amount of smoking that you do, the better. And a single best most important thing anybody can do for their health, if they are a smoker is to cut back. And the last is a basic supplement. And when I talk about supplement, I don't think of the hundreds and thousands of dollars that some people spend every year on supplements and the expensive things that you can buy on TV or online. I'm talking very basic supplements. I'm talking of multivitamins. I'm talking inexpensive, functional, vitamins like A, and C, vitamin D, and E, and amazingly helpful, but these are basic, inexpensive and readily available supplements, but if you work on those five things you really, really establishing that sound sort of anti-aging base that you need.

For more interviews on health, mind, body and spirit go to
[MichaelSenoffsHardToFindSeminars.com](http://www.MichaelSenoffsHardToFindSeminars.com)

Chris And Doctor Mike, one of the things you mentioned in the book that's pretty interesting is you have a lot of different tips; tips for keeping your lungs healthy (Obviously, not smoking is a huge one), keeping your heart healthy, your brain healthy. I'd love if you could share some of those.

Doctor Mike Starting with just the brain healthy thing, my mom is very near and dear to me. My mother, who's eighty six now, will be a seven and March, and physically speaking, she's been extremely healthy. She's always kind of maintained a healthy weight. She walked twice daily, and she's very active. She was a teacher for forty years and enjoyed a fantastic life; raised seven kids; was always very busy and very active, but one retirement hit, she sort of fell into this rut of really not trying different things and really not expanding, so when you talk about it for the brain, its really trying to keep your brain exercised and by that I tell people, "do things that you do daily differently." So if you go to the store every day, maybe take a different route. When you drive to work, or perhaps the volunteer, or whatever it is you may be doing, drive a different way. Eat different foods, listen to different music. Try different hobbies. Its really a matter of exercising your brain and challenging your brain constantly. Other tips that I talk about, in terms of breathing, I'm a big fan of getting those deep breathing, those diaphragmatic breathing you'll hear singers or any coaches. Talk to people to really work on expanding the lungs, but expanding the lungs and stretching them in developing that improve lung capability through these things is increasingly, increasingly just helpful. Strong breathing is one of the things I talk about where you simply pinch your nose and keep lips sealed around a straw and just breath slowly through that straw and just for a minute or so, but it really helps focus your breathing, your muscles, and all of the muscles involved in breathing. You know, simple things. Old-school things like jumping jacks and squats or a simple push-up on your knees on your toes, however simple it may be. Again, very simple thing stretches just like when you wake up in the morning, you know, and I'm forty four and I still crack and pop here and here. I wake up and I just sort of sit there and I rotate my ankles and I rotate my wrist and I just try to stretch simple basic stretches can go a long way. So the book's packed with all kinds of very simple things that people can do to help sort of nurture a lot the organ systems.

Chris Doctor Mike, I love the way you say forty four like you're really old.

Doctor Mike (Laughter) Nah, you know, I just turned forty four and its kind of funny in the book. I was looking at it and when the book was finalized, it says that I'm forty three, but I turned forty four last week so I guess there's an inaccuracy in the book.

Chris So you're still acclimating to the change?

Doctor Mike I want to hold my own with any twenty year old and I think I can just as I teach so many of my patients in their seventies and eighties that can hold their own against thirty/forty year olds. It's all about how we take care of ourselves.

Chris You got some good, healthy heart facts. What do people need to be focusing on besides, obviously, the food issue?

Doctor Mike Heart disease. It's a killer, it really is and it causes so many problems. I mean, tens of thousands of people die from heart attack every day, so watching the sodium foods we talk a little bit about, you know, when you talk about knowing your heart rate. Be enabled. Check your pulse which is really simple. You know, you don't have to go to a doctor to get a lot of this information. They make a lot of little machines now a days that you can check your blood pressure and heart, but knowing where that is being able to do simple exercises that can sort of measure how your heart rate is functioning and where it is functioning at, what level. One of things we talk about is, is knowing what your maximum heart should be and that's simply done by taking the number two twenty and subtracting your age. That's a sort of very basic way of doing it. For moderate intensity activities, you want to get your target rate to be about sixty to eighty percent of that maximum. So it's just basic, learning how to assess your heart function through simple things like that and, again, you mentioned diet and diet when you talk about the amount of sodium that we take in and things like that are extremely important, but I'll tell ya getting that circulation going is so, so critical. I mean, the blood supply getting to organs and delivering oxygen is really what improves the function of organs. And, you know, when we talk about sexual health even and for men erectial dysfunction for the last several years has been a big thing. Most people turn to pills for this. Listen, it doesn't have to be about that. In the end, taking a pill may cause headaches, congestion, and make it feel worse. It's really about exercising; getting that circulation moving in a natural way and just being active. Hydration, again, has a lot to do with the whole cardiovascular nutrition, so stay active and move, and follow some of these simple tips as far as getting your circulation going and knowing your heart and your heart rate. They can go a long, long way.

Chris And Doctor Mike, I want you to at least touch on the four cycle plan and you really spell that out nicely for people.

Doctor Mike So the for cycle plan, it kind of falls on the heels of the four cycle plan for the seventeen day diet, but this four cycle plan is: restore, rebuild, refine and renew. And the restore, which is cycle one, and again, seventeen day cycle, focuses on restoring the health of what I think are the principal organs, those being the brain and the lungs and the heart. And it focuses on those systems to sort of reestablish that foundational for a healthy baseline. Cycle tow focuses is on the digestive system, your immune system, the musculoskeletal system, so the bones and muscles, and the endocrine system, which has to do with our hormones and the delicate impact that the hormone has on all of these systems. These I consider, sort of, secondary system in that you need that first part to be functioning well or at least restored so that you can rebuild upon it. And then the third cycle is what I call refine and refine talks about the reproductive and urinary systems for both men and women, you know, feeling energetic and feeling sexy still, regardless of how old we are. As we get older, it's a time to continue feel as good as we did when we were in our twenties. We talk a lot about urinary incontinent, which is an issue for both men and women. We talk about prostate health for men. We talk a lot about women in menopause and the problems they can encounter and again the focus is through natural effort. It's not about taking pills. It's not about doing anything other than some nutritional tips, exercise tips which is very basic supplement. And then finally the renew cycle, which is cycle four sort of makes you aware and we all know and studies show that people who live longer and healthier tend be happier. They're people who have positive attitudes. They're people who take into account the elements of, sort of, the harmony of the physical with the mental and the physical health with our lifestyle and how we approach our lives in terms of being positive. I love that idea of doing a good deed and, you know, just being aware of our environment has been paid the toll, you know, laughing, talking, having that companionship, whether it a friend, or even a pet. I mean these things are really important, and it's all about maintaining the spirituality along with physical health, but the balance between the four cycles is quite amazing, and, again, seventeen days out of your life is a really small amount of time to pay and when you consider a lifetime most people would be willing to invest seventeen days.

Chris Yeah, and the good thing about that is that you can start the seventeen days over and over.

Doctor Mike We don't all do everything right all the time and, you know, I write these books and I've been practicing for fifteen years and, listen, I still mess up from time to time. And it's not a matter that, you have to be perfect,

because no one's perfect. It's a matter of knowing that when you fall off the wagon, how to get back on and I really feel that both the seventeen day diet and this current book shows you ways to get back on track for the entire body and in seventeen days, you'll feel better about yourself and the nice thing also about the book is it's a test that we have to all want a sort of way to prove to us or show us that, yeah, you know, this does work. So there are ten to fourteen question test that pertain to each organ system and if you do the GED test, you can score them and then simply follow the seventeen day plan, and then I invite people to take the test again and than one hundred percent of the time you will see improvement, if you followed the steps.

Chris Find a support group. Look on Facebook. Find someone in your neighborhood. You know, a friend.

Doctor Mike Absolutely, that's a great point; I'm glad you brought that up. You know, it makes it easier. I tell people make a date with somebody to go out and exercise. Make a date to go for a walk. You know, put it on your calendar. A lot of people just say, "Yeah, I'm going to get to it," and most of the times when you say that we have such busy lives. We oftentimes don't, so put it on your calendar. Make a date and reach out to other people. We all need to help each other in improving our health and I think we can all make some big, big strides in just a short time.

Chris Doctor Mike, I want to tell people one more time, where they can find you. You have some great information and can tell them your website and any other contact info, that'd be super.

Doctor Mike The programs have two websites: theseventeendaydiet.com as well as DoctorMikediet.com. Both of those have links to each other just, basically, a community of people as you just mentioned; people out there who struggle with the same issues and success stories, and questions I get on my blog every day and I answer a lot of questions that people may have and we just need to help each other. So the book's available everywhere on Amazon and, again, obviously through the website. There are links to get to the book purchasing. I want to thank you again and I appreciate the time.

That's the end of our interview, and I hope you've enjoyed it. For more great health related interviews go to Michael Senoff's HardToFindSeminars.com.