

Super Youthening **Live longer. Live younger.**

Super Youthening is a program for harnessing the power of the human mind to induce vibrant longevity in our lives. It can enable us not only to live longer but also to live younger by accessing an untapped richness of energy, happiness and good health.

The concept was developed by mindset guru Julie Hutton, a successful life coach who has conducted in-depth studies of aging research and now teaches her techniques to a growing audience of followers and enthusiasts.

She belongs to the growing school of thought that we are either the victims or the beneficiaries of our own beliefs, both about ourselves and about what it is possible to achieve in life.

Struggling through her own personal health crisis some years ago, she suspected that despair was holding back her recovery and devised a thought process that she believes ultimately healed her.

Investigating and extending her ideas, she discovered powerful evidence of how attitudes affect health and longevity – examples like Nola Ocks who has just graduated from college at 95, Mae Laborde, 98, who took up an acting career at age 95 and 83-year-old crooner Tony Bennett, still happily singing his way around the world.

The power of mind over matter is illustrated in a laboratory experiment where people were told a switch of poison ivy would be dragged across their skin. Even though a harmless plant was used, many of the volunteers developed a skin rash. Similarly, Parkinson's Disease patients who were told that human neurons had been transplanted into their brains – when they had not – showed a significant improvement in their brain and body function.¹

Super Youthening students learn how to adjust their outlook in a way that strengthens their health and youthfulness, leading to a sense of both enjoyment and fulfillment. This ultimately influences every aspect of life – relationships family, business, finances and career – and nourishes your own personal wellbeing and energy levels.

The idea that you are as young as you feel has been around for centuries but it is only now that we are learning how to change the way we feel.

¹ <http://www.newstarget.com/001125.html>