



HOW TO AVOID **DYING**^{FROM} INVISIBLE CAUSES

CAROLYN HANSEN

About Carolyn Hansen

Carolyn Hansen is a noted Holistic Health and Wellness Coach who hails from Whangarei, New Zealand where she owns an Anytime Fitness Gym. She has gained a reputation online as an authority on health, exercise and weight loss matters and is the author of several thousand health and fitness articles along with eBooks and programs that can be found [here](#).



She has devoted more than three decades to the fitness industry, both offline and online, teaching people the simple secrets to getting into better shape, losing weight, and improving health.

Her main goal is to change the paradigm of health care from sickness care to wellness care and will be showing people how to live longer, healthier lives while avoiding the many mistaken beliefs and practices that diminish health and longevity.

She will encourage you to become stronger and stay that way through each decade of your life, maintain your health, wellness and vitality and to ensure your “health span” matches your “life span”.

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Headed For The Pearly Gates

It is very difficult, both emotionally and conceptually, to imagine your own death. To seriously picture your departure from the world and what that would mean for those you leave behind.

So we do not do it.

Instead we put off to a future date the burden of having to face up to the reality of death. On the one hand this seems like a logical course of action. Why dwell on the inevitable when what you have going on in your life right now demands your full attention?

The trouble with this mentality is that it can unconsciously hasten an unnecessary early death. *Your death.*

In this report we are going to look at a few ways this can happen. Learn how death can sneak up on you and take you by surprise.

I encourage you to read every word that follows. The report is short—only 20 pages in length. But there may be something in it which triggers a cascade of reflection and action-taking on your part that could save a life. Very likely, *your life.*

- Carolyn Hansen



How To Live Forever

Most people, when asked if they would like to live forever, are likely to debate the issue a little, then declare “Sure, I don’t see why not?”

After all, consider the alternative that every person who has ever lived has had to eventually deal with—not living forever, not even living to be 100 years of age in most instances.

Science suggests that our bodies are capable of surviving, under the right circumstances, to the age of about 120 years.

Yet most of us will not live much more than half that duration. The lucky ones may achieve three-quarters of their potential, or 90 years. Probably no more than one in ten million will reach their 120th birthday.

But this report is not about reaching your potential. It is about how to survive just the next 5 years of your life.

As odd as it may seem, this goal is WAY more important than living to be 120 years of age. Because it is the pre-requisite of living to be 120 years of age. Or 110 years. Or 80 years...

If you have reached the age of 60 years, or even 50 years, maybe just 40 years, your odds of surviving the next 5 years might NOT be as good as you have assumed them to be.

There are *invisible* forces at play in your body right now that if you were only fully aware of them, would send a chill up your spine.

Let’s take a look at a few of them now.

The Cancer Mill

Cancer may be the most feared of all diseases because it results in slow death and is extraordinarily difficult to treat.



A diagnosis of cancer from your physician, as in the image above, is interpreted by most people as the kiss of death. Although in many cases early treatment can lead to a full remission of cancer.

The statistics associated with cancer are frightening just by themselves. By the time you have reached the age of 65 years the chance that you will have had a brush with cancer is something like two out of three. It is one of the leading causes of preventable death in the modern world.

We tend to regard cancer as a disease of old age, and of bodily abuse. Smoking for example is responsible for 90 percent of lung cancer cases. Prolonged exposure to sunlight can result in skin cancers. Excessive drinking may lead to cancer of the liver...

But even if we lead a relatively clean life cancer may still be on the cards. Setting aside a genetic disposition for disease, there is still the threat of cancer developing spontaneously.

How does this happen?

Cell reproduction is not an infallible process. All that has to happen when a cell divides is that the machinery to reproduce hits a snag and the message to stop reproducing is never deactivated.

This happens more than we realize. But luckily our immune system is ordinarily a very good monitor and takes action when cancer cells are created—putting them down before they can do real damage inside us.

But what happens when we overload our body with incidental or applied stresses that overburden our immune system?

You guessed it. Not every newly-minted cancer cell gets stomped on. Your immune system may still get around to performing its job, if a little later than it should have, but if it is suppressed for any extended period of time—watch out!

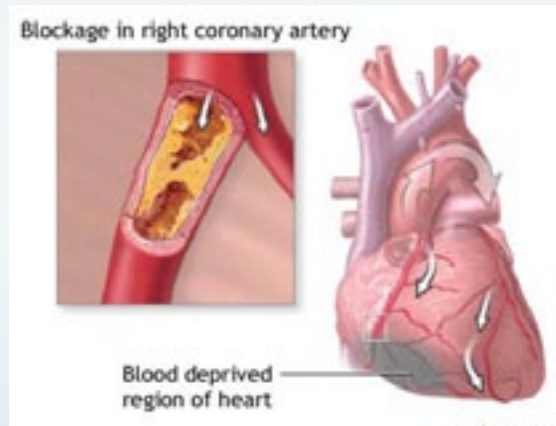
So what can you do to avoid a runaway stream of cancer cells that can blossom into a full-scale threat to your life?

Take better care of your body. It is as simple as that. Eat better quality food so that your immune system can manufacture the antibodies it uses for early cancer cell detection. Reduce your level of stress—a physiological state that can interrupt the normal biochemistry of your body and cause all types of health problems. We will consider the issue of stress in more detail later.

Because the question of how best to immunize your body against cancer is a complex one that cannot be answered in any great detail here, I refer you to my book [Just Say No To Cancer](#), where I have written extensively about this topic.

The Clogged Ticker

Your heart is the one muscle in your body that never stops contracting. From birth to death it pumps blood relentlessly—unless we do something silly and clog up the arterial system that delivers oxygen and nutrients to it.



The trouble is, when this begins to happen we are usually blissfully unaware that the problem exists and that it is growing more dire by the day.

Heart disease is one of the most common causes of early death, and often the first indication that there is a problem is the heart attack that seems to come out of nowhere and either kill us or put us in the hospital.

Heart attacks are the result of a narrowing of the arteries due to plaque build up on the artery walls. The plaque itself is a combination of cholesterol deposits and the white blood cells that the body is using to attempt to clean out the cholesterol build up.

The cause of this plaque build up could be any of the following: high blood pressure, high levels of cholesterol, smoking, high levels of sugar in the blood.

Assuming that diet is one of the contributing factors, to give your body a chance to repair the damage you need to lower your cholesterol levels. One way to do this is to reduce your consumption of all sugary foods.

This includes foods that fall into the category of simple carbohydrates, like bread, cake, pastries, pizza, pasta, potatoes, and rice.

Also reduce your consumption of unhealthy fats, which would include foods cooked in canola oil, margarine, and other vegetable oils. Instead, consider adding to your current diet the following foods which are high in unsaturated (healthy) fats that can help to lower bad cholesterol levels: olive oil, avocados, walnuts, oily fish, nuts, seeds.

Further Preventative Measures:

1. Get vaccinated. In particular get yourself immunized against the flu each year. Researchers in Australia claim that the simple act of [getting vaccinated](#) can lower the chance of having a heart attack by almost 50 percent in middle-aged individuals with narrowed arteries.
2. Quit smoking. If you are a smoker it is important to realize that this is one of the major risk factors for atherosclerosis (artery narrowing). It also raises your blood pressure. If you are a smoker you should quit as soon as possible.
3. Take up exercise. Working out will improve your fitness level and lower your blood pressure. Click here for my [body makeover program](#)

Living Large

Nobody needs to be told that their quality of life suffers when they carry a significant amount of excess fat on their frame. The physical discomforts are too numerous to list, and the mental anguish of trying to return to one's ideal weight can be torture.



But just how damaging is it to be fat? How much risk to one's life are you assuming by simply not living at your ideal size?

As it turns out, quite a LOT.

Men and women are genetically programmed to carry weight in

different areas of their body. Men resist accumulating fat much better than women, but when they finally begin to pack it on it tends to go around their midsection and settle deep inside them as “visceral fat”.

Women on the other hand—to better prepare them for the hardships of pregnancy—tend to gather fat near the surface of the skin in the area of their hips, butt, and thighs. We call this “subcutaneous fat”, and if you are going to carry fat, this is the preferred way to go about it, situating the fat far away from the internal organs where it might do damage.

Later in a woman's life though, when she has reached menopause and lost the fountain of estrogen that normally shuttles fat to the lower part of her body, fat goes to the midsection, just like it does with men. And just like with men, her risk of chronic disease goes up due to the presence of this visceral fat.

Why is visceral fat so bad for you?

Because it is biochemically active. As a whole it has more the nature of a hormone-producing organ than an inert blob of tissue that simply stores energy. Visceral fat surrounds your critical organs, like the liver, and secretes compounds that affect the hormonal balance of your body and upset your metabolism.

For example, in both women and men visceral fat is implicated in the development of type 2 diabetes, where your body becomes increasingly less responsive to the action of insulin—the hormone that regulates fat deposition.

Visceral fat is linked with the development of cancer as well—with the evidence suggesting it causes breast cancer in women, and prostate cancer in men.



Visceral fat drives up your risk not only for diabetes and cancer, but high cholesterol, heart disease, stroke, and possibly dementia. In short, carrying fat is bad business, regardless of whether you think you

are “doing OK” so far or not. You cannot easily detect the influences that this bad fat is having on your long term health, which is what makes it so insidious.

How big of a belly is *too big* when it comes to sizing up the extent of the problem? Waist circumference. Greater than 35 inches for woman, and more than 40 inches for men suggests increased risk for all the health complications that can arise from carrying visceral fat.

So what can you do to reduce your health risk due to belly size?

Best Belly Fat Busters

1. Better nutrition. Without a doubt the FASTEST way to get at belly fat is to change the type of food that you are putting onto your plate. 70 percent of your fat loss success will come from making the right decisions about what you put on your plate. To get the full story on the best approach to food, see my program [21 Days To Healthy Eating](#)
2. More physical activity. But not just ANY physical activity. To help multiply your fat loss efforts I strongly recommend adding strength training (muscle building) routines to your workouts. For a complete abdominal program I offer [Claim Your Six Pack Abs](#)
3. Stress reduction. Stress is known to directly increase belly fat. Stress is discussed in the next section in more detail.

The Stress Connection

Perhaps the greatest invisible threat to your health comes in the form of one that is only imagined. And yet the damage it does to your body is every bit as real as a cancerous tumor or a clogged artery.



Stress has the potential to not just harm you. It can literally cause you to fall over dead.

Stress is our bodily response to a perceived threat—one that may or may not be real.

From an evolutionary point of view it was very advantageous to develop a “fight or flight” response that we could instinctively fall back on when presented with imminent danger, like the appearance of a sabertooth tiger in the vicinity of your being.

Because of this adaptation, at a moment’s notice the adrenal glands will pump out the adrenaline hormone to allow you to gain access to a large reservoir of energy to use to fight your way through to safety. At the same time, another hormone is produced to recoup your energy expenditure by ramping up your appetite for high-calorie foods.

Cortisol is the hormone secreted to do this second job.

The problem with modern life is that while we get minimal exposure to real life-threatening scenarios, we are subjected to a more or less continuous bombardment of imagined threats that keep the cortisol flowing around the clock.

Work stress is a HUGE problem for many people. Unfortunately, it is also one of the most difficult sources of stress to get away from.

This was confirmed when a study was carried out on 28,000 British civil servants in the latter half of the 20th century. Researchers studied the effects of stress on job performance. They were expecting to find that the better your job rank in the corporate structure the more stress you would have to deal with.

But it turned out that the results were inverted. The lower you are on the totem pole of job responsibility, and the less control you have over the people around you, the greater the levels of stress you feel, and the more belly fat you tend to accumulate.

This is because in addition to making you feel like crap, cortisol stimulates the uptake of fat in the cells of the abdominal region.

Mortality rates among the least affluent working class are the highest and stress is to blame.

While no boss has the power to end your life, most do have the power to increase your overall level of stress to the point that your body is incapable of withstanding a direct physical challenge, like running half a block to catch your bus, or standing up to your spouse when they accuse you of keeping them in poverty by spending inappropriately week after week.

Stress can literally speed up the thickening of plaque deposits on artery walls and put you directly in the path of a fatal coronary challenge when you are not expecting it.

So what can you do to reduce the levels of stress in your life?

How do you de-escalate your odds of dropping dead when the office manager sidles up to your desk and asks you to explain why your job performance just isn't cutting it the way it once did, and why shouldn't he off-load the work to a new hire and eliminate your job altogether?



Yes, you may want to punch him in the nose, and that might be a great way to let off some steam, but the odds are you won't. Instead, you'll suck it up just in case you decide you want to keep your

job rather than have to deal with the stress of finding a new one...

First and foremost in the war against stress is to recognize that it is a real problem. Too many people have no idea just how powerful the mind is in this regard.

But in the same way that your mind can get you into trouble, it can also get you out of it.

To this end, the ability to develop a "thick skin" is very useful here.

When others make comments that reveal their stupidity, apathy, ignorance, and short-sightedness you should simply allow their remarks to bounce right off you.

Never invest too much emotionally into the prerogatives of those that you will be parting ways with at the end of the day. People love drama, but you do not have to buy into their angst.



Instead, use your social connections to dispel stress.

Laugh about the bizarre behavior of others rather than bottle up your frustrations. Will this make you seem a little callous? Perhaps. But at the end of the day you will be going home stress-free and you will live to fight another day rather than crumple into a ball of nerves at the first instance of domestic tension of any type.

Let's face it, if you have to get stressed out, you might as well waste your stress on the people who matter—the ones you live with!

Having said that, there is nothing more stressful than having to live with someone that should no longer be in your life. I would never dare to offer advice about someone's domestic relationships. But honestly there is no more important place to make stress-free than your home!

OK, before I wrap up this section let's have a quick look at some other ways to bring down stress levels.

Stress Relief Strategies

1. Increase social engagement. The mere act of sharing your daily woes with others is a great way to bring your troubles down to size and put them into perspective. Once you realize you are not the only person to have to deal with crazy situations and people you will feel a lot better about your lot in life.
2. Do more physical activity. Once again, exercise comes to the rescue. Adding moderately intense physical activity to your life is a great way to lower the level of circulating cortisol in your body and decrease stress.
3. Watch shows that make you laugh. It is very difficult to laugh and also be stressed out at the same time.
4. Get more sleep. Lack of sleep is a great way to amplify the little stresses in life and make them seem intolerable. If you are sleep deprived, look for ways to hit the pillow sooner. A great night of sleep can make a world of difference to your outlook on life.

5. Eat better. It may sound strange to hear nutrition mentioned when it comes to stress reduction. But one of the consequences of high stress is that your body prioritizes the production of cortisol over the synthesis of other important hormones that your body needs to properly regulate itself.

For example, in women the hormone progesterone produces a Valium-like stress-lowering effect on the brain. But this psychological cushioning is suppressed in the high-stress state because cortisol “steals” nutrients from the progesterone production line. Eating a diet high in healthy fats and other omega-3 rich foods, such as fatty fish like salmon and tuna, helps to counteract such effects.

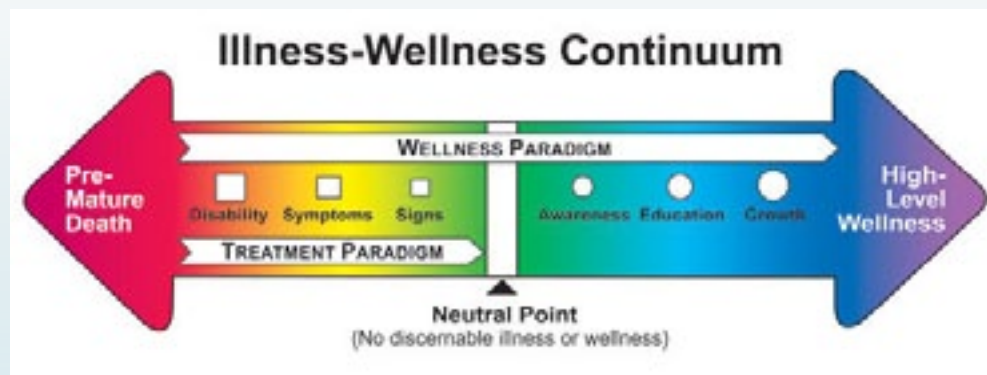
Of course, one well-recognized consequence of high stress is the development of cravings for “comfort food”. These are typically foods that are rich in simple carbohydrates and which flood the brain with serotonin shortly after ingestion. The trouble is, these are some of the worst foods you can eat because they are fat-storing foods. The end result is belly fat accumulation and worsening health issues.

Instead of reaching for a slice of cheesecake to make yourself feel good, a much better solution is to make your own healthy snacks.

These not only taste great, and provide the sought after mental relief, they are also nutritious. In my books [100 Healthy Raw Snacks And Treats](#) and [50 Healthy Raw Desserts](#) I show you how to create snacks and desserts that satisfy these exact demands.

Summary

As I mentioned at the start of this report, we all want to live as long as humanly possible, but few of us take the time to carefully consider the health risks we may be harboring that could kill us at any moment.



The “hidden dangers”, several of which I have now outlined for you, are ever-present and we all need to be more mindful of them.

One of the take away messages from this report is that better nutrition and a solid program of physical exercise appear in ALL of the proposed risk reduction strategies.

This is no accident. These two approaches are the cornerstone of all modern self-care health programs for the simple reason that they work.

But we tend to forget this and instead allow ourselves to be indoctrinated by the “common lore” that says old age and decrepitude is the expected result of the passage of time.

Should we just accept that we grow old? Accept that we should try to do it gracefully, and when “retirement” approaches, not fight it, but get out of the way of upcoming youth and just embrace the reality of inevitable decline?

Well pardon me, dear reader, but I say “screw all dat”.

More and more we are discovering that ageing and vitality are not mutually exclusive domains. Is it any accident that the period in our lives that begins the slow decline of the body takes place right after we have secured the well-being of the children that will take our place?

Of course not.

So long as our bodies are subjected to the kinds of “strength signals” that come from toiling to secure our place in the world, they remain strong and vital. Once you take away this imperative, they gradually let go. Muscles slowly dissolve, fat creeps onto the body, the mind loses its sharpness and flexibility.

But for the most part your body has NO idea about the passage of time. It gets its “aging” signals from the amount of physical exertion it detects from one day to the next.

This simple observation is the KEY to extending not only the quality of your life, but the length of it. This is how you move toward the realization of the full allotment of years you have programmed into you.

I for one am absolutely intent on collecting every one of them before my time is up!

I hope you are too, and if this sounds like something you want to learn more about how to achieve then I encourage you to stay signed up to my newsletter.

Whether you are 30, 50, or 70 years of age, my goal is to help you make it to 80 years of age, even 90 years of age, and yet still have the body and mind of 50 year old.

Does that sound crazy?

If it does, I am OK with that. It is the “crazy people” throughout history that have dared to say “what if” and then throw themselves forward where others have dared to tread.

Every day I push my body and I refuse to allow myself to give in to the fear that I might one day damage it by being too aggressive. What, after all, is the alternative? To accept the idea that somewhere a rest home awaits where a chair with my name on it has been placed carefully in front of a sunny window looking out on a picturesque garden? Is that what fate has in store for me?

Not if I have anything to say about it!

The way I see it, life does not exclude the possibility of a disease-free and highly functional life regardless of the number of candles on your birthday cake. You just have to want it bad enough to go out and claim it.

If it sounds at all like I believe old age can offer the same kind of excitement that we came to expect of our youth, and be just as much of a journey of self-discovery, then I have managed to get at least a little of my message across.

In the days, weeks, and months to follow, I'll fill you in on more of it.

Thanks for taking the journey with me.

If taking advantage of the opportunity for a better life sounds like something you'd like to benefit from then come check out my "Healthy Self Healing" program.

Allow me to help put you on the path to greater well-being and build a stronger body with greater resistance to the prevalent modern diseases that can negatively impact our lives, sometimes without warning.

Click here for my full healthy [Self Healing Program](#)

Let me help take you to a healthier place.

For more tools and resources from Carolyn Hansen to assist you in attaining your goals and achieving the success you desire in life, please visit:

[Carolyn Hansen Fitness](#)