



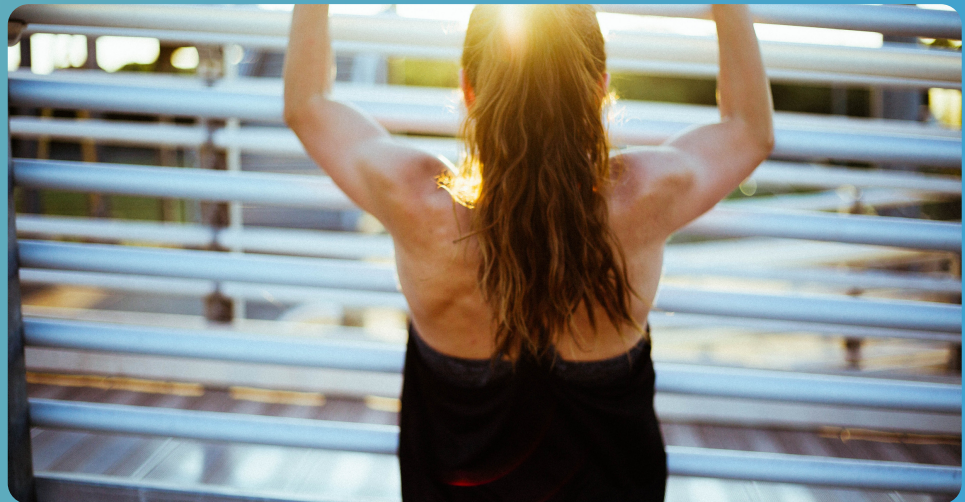
# 5 SECRETS OF ANTI-AGING

with Zen Wellness

By Michael Leone and Jason Campbell

# WELCOME!

I am going to share with you a **powerful, ancient technique** that has been scientifically proven to slow down the aging process, reduce levels of the death hormone (cortisol), increase levels of serotonin and dopamine (the feel, good happy chemicals the brain produces), and **give you more clarity, mental focus, create more energy and feel happy.**



The average American has a biological age that is **seven to 10 years older than their chronological age**. That means if you've been on earth for 50 years, you're walking around in a 60 year old body!

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## SOME OF THE MOST COMMON INDICATIONS OF ACCELERATED AGING ARE:

- Loss of energy
- Weight gain
- Irregular bowel movements
- Inflammation and chronic joint pain
- Irregular sleep
- Anxiety or depression
- Lower libido

It is common to see the negative and stressful effects of this in everyday life, at work and with friends and family.

Have you experienced any of the above??

**If you answered yes to any of these questions, you are not alone.**

We are now seeing the effects of accelerated aging in epidemic proportions!

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## THE STATISTICS ON MEDICATION USAGE AMONG ELDERLY PATIENTS IN THE US ARE EYE-OPENING:

- More than one-third of prescription drugs used in the US are taken by elderly patients.
- The average prescription use is 9 to 13 prescriptions a year.
- The average elderly patient takes up to 5 prescriptions on a daily basis.
- The average person spends up two-hundred-thousand dollars in insurance co-pays during the last twenty years of their lives.

**What is causing this?**

**Let's find out and take a look at the 5 secrets...**

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# SECRET 1: THE CULPRIT

There are many factors to accelerated aging, but if simplify, we can point to one culprit:



## CORTISOL

Some call it the stress hormone, we at Zen Wellness call it...

The death hormone!

**Cortisol is a major factor in accelerated aging.** It is the silent, slow killer that is plaguing Western civilization. The secret to anti-aging is found in its cause, chronic stress.

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# SO WHAT'S THE SOLUTION?

Actually, it's surprisingly simple.

Many thousands of years ago the ancient Masters said:

"Move like a river stand like a mountain, sit like a stone to remove 10,000 diseases."

What does this parable mean?

Let's look at a principle that the ancients called "**The 3 Treasures**":

- We have the body, which is matter
- We have energy, which includes the breath, and the emotion
- We have consciousness, the spirit

Any complete wellness or anti aging program has to take into account all three.

If you only focus on only one of these 3 aspects, like exercising but not managing your energy (emotions) or consciousness (mind or spirit), it's like going to a gym and developing only one bicep...

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# SECRET 2: MOVE LIKE A RIVER

**Move like a river means to move your body in a smooth continuous motion.**



This is the secret to stimulating your lymphatic system which is how we remove cellular waste.

If we don't actively pump the lymphatic system, we bathe in cellular waste accelerating the aging process.

A smooth continuous motion is hard to achieve unless you have a movement routine designed to move waste out of your body. Move

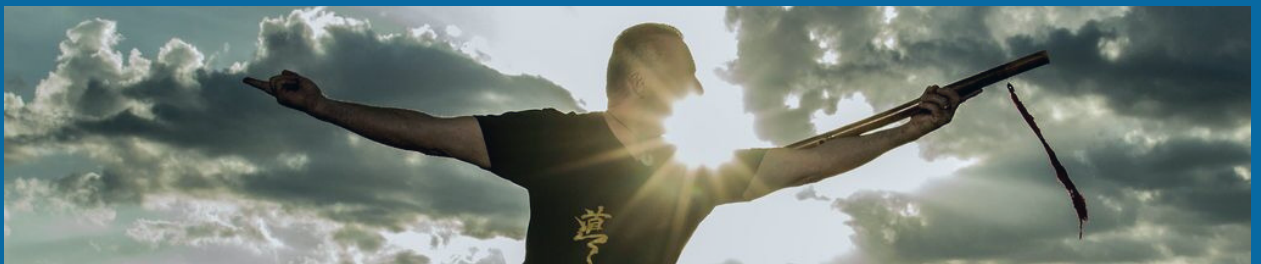
This discipline can also help with sleep, digestion and overall energy level.

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# SO WHAT KIND OF MOVEMENT?

**The accumulation of cellular waste is a major factor in accelerated aging.**

**The key to stimulating the lymphatic system is keeping the heart-rate at an average of 60 beats-per-minute as we move the upper and lower body in a smooth, flowing motion.**



Some people try walking, others try running or aerobics. Those are both better than doing nothing, However, for the best results, you want something that combines flowing movement for mobility, stability and grace, combined with coordinated breathing and intention. To be more enjoyable (and to make easier), this is best done to custom music.

**We accomplish this by doing the Zen Wellness Moving Meditation.** Timing is everything. We have composed music that keeps you moving in-time in order to optimize the heart-rate and harmonize the mind, body and energy.

The music has its roots in the traditional temple block and bell method used for centuries in the far East, and is simple to learn. **We take principles from Tai Chi, Qigong, Yoga and western medicine, and create 5 minute routines (each with a 5 minute song) to make this process easy and enjoyable.**

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# SECRET 3: STAND LIKE A MOUNTAIN

**When you think of standing you usually think of passive or unconscious standing. We stand casually, like we stand in line, or lean on a counter.**

Unfortunately, this leads to fatigue, poor posture and joint problems. Have you ever gotten really tired standing?

**To “Stand Like a Mountain”**  
**You use correct body alignment, breath, and intention to increase energy and slow down aging.** We do this through a particular way of standing meditation.

The bio-electric energy that keeps us alive is called Qi. (This is the same principle that acupuncture is built upon.) An “active standing” practice stimulates and strengthens the circulation of Qi, strengthens the central nervous system and cleans and expels toxins.



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# ACTIVE STANDING

Active Standing is a powerful tool in reducing biological age. The most obvious benefit is the rapid effect it has on posture (one of the major indicators of biological age.)



Focus and breath are the keys to active standing. **When the body is correctly-aligned for three-minutes or more, Qi (bioelectric energy) is activated and begins to circulate.**

This is when the practice of focusing and leading the Qi begins. We all have heard the saying: “mind over matter.” This is exactly what happens as we build the psychological-muscle to overcome our reaction to emotional and physical discomfort. Developing this skill allows us to cut off at the pass the mental-reaction to the three “poisons” of: attachment, resistance and judgement, which are the seeds of stress.

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# SECRET 4: SIT LIKE A STONE

This is referring to sitting meditation.



The challenge is that so many people try it and fail at it.

Why?

Usually because there is not a clear, simple system to succeed and get the benefits of meditation. **Often, failure with meditation turns into a source of stress, having the complete opposite effect of the original intention!**

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# ZEN WELLNESS SEATED MEDITATION

The Zen Wellness Seated Meditation process is a product of over 25-years of teaching thousands.

- Stressful, random thoughts produce death hormone
- **Deliberate, positive thoughts produce dopamine (the happy-healing hormone)**



Our busy Western lifestyle does not lend itself to sitting on a mountain-top, or in a monastery, for ten-years to find that one moment of Zen, satori, or enlightenment.

**The secret to the Zen Wellness Seated Meditation Method is to simply sit and focus on the custom music.** Connect your breathing with the timing of the bell to regulate your breath, which settles your emotions. Doing this for five-minutes a day, or in 5-minute breaks throughout the day will change your life.

**Yes, it's that simple!**

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# SECRET 5: TRY THIS SIMPLE 5 MINUTE MEDITATION (WITH MUSIC)

**Try this simple 5 minute discipline:**

**Be still, close your eyes and play this 5 min track.**



When you hear the bell, inhale. When you hear it again, exhale.

Ask yourself this question: I wonder what thought I am going to have next. Then observe your thoughts.

See if you can have a moment of "not thinking."

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# DID MEDITATION FEEL HARD? YOU'RE NOT ALONE.

So the secrets to anti aging are to be found in sitting, standing and moving. **The simple, 5-minute meditation exercise (with music) can reduce stress, slow the aging process and create more space between "action" and "re-action." In other words, you become less reactive.**

**Is it that simple?  
Well, yes and no.**

By quieting your thoughts, strengthening your psychological-muscle to handle emotional and physical discomfort and moving your body in smooth, fluid motions will begin to **reverse the effects of your advanced biological aging caused by the death-hormone, cortisol.**

The science is deep vast and very complex, yet doing the practice is easy. What we've done is make it super super simple for you.

This process is the foundation of self care, combining the body, the breath and in-tention to ease tension, increase energy, mental clarity, and overall happiness.

Watch the Companion Video here:

**5 Secrets of Anti-Aging**

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# CASE STUDIES

**We have thousands of case studies with our members (we have been doing this for a very long time).**

**Here are a few recent examples:**

Barbara, a 56 year old school teacher, works long hours, always exhausted, has trouble sleeping and is in a constant state of mental overload.

Her complexion is pale and has rings starting to form under her eyes and was diagnosed with early indications of kyphosis (poor posture.)



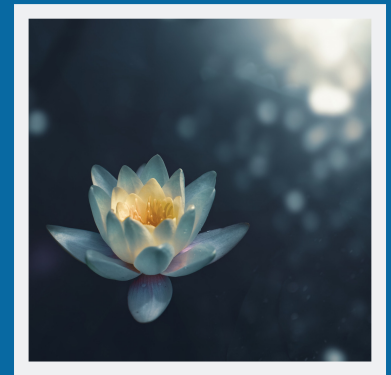
After 6 weeks of Zen Wellness (sitting, standing and moving practice with music) she reported **she has better and deeper sleep**, there is a more radiant color in her face, the black circles under the eyes are less apparent and she feels less stressed and **better able to manage stress at work.**

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# CASE STUDIES

Lisa, a 48 year old realtor, came in with muscle and joint pain, fatigue, and fibromyalgia (chronic inflammation) and on a lot of prescription medication to manage the muscle and joint pain)

Her daily practice manages the pain and inflammation, **she lowered her pain medication and her energy level increases.** Perhaps most importantly, her outlook on life has changed since she now has the tools and has been empowered to manage her condition.



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Kevin is a 51 year old entrepreneur. He was 20 lbs overweight, had low energy, low libido, knee and lower back pain. Experiences “no time”, high stress with a very tight schedule. He has never “had time” to take care of self, has tried mediation and failed, and tried the gym and hurt his back.

After 8 week of the Zen Wellness system: He noticed was **his knee and back pain started to go away, experienced some weight loss, increased libido and has less stress.** He now loves meditation and takes 5 minutes meditation breaks (with music) during to day to be more effective as the leader of his company.

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# ABOUT THE AUTHORS

## Master Teacher Michael Leone



Michael Leone has over 40 years of martial and healing arts experience. He is currently the Medical Qi Gong Director of the Zen Wellness Center in Sun City West, Arizona. Michael has owned and operated martial art studios, Zen Yoga and Zen Wellness centers and is the author of the highly acclaimed book "The Zen Wellness Self-Care Solution". He is currently registered as an 8th degree Grand Master Instructor with the United Martial Arts Association of America and one of 14 Chief Master Instructors in the International Doh Yi Federation.

Michael is a Doctor of Oriental Medicine and has been studying and practicing Chinese Medicine for over 20 years. He graduated from the Academy of Chinese Medicine in China in 2009. Michael has been teaching full time for over 30 years and has trained thousands of students and instructors.

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# ABOUT THE AUTHORS

## Master Teacher Jason Campbell

Master Campbell's unique perspective on health, wellness and spiritual growth comes from his lifelong study both of music and the ancient arts of Taoist health and medicine. His meditation and Zen training began as a child through music. His whole adult life has been an effort to combine eastern arts, meditation and music.



A 7th degree black belt and Zen Wellness Master Teacher, he has trained with many masters and grandmasters in meditation, tai chi, qigong, kung fu, yoga and Taoist medicine. He has been teaching the eastern healing and spiritual arts for over 25 years and currently owns and licenses Zen Wellness Centers with headquarters in Phoenix.

He has released 9 albums (for meditation and wellness) with #1 hits on Billboard and Amazon and has opened meditation to thousands of people who have never done it before or who have tried meditation and have failed in their effort to simply sit still and clear the mind.

His music is being used in Hospital ER's, yoga studios, wellness centers, therapist waiting rooms, and hospices to relieve stress on families and reduce end of life drug use. It is currently being used in a pilot program in South Carolina to teach prison inmates how to meditate

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# CONTACT

Watch the Companion Video here:

## 5 Secrets of Anti-Aging



For more information:

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