

“This book is a tour de force; a rich blend of ancient wisdom and modern science. Take the time to read it thoughtfully.” – Dr Nick Read MA, MD, FRCP, Nutritionist & Psychotherapist, Author Of ‘Sick And Tired. Healing The Illnesses Doctors Cannot Cure’.



T O O
YOUNG **TO**
GROW **OLD**

TAKE CONTROL OF YOUR HEALTH NOW!

• De-stress • De-tox • Re-charge • Stay Young •

ANNE-LISE MILLER

Too Young to Grow Old

FOREWORD by Professor Nick Read

ABOUT ME by Anne-Lise Miller

WHEN DO WE START TO GROW 'OLD'?

PART ONE: TAKE CONTROL!

What is 'Good Health' anyway? 2

We are more than the sum of our parts 8

No more 'diets' 14

Measuring up 22

PART TWO: CHECK INTO THE STRESS CLINIC

Breaking free with mindfulness 30

Choice is our most powerful asset 34

Matching goals to personality 46

How to be our best ally 58

PART THREE: CREATE HEALTH FROM WITHIN

The drive to thrive 72

The small but mighty cell 74

The four pillars of health 78

Design your own anti-ageing plan

Detoxification: Why less is more 82

The Detox Plans 104

Inflammation: Putting out the fire 114

Colour Therapy: A quick guide to antioxidants 122

Gut Flora: Making friends of our tiny warriors 128

Sugar Dependence: Burning fat for a change 142

Exercise and making it worth the effort 150

PART FOUR: MAKE VITALITY LAST

Short-term goals and long-term benefits 154

The 10 principles of choice 155

PART FIVE: PLAN FOR YOUR NEW LONG LIFE

Tips to defy ageing 182

Strategies to get you through 184

The 7-day back-to-health eating planner 186

Putting it into practice: Real case histories 194

PART SIX: RECIPES

Detox Juices and smoothies 206

Potassium broth 209

Fermenting foods 210

Basic Bread, muffin and wrap recipes 214

Anti-inflammatory and cardio-vascular health 220

Prostate health 224

Strong bones, nails and hair 228

Easy menopause 232

Mood and brain boosting recipes 236

INDEX 240

ACKNOWLEDGEMENTS 246



FOREWORD



When I was a medical student in the 1960s the diseases we studied were the old ones: infections such as tuberculosis, smallpox, poliomyelitis, diphtheria. We don't see those now; vaccination, hygiene, and antibiotics have all but eradicated them. Heart attacks, cancer and stroke are now the major killers, but were they always there waiting to strike if people lived long enough – or is there something toxic about life in the 21st century?

As those major infections have faded from the developed Western world, doctors and their patients have become more sensitive to 'stress-related', 'lifestyle' and auto-immune diseases. GPs' surgeries and out-patient clinics throughout the UK are crammed with people with hay fever, asthma, coeliac disease, diabetes, irritable bowel syndrome, lupus, autistic spectrum disorder, depression, Crohn's Disease and a plethora of other allergic and immunological diseases, some of which were unknown 50 years ago.

“40% of the British population now consider themselves to have a long term illness, 60% are overweight.”

Millions of people are racked by back pains, tormented by abdominal gripes, alarmed by ringing in their ears, tortured by headaches, exhausted by sleep deprivation, frustrated with constipation, debilitated with nausea and faintness, overwhelmed by the burden of obesity, terrified by shortness of breath or palpitations or just too sick and tired to cope. Such everyday illnesses may not kill them but they seriously compromise their comfort, mobility, pleasure of eating and social interaction. Too many people, it seems, are getting old before their time.

Disease occurs as a result of the interaction between us and our environment. The changes that have occurred in the way we live, the food we eat, the work we do, even the air we breathe and the water we drink can alter the expression not only of our human genome but also the far greater number of genes that encode for the metabolism of the myriad micro-organisms that live on us and inside us. Together these affect the sensitivity of our immune surveillance and our neuroendocrine control, resetting the function of our mind and body and releasing a new kind of malaise, for which traditional medicine, a pill for every ill, no longer applies.

In her book, *Too Young to Grow Old*, Anne-Lise Miller proposes that modern illnesses are the interaction of the changes induced in our bodily systems by our food, our activity, the stress we are under, our beliefs, the toxins we consume and the medicines we take. Health, she asserts, is no longer the prerogative of health professionals. 'Health' services are not good at keeping people well. While they may claim to promote 'evidence-based' healthy solutions for individual systemic illness, 'we are all vulnerable to the influence of externally validated truths'.

The strength of this attractively presented oeuvre is its philosophical approach. Health and wellbeing, Ms Miller asserts, is our own personal responsibility, a matter of choice, an ongoing process of adapting our beliefs and behaviour to the changes that occur in our lives, realising our creativity and changing the outcome.

Too Young to Grow Old offers a smorgasbord of practical solutions. These include advice on sleep hygiene, exercise, stress management, healthy eating, the balance of work and life, creativity, nature and the environment and ways to facilitate the elimination of toxins that accumulate in our bodies as a result of the way we live. Treatment of lifestyle illnesses do not have to be about deprivation. We can discover pleasure and a sense of balance in a positive and healthy approach to eating, exercise, work and society.

This book is a *tour de force*; a rich blend of ancient wisdom and modern science. Take the time to read it thoughtfully. Explore the sections that resonate with you, take from those the ideas that seem to help, engage, realise less is often more, commit to meaningful change, but pace yourself, allow time to make it a habit, find your own way. Living longer need not be a gradual deterioration in function and wellbeing, it can be a celebration of wisdom and experience and the youthful vitality to enjoy them.

Dr Nick Read MA, MD, FRCP

Gastroenterologist, Physiologist, Nutritionist, Psychotherapist.
Author: *Sick and Tired. Healing the Illnesses Doctors Cannot Cure.*

ABOUT ME



I was born in Paris 50 years ago at a time when French society had recovered from the ravages of war but before cultural fragmentation and the rise of feminism. French identity and values were based on socialism, equality and the comforting gift of philosophy shared among friends – usually enjoyed with the help of a good bottle of wine and delicious home cooked food.

I came to London to study contemporary dance when I was 19 and I discovered the British culture with its quirky individuality, feminist views and exotic multi-cultural society. It may seem odd now, but in 1983 the clash was spectacular. It challenged and irrevocably formed my identity. I discovered wholefoods and vegetarian

restaurants; alongside white sliced bread, tasteless iceberg lettuces and fruit sold by the piece – unheard of in France at that time!

Dance turned out to be my therapy, but not my passion. Through it I realised the pitfalls of pursuing looks and ideals instead of health; and felt the pain of trying to conform to standards that were neither my own, nor physically possible. I smoked, drank a lot of coffee and my body ached most of the time. For a few years, I went on fighting the image I stared at daily in the huge mirrors of the dance studios until the day I decided that this was not for me and I set on the journey towards my true vocation.

With dance I had developed an acute awareness of my body and the kinesiology of movement – or more precisely how proper alignment guarantees the minimum effort for the maximum impact. Muscles had to be coordinated and balanced to ensure optimum result. I began to study physical therapies and discovered that I could physically tune into a client's muscles when I massaged them and receive a multitude of silent information. I would get to know the person through their tension and the response of their body to my touch. I could help and guide them, but I could not do it for them. Each person had to find their own path and their own realignment, but I had found my true vocation. In 1992, I undertook two-year training in Systematic Kinesiology with Brian Butler and gradually realised that the principles of self-adjustment and balance could also be applied to personality and life-style. I eventually developed my own way of working and supporting my clients to reclaim their health through better self-awareness, lifestyle choices, dietary adjustment – and regular detoxes.

In 1998 I opened a detox retreat in Scotland with my husband at a time when

the concept had not yet been born. I became privy to the extraordinary healing potential of fasting and detoxing. People would transform before our eyes in a matter of days. The following 15 years I spent in Scotland were a great opportunity to experiment on my own health, and learn from the numerous guests who came to stay with us.

Today I can sincerely say that I feel healthier than I was at 20, my body is stronger and pain-free, my weight stable and my moods far more consistent. I have found strategies to control my weaknesses and feel more confident in my strength. The wisdom of self-knowledge is undoubtedly the product of time, but too often what we gain in wisdom we lose in vitality. I am convinced this does not have to be the case.

A few years ago I was diagnosed with a rare genetic disease which, I was told, would result in blindness akin to macular degeneration and unavoidable with age. The signs were all there in my retina and two years ago my vision was affected by black spots and wavy lines. I was told that the condition was in my genes and that because of my age more deterioration was inevitable and I would have to accept it. Instead, despite my parents' concern I challenged the doctors' prognosis and faced my own fears. I increased my antioxidants, removed gluten from my diet and detoxed my liver – nothing too extreme – but six months later I was rewarded with straight lines and no black spots. I still remember the day I looked out of the window and it dawned on me that everything was clear and at last my vision was normal.

So many of the people I have accompanied along the way of health recovery have encouraged me to write about my experience and approach. It is to them, and the many more who continue to regularly consult me in London and take part on my week long detox retreats, that I dedicate this book.

Anne Lise

“I was struggling to collect my thoughts, had terrible aches, was putting on weight. Life was a constant struggle. Anne-Lise explained that by changing a few simple things in my diet, and by taking some extra supplements life would improve. It did!” – Alyson Hamilton, 62

FEEL WELL, FEEL FIT – WHATEVER YOUR AGE!

Why do so many of us believe that growing older means we must accept a gradual loss of health and wellbeing?

In this ground-breaking new book, respected health practitioner **Anne-Lise Miller** shows WHY we don't need to accept that ageing and worsening health go hand-in-hand.

Minor ailments such as 'brain fog', feeling tired, headaches, sleeplessness, constipation, aching joints, weight gain and low libido are common symptoms that many of us consider inevitable as we grow older. But if allowed to continue they can lead to more serious problems such as diabetes, dementia, heart disease and cancer:

Anne-Lise Miller is a nutritionist and complementary health therapist of 30 years' experience. She challenges the myth that we must accept the 'symptoms of age' and explains precisely how we can take control of our own good health. This book is the result of her hundreds of clients begging her to write a book about her systemic approach to health.

STAY YOUNG, VIBRANT & HEALTHY

In this book Anne-Lise Miller:

- Challenges the belief that health wanes with age
- Shatters the myth of the 'healthy diet'
- Gives comprehensive nutritional information about everyday foods
- Explains why organically farmed food is beneficial
- Explores how our emotions affect our health and wellbeing
- Demonstrates how taking control of our health brings extraordinary rewards
- Gives detailed plans for detoxing your liver, kidneys and gall bladder
- Provides recipes and juice combinations for healthy heart, prostate, and brain, plus foods to improve memory, and to relieve symptoms of the menopause

ISBN 978-1-910406-30-4



9 781910 406304 >

FISHER KING PUBLISHING

