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### **What is Anti-aging Life Coaching?**

Anti-aging Life Coaching is knowledgeable preventive health care counseling by phone. It empowers the client to make healthy, self-affirming lifestyle choices to restore youthful energy and appearance. These positive changes start simple habits which automatically provide preventive care for the health of the client. As the client embraces these practices, the client's energy increases, and the client's skin, eyes, and hair show this higher energy. The client looks visibly younger, and can live a healthier, happier and more vibrant life. Regular phone sessions give the client objective feedback about the progress made, and encouragement to continue making healthy choices. Simple, appropriate goals are set and monitored in future sessions.

With the aid of a higher power energy field held by the practitioner as a result of many years of self-practice, the unconscious mind of the client experiences a higher power state (this distant energy work happens just as effectively over the phone as in person).

This awareness in the client is the key to help the client step out of negative engrained emotional patterns.

The client and therapist set an intention for each session. Lifestyle coaching empowers and encourages the client to develop a simple daily practice. Once the client takes this first step, the reinforcement of the daily practice accelerates the healing process. Just like compounding interest in a savings account, small improvements day by day accumulate greatly over the years. Clearing the emotional patterns held in the body, healing automatically occurs in the body, because the client is making life-affirming choices every day.

Many of the techniques used as part of anti-aging life coaching are very old, and have lasted because they work. They encourage the natural healing processes in the body instead of suppressing symptoms. Using Western medicine to attempt to fix the body when disease is already well established merely alleviates symptoms (drugs, radiation, surgery and other mechanical Band-Aids). This is equivalent to cutting the wires to a flashing warning light on a car dashboard, and assuming there is no problem when the flashing light stops.

### **Benefits of Living an Anti-aging Lifestyle**

As I have practiced natural anti-aging over the last thirty years, I have found some techniques are effective, while others are not. For example, many people believe that supplements are all they need to stay healthy even with an unhealthy, acid-forming diet, and little or no daily exercise. I have found that my energy level and health have not improved at all when using a variety of supplements. This is most like due to the fact that commercial vitamins and supplements are often isolated chemicals. In nature, each vitamin has many cofactors which are necessary to work with the vitamin. Many minerals are very hard to absorb directly, for example calcium and magnesium. Although plant based vitamins and chelated minerals are more absorbable than refined chemicals, I have found that a varied, organic vegan diet with plenty of fruit, nuts, high

quality oils, and salads provides what my body needs. Many people report having cravings for different foods, due to imbalances in the body or emotional issues, but I have not had cravings for many years.

Some of the wonderful benefits I have received from this simple lifestyle are:

- 🌀 Soft, shiny, smooth, fully hydrated skin
- 🌀 Clear bright eyes with very white corneas
- 🌀 Grey hair naturally restoring to its original color after 15 years
- 🌀 No back pain
- 🌀 No problems with my organs
- 🌀 No sickness, except as part of detoxing with herbs or cleanses
- 🌀 No doctor's appointments for 35 years
- 🌀 Increased strength in my 50's
- 🌀 Increased flexibility in my 30's, 40's and 50's
- 🌀 Greater peace of mind and ability to let go of problems
- 🌀 More intuitive connection to life

### **Lifestyle Coaching for Natural Antiaging – Methods Which Work**

I have been working on preventive health since I made my first simplification, giving up sugar at the age of 18, and alcohol at the age of 21. Each time I made a change, I tried it for a month or more to make sure it was not just my ego resisting the change. My intuition has improved over time, so now I trust the feelings I have about what to change. In my twenties I worked on my diet. Since becoming a vegan, my weight has remained very constant in the range of 115 lbs to 123 lbs. My Body Mass Index has remained around 17 (the average in the USA is 23). My pulse rate is 60 bpm, and my blood pressure is 90/60 to 100/60, and they have not changed since my twenties. In my thirties I developed my yoga practice. In my forties I learned chi gong, massage, reiki and other forms of energy work. In my fifties I am focusing on building more strength through biking and more yoga every day, and fasting and herbal cleansing.

Lifestyle choices, particularly diet, exercise, and spiritual practices, make all the difference in the aging rate.

In my experience, the most beneficial changes I made in my lifestyle over the last thirty years have been:

- Ⓢ Daily Chi Gong Practice
- Ⓢ Daily Yoga Practice
- Ⓢ Vegan Diet
- Ⓢ Removing Acid-Forming Foods
- Ⓢ Drinking Energized and Structured Water  
[www.guydancewater.com](http://www.guydancewater.com)
- Ⓢ Regular Fasting
- Ⓢ Simple Daily Exercise
- Ⓢ Regular Massage
- Ⓢ Natural Healing – no drugs or surgery
- Ⓢ Eating at Home
- Ⓢ Simplifying My Life
- Ⓢ Time Management – avoiding “busy” work
- Ⓢ No Alcohol or Drugs

The physical and energetic quality of water is one of the most critical aspects of natural anti-aging health care, and I have tried many forms of water before I invented the Guy Dance Water Energized and Structured Water Processor ([www.guydancewater.com](http://www.guydancewater.com)). Distilled water, ionized water, colloidal water, and purified water did not have any effect on my skin and eyes, so I knew they were not increasing cellular hydration in my body.

### Personal Experience

Like many others, I have learnt that having a consistent daily spiritual practice, as well as the energy of the water I drink and the food I eat have a huge impact on my health and consciousness. Day by day, the incremental benefits may not be noticed, but they

compound rapidly over time. I became a vegetarian in 1979, and have been a strict vegan since 1985. I have slowly simplified my diet and fasted more over the years. Since 2004, I have been eating six meals a week, every day after 6pm except for Mondays when I do not eat. My meals are mostly salads, steamed vegetables, and fruit. I have eliminated most acid forming foods from my diet. Since 2005, I have used a herbal colon cleanse ([www.blessedherbs.com](http://www.blessedherbs.com)), fasting completely for six days each year. I have had a daily practice of chi gong and yoga for ten years. These changes have dramatically improved my energy level and sense of well-being. Also, the power of my energy work has increased greatly. I researched the ormus energy in water ([www.spiritofmaat.com/archive/aug4/hubbard.htm](http://www.spiritofmaat.com/archive/aug4/hubbard.htm)) and developed and started selling my Guy Dance Water device ([www.guydancewater.com](http://www.guydancewater.com)) in 2007.

### Brief Biography

- 1973 – 1974 University of Leeds, U.K. Medical School (one year)
- 1976 – 1979 University of Manchester, U.K. B. Sc. Electronics (first prize)
- 1979 – 2001 Chip Designer (microprocessor, computer, networking)  
at companies including Inmos, NeXT, Cisco
- 1979 Began Iyengar style Yoga practice
- 1989 Moved to San Francisco Bay Area, California
- 1994 Started teaching Yoga
- 1995 Completed Integrative Yoga Therapy teacher training course
- 1995 – 1996 Completed Reiki level 1 – 3, started teaching Reiki
- 1996 Completed Vibrational Healing Massage Therapy training
- 1996 Opened Healing Center in Sunnyvale, California ([www.lannayoga.com](http://www.lannayoga.com))
- 1997 Completed western massage, kinesiology, and craniosacral training
- 1998 – 2001 Tibetan Chi Gong training, white Nyingma lineage
- 1998 First training in Thai massage, Chiang Mai, Thailand
- 2001 Second training in Thai massage, Chiang Mai, Thailand
- 2004-2005 Exploration of Medical Chi Gong
- 2006 Tok Sen training, Chiang Mai, Thailand