ALIve
ASHER LONGEVITY INSTITUTE

# The Nine Steps to a Healthier and MUCH Longer Life

# The Longevity Opportunity

- The technologies, therapies and protocols are available to enable robust health to 100 and beyond
  - including playing non-contact sports

*- Coalition for Radical Life Extension*

# Recent Longevity Studies by Prestigious Research Organizations

*"Healthy human life span will soon **increase by 20 years.**"*

- Journal of the American Medical Assn (JAMA) 9/17/2018

*"Senolytics have the potential to **transform geriatric medicine and reverse aging.**"*

- The American Geriatrics Society (2017)

***"Aging is looking more and more like a disease** and a treatable one at that."*

- Studies at Mayo clinic and Scripps Research Institute, LA Times 7/10/18

***"The largest overall longevity increase** has been found using a **combination of Rapamycin and Metformin (20 years).**"*

- Life Extension Institute (2021)

*- Peer Reviewed Periodicals*

# Longevity Advances Growing at an Exponential Rate

*- Coalition for Radical Life Extension*
*- Age-reversal.net*

- Technologies that support longevity research are growing exponentially
  - Nanotechnology
  - Biotechnology
  - Artificial Intelligence
  - Machine Learning
  - Big Data
  - CRISPR
  - Data Analytics
  - Gene Sequencing
  - Automation
- Worldwide forum of longevity practitioners sharing their research
- The last decade was the decade of technology
- This decade will be the decade of biotech

# An Explosion of Longevity Related Investment

*- Wall Street Journal*
*- Investors Business Daily*

- **Amazon/Mayo Clinic ($116M)**
  - ✓ To cure death
- **Gates Foundation**
  - ✓ To cure disease ($54B)
- **Mark Zuckerberg ($3B)**
  - ✓ To cure disease
- **Google/Calico ($1.5B Research Center)**
  - ✓ To cure cancer
- **In 2017, $400M invested in longevity startups**
  - ✓ $800M in 2018
  - ✓ $1.6B in 2019
  - ✓ 4.2B in 2020
  - ✓ Expected to double again in 2021

# Major Universities with Longevity Programs

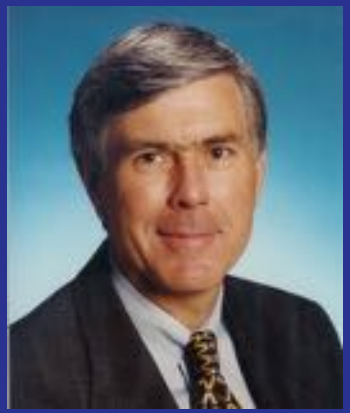
- Columbia University
- Duke University
- Eastern Illinois University
- Florida State University
- Harvard University
- Iowa State University
- Johns Hopkins University
- Penn State University
- Stanford University
- University of California, Los Angeles (UCLA)
- University of Maryland
- University of Pittsburgh
- University of Southern California (USC)
- Washington University in St. Louis
- Western Kentucky University
- Yale University

# Founders

**Chief Executive Officer**
John Asher

**Chief Operating Officer**
debra Borchardt

**Chief Medical Officer**
Jeffrey L. Boone, M.D., M.S.



**Chief Marketing Officer**
Hube Hopkins

**Chief Revenue Officer**
John Edwards

# Regional Chief Medical Officers

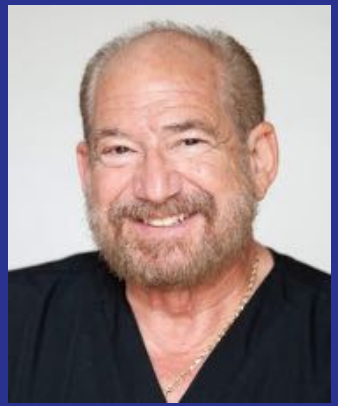
East

**Dr. Delara Tavikoli, MD**
Tavicare Clinic
Age Management Program

Midwest

**Dr. James Lewerenz, MD**
Longevity Institute

West



**Dr. Phillip Milgram**
Age Reversal Clinic
Scipps La Jolla Hospital

South

**Dr. Jeanine Livermore,**
Medical Director
Quantum Cellular Medicine

# Examples of Super Longevity Practitioners

- The NFL GOAT
- LeBron
- Meredith Vieira (CEO Incredible Aging: Adding Life to Your Years)
- Bill Gates
- Bill Faloon (CEO Life Extension Institute)
- Suzanne Somers (Author of 24 books on health and Longevity)
- Jim Strole (Director Coalition for Radical Life Extension)
- Dave Asprey (Founder Bullet Proof Nutrition)
- John Asher (CEO Asher Longevity Institute)

*- Life Extension Institute*

# A Logical Goal for All of Us

- Take action to stay healthy and alive for as many years as possible
  - Beginning age doesn't matter

- The probability of an unlimited life increases every year
  - An ongoing explosion of new longevity research protocols, therapies and technologies

# The Potential Benefits

- Rapidly deploy new longevity therapies, protocols and technologies to people who can afford them now
  - Particularly important starting at middle age
  - Significant benefits starting anytime
- Help corporations appreciate the ROI
  - Less sick days taken
  - Less limited productivity from workers not feeling well
  - More productive years from workers
  - Less expensive health insurance

# The ALI Goal

- Help government understand and appreciate the potential ROI
  - Health costs ($4 trillion/year) vs. Longevity investment (much less)

- Deploy affordable/government sponsored Longevity solutions to all, e.g.
  - Vaccines for all major diseases
  - CRISPR technology to edit out diseases from our DNA
  - Gene therapy to make us resistant to all viruses

# Health Span and Lifespan in the USA

- Health span: Limiting conditions start at average age of 63
- Lifespan: Average is 79 years
- If you adhere to the ALI planning guide purposefully (90%)…
  - Greatly reducing the probability of major diseases
- You can potentially live to 100
  - Gaining 37 years of health span (100 - 63)
  - And 21 years of lifespan (79 + 20)

- *Coalition of Radical Life Extension*
- *WHO Information Data*
- *Multiple NIH studies*

# The Nine Simple Steps to a Much Healthier and Much Longer Life

1. Get sufficient sleep and deep sleep
2. Eat a healthy diet to preclude disease, infection, fatigue and poor performance
3. Eat a diet tuned for a healthy gut microbiome to avoid ten diseases and three conditions
4. Keep standard biomarkers in the optimum range
5. Take appropriate supplements to ward off disease
6. Take seven prescription drugs/medications to ward off cancer and enhance longevity with additional (off-label) benefits
7. Slow down the four causes of aging with eight supplements, fasting, calorie restriction, exercise, fresh air and purposefulness
8. Rejuvenate stem cells in our entire body
9. Utilize new and emerging technologies, protocols and therapies that greatly extend life

*- Asher Longevity Institute*

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# Longevity Planning Guide

# ALI Longevity Planning Guide

## MONTH ONE:

- Sleep 8 hours a night (step 1)
- Take actions to increase deep sleep (step 1)

## MONTH TWO:

- Eat much less sugar (step 3)
- Limit processed and prepackaged food (step 2)
- Cook (and eat) food with natural oils (olive, avocado, coconut) not “vegetable” oils (e.g. canola oil) (step 3)
- Increase hydration to 90 ounces of liquid per day for women, 125 for men (step 2)

# ALI Longevity Planning Guide for First Year

**MONTH THREE:** (step 6)

- Move every hour for 2 minutes
- Walk every day (30 minutes)
- Be in fresh air every day
- Walk in a forest/park two hours per week
- Perform strength training program once a week

**MONTH FOUR:** (step 3)

- Limit amount of lectin consumed (grain, bread, pasta)
- Shift from cow dairy products to alternatives
- Pressure cook legumes prior to eating or buy them already pressure cooked (e.g., Eden brand)
- Increase fiber (prebiotic foods)

# ALI Longevity Planning Guide for First Year

**MONTH FIVE:** (step 3)

- Limit meat and poultry consumption
- Eat more fatty fish, vegetables, mushrooms, nuts and low sugar fruits
- Cook food at lower temperatures, especially meat
- Add walnuts, hemp hearts, chia seed and ground flax seed to diet

**MONTH SIX:**

- Shift to eating mainly organic foods (step 3)
- Eat meat from animals and poultry that is grass-fed, pasture raised without hormones or antibiotics (step 3)
- Eat only wild caught fish/shellfish (step 3)

**MONTH SEVEN:** (step 5)

- Start taking 15 basic supplements (see www.asherlongevity.com)

# ALI Longevity Planning Guide for First Year

**MONTH EIGHT:**

- Meditate every day for 15 minutes (step 7)
  - Increase mindfulness
- Keep in touch regularly with social network (step 7)
- Have a life purpose (step 7)

**MONTH NINE:**

- Fast two days in a row for 16 consecutive hours every two weeks (step 7)
- Alternate three months fasting; one non-fasting (step 7)

**MONTH TEN:** (step 4)

- Schedule periodic testing of all biomarkers
- Take actions to maintain all biomarkers in the optimum range

# ALI Longevity Planning Guide for First Year

## MONTH ELEVEN:

- In middle age, start taking eight Longevity supplements (step 7)
- Take the three prescription drugs (Statin, Beta Blocker and Metformin) to ward off cancer and live longer (step 6)
- Take baby aspirin every day to ward off colon cancer (step 6)

## MONTH TWELVE:

- If over 60, start taking Deprenel and Rapamycin. If your primary doctor will not prescribe them, contact ALI for guidance to finding a Longevity MD practitioner in your area (step 7)
- Consider full body stem cell regeneration (step 8)
- Check in with ALI website monthly to see new and approved emerging Longevity protocols (www.asherlongevity.com) (step 9)

# Step One

## Get Sufficient Sleep and Deep Sleep

- Enjoy 13 Known Benefits

# Step One: Importance of Sleep

***If there was an amazing breakthrough that would result in the following 13 benefits based on 17,000 documented studies…***

1. Makes you live longer
2. Enhances your memory
3. Makes you more creative
4. Makes you look more attractive
5. Keeps you slim
6. Lowers food cravings
7. Makes you feel happier
8. Protects you from cancer
9. Protects you from Alzheimer's
10. Wards off colds, the flu, and COVID-19
11. Lowers risk of heart attack
12. Lowers risk of a stroke
13. Makes you less depressed

*- Why We Sleep*

***Would you be interested?***

# Step One: Importance of Sleep

***Answer: Consistently getting a full night's sleep***

- Documented in more than **17,000** well-scrutinized scientific reports
- Evolution has spent 3,400,000 years designing our bodies to get eight hours of sleep
  - In the last 100 years, humans have gone from 8 ½ to 6 ½ hours of sleep per night
- Causing a catastrophic impact on:
  - Our health
  - Our life expectancy
  - The education of our children
  - Our safety
  - Our productivity

*- Why We Sleep*

# Step One: Importance of Sleep

## NBA Player Performance (Golden State Warriors)

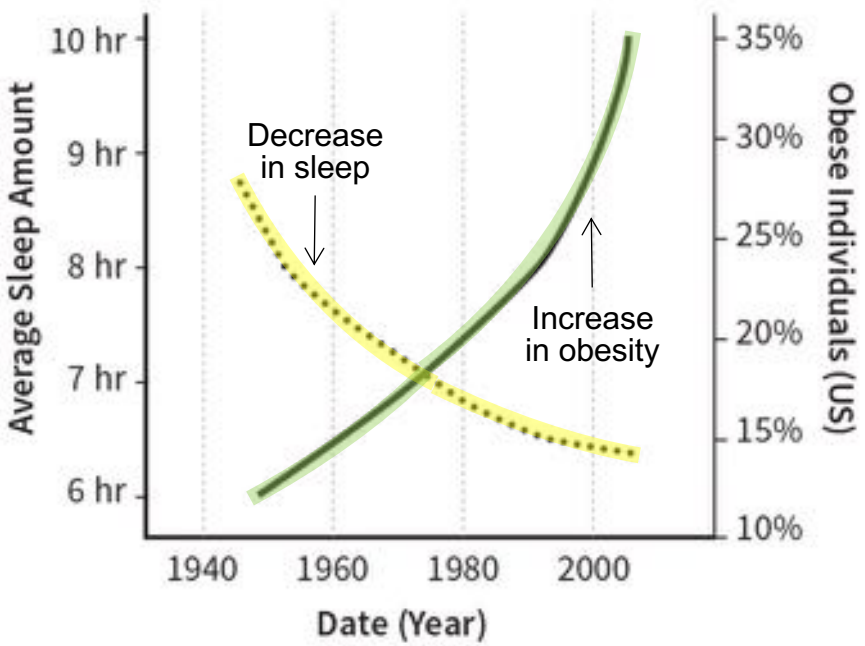
| MORE THAN 8 HOURS | LESS THAN 8 HOURS |
| --- | --- |
| **12% increase** in minutes played | **37% increase** in turnovers |
| **29% increase** in points/minute | **45% increase** in fouls committed |

*- Why We Sleep*

*- One of 17,000 sleep studies*

# Step One: Sleep Loss and Obesity

*- Why We Sleep*

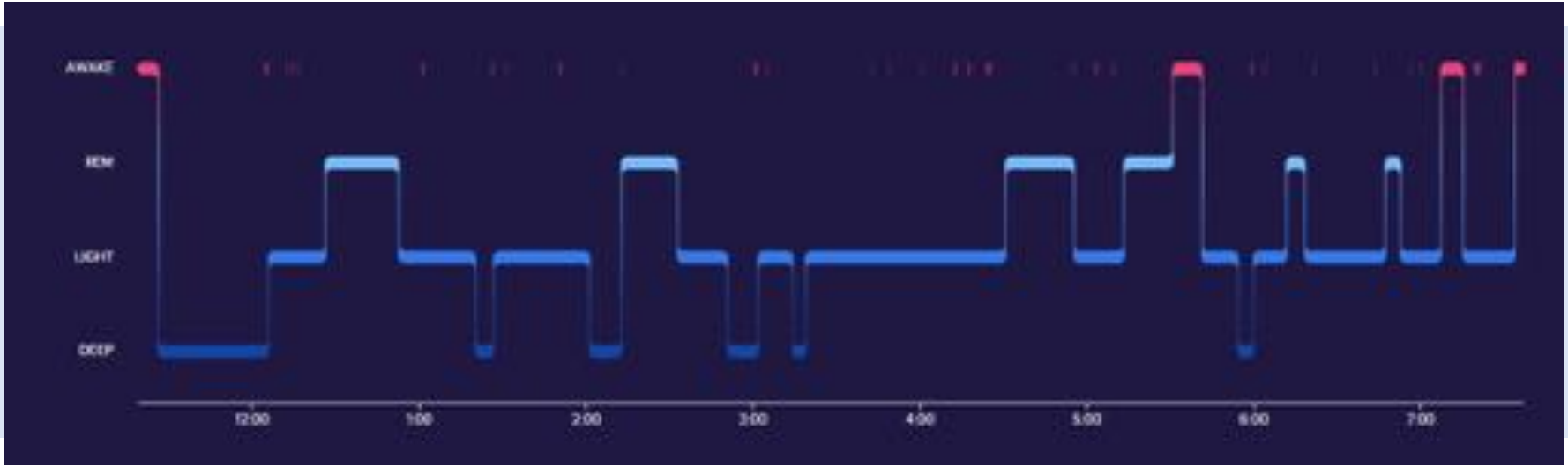


# Step One: Four Stages of Sleep

| | |
|---|---|
| Awake | 2-5% |
| Deep | 13-23% |
| Rapid Eye Movement (REM) | 20-25% |
| Zzz Light | 45-55% |

*- Why We Sleep*

# Step One: Sleep Stages Measured By FitBit®




Awake – 10.4%  REM – 19.9%  Light – 54.8%  Deep – 14.9%

*- FitBit Data*

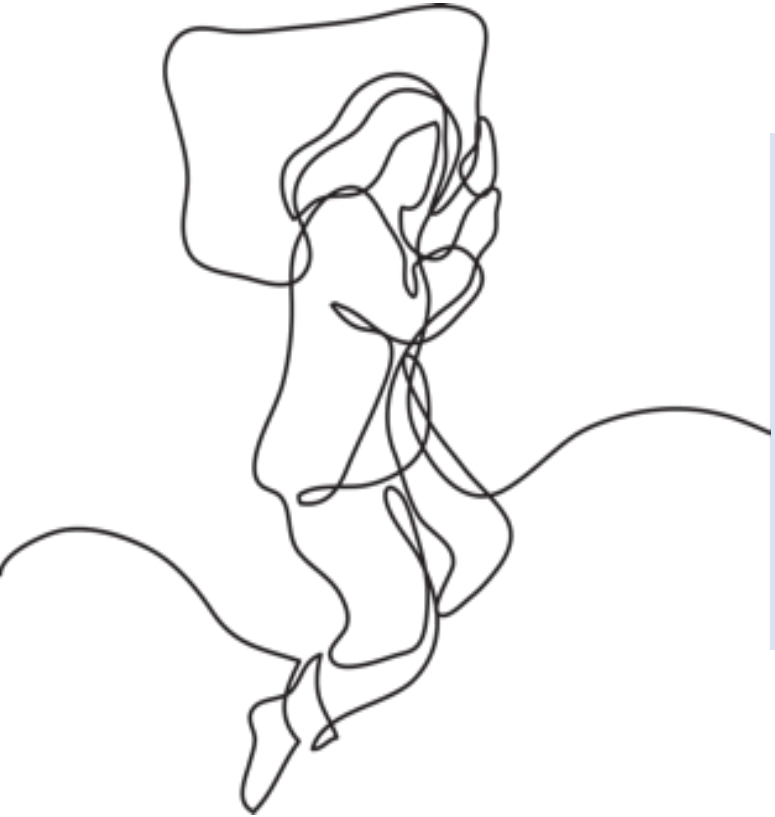
# Step One: Rapid Eye Movement (REM) Sleep

## REM sleep is the mentally restorative stage

- Information from the previous day is consolidated and preserved to store in long term memory
- Solutions to vexing problems are solved **(sleep on it!)**
- Dreaming occurs
- Heart rate and blood pressure increase
- Breathing becomes fast, irregular, and shallow

*- Why We Sleep*

# Step One: Deep Sleep



**Deep sleep is the physically restorative stage**

- Body is motionless
- Muscles and tissues are repaired
- Growth and development  are stimulated
- Immune system is stimulated
- Energy is built up for the next day
- The brain flushes out waste

*- Why We Sleep*

# Step One: Importance of Deep Sleep

- Dead proteins can accumulate in the brain leading to Alzheimer's
- In the brain, the **space between cells must be regularly washed clean** of these weak, dead and abnormal cells
- This is the job of the glymphatic system
- The **brain cells only shrink in size** to let the glymphatic fluid through **when we are in deep sleep** (20 times faster)

*- Why We Sleep*

*Deep sleep is incredibly important for longevity*

# Step One: To Increase Percentage of Deep Sleep

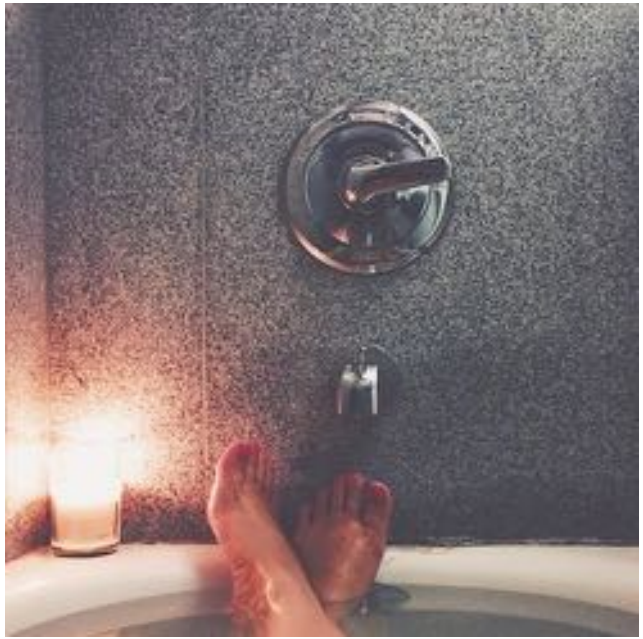
- ✓ Go to bed at a consistent time each night
- ✓ Sleep 8 to 9 hours per night
- ✓ Sleep in a cool environment
- ✓ Darken the bedroom (or use a sleep mask)
- ✓ Use a white noise generator
  - To avoid being awakened by external noises

*- Why We Sleep*

# Step One: To Increase Percentage of Deep Sleep (con't)

- ✓ De-stress by reading for a bit before falling asleep
  - Or use breathing techniques
- ✓ Take a hot bath before bedtime
- ✓ Turn off TV/computer/phone screens (blue light) an hour before bedtime (or wear blue light blocking lens in eyeglasses)
- ✓ Wearing loose fitting socks while sleeping results in:
  - Prolonged sleep time
  - Less awakening
  - Better thermo regulation (consistent 98.6°)
  - Increased body blood flow

*- Breath*
*- Why We Sleep*



# Step One: Activities to Avoid Before Bedtime

- ✓ Don’t exercise within three hours of bedtime
- ✓ Avoid caffeine drinks and nicotine within eight hours of bedtime
  - Coffee, certain teas, sodas, chocolate
- ✓ Avoid alcoholic drinks within two hours of bedtime
- ✓ Avoid large meals within four hours of bedtime
- ✓ Don’t take naps after 3pm
- ✓ Don’t lie in bed awake
  - Get up and read for a while until sleepy, or
  - Use breathing techniques

*- Why We Sleep*

# Step Two

## Eat a Healthy Diet To Preclude:

- Disease
- Infection (e.g. COVID-19)
- Fatigue
- Poor Performance

# Step Two: Hydration

- Benefits of staying hydrated
  - Need balance of water and electrolytes (Na, K, CA and Mg)
  - Every system in our body depends on water to function
    - Regulates body temperature
    - Provides moisture to skin and tissues
    - Carries nutrients to cells
    - Cushions joints
    - Flushes out toxins
    - Prevents constipation

*- Institute of Medicine*

# Step Two: Hydration

- Ounces of fluids needed from all beverages per day
  - 12 eight ounce glasses for women
  - 16 eight ounce glasses for men
- Hydrate when you first get up
- You are getting sufficient hydration if
  - You are urinating every 2 to 4 hours
  - Your urine is clear or light yellow

*- Institute of Medicine*

# Step Two: Manufacturing Process for “Vegetable” Oils

- Heat the seeds to very high temperatures
  - They oxidize and turn rancid
- Process them with petroleum solvent to extract the oil
- Heat again and add another acid to remove waxy solids
- Treat the oil with more chemicals to improve the color
- Deodorize the oil to mask the smell from the chemical processing
- Ship it to food factories in tanker trucks
- Bottle it and sell it to grocers

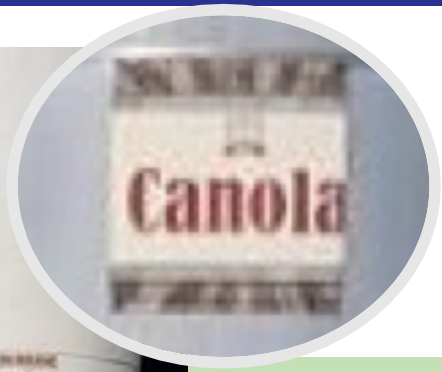
*- The Hacking of the American Mind*

# Step Two: “Vegetable” Oils Shorten Lives

- If we eat too much Omega-6 fats, multiple studies show increased risk of:
  - Cognitive decline (Alzheimer's, dementia, etc.)
  - Breast cancer
  - Cardiovascular disease
  - Depression and other mood disorders
  - Gut problems and gut flora dysfunction
  - Insulin resistance and diabetes
  - Obesity
  - Arthritis

*“The Longevity Code”*

# Step Two: Highly Refined Industrial Oils Are in All Processed Foods


***Is this a food manufacturer that makes canola oil or uses it?***
***Answer: Uses it!***

# Step Two: Typical Ingredients in Salad Dressing


INGREDIENTS:

1. **Water**
2. **Soybean Oil**
3. **Balsamic Vinegar**


INGREDIENTS:

1. **Water**
2. **Soybean Oil**
3. **Distilled Vinegar**
4. **Olive Oil**

# Step Two: Typical Ingredients in Salad Dressing


# Step Three

## Eat a Diet Tuned for a Healthy Microbiome

- Precludes/reduces symptoms from 13 diseases/conditions in the gut

**Diseases**

- Celiac (1%)
- Crohn's (1%)
- NAFLD (35%)
- Hepatitis (2%)
- Colitis (1%)
- Multiple Sclerosis (.1%)
- Type 2 Diabetes (10%)
- Lupus
- IBD (2%)
- Rheumatoid Arthritis (1%)

**Conditions**

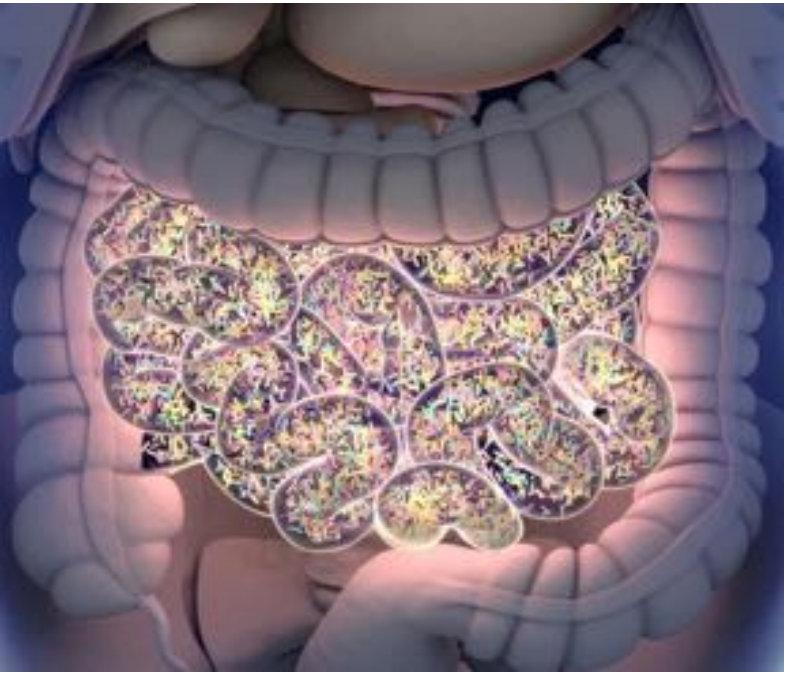
- SIBO (10%)
- SIFO (6%)
- IBS (12%)

# Step Three: Eat a Diet Tuned for a Healthy Gut Microbiome

- **Our Gut (digestive system)**
  - Describes our digestive system from the esophagus to the anus
- **Microbiome (what's in our gut)**
  - Our gut is full of trillions of bacteria, viruses, fungi and worms
  - Mainly bacteria (5 pounds)
  - Contains good and bad bacteria

*- The Longevity Paradox*

# Step Three: Probiotics and Prebiotics



- **Probiotics** (the good bacteria in our gut)
- **Prebiotics** (the food our good bacteria eat)
- **Probiotic** supplements will add good, live bacteria to our microbiome
- Having a majority of good bacteria in our microbiome will greatly increase lifespan

*- The Longevity Paradox*

# Step Three: Food That Our Good Gut Bacteria Love to Eat

## Prebiotics (High Fiber)

### FRUIT

- Raspberries
- Apples
- Blackberries
- Guava
- Avocado
- Persimmon
- ★ Chicory Root
  - 68% Insoluble Fiber

★ *Difficult to find fresh available, so use a supplement*

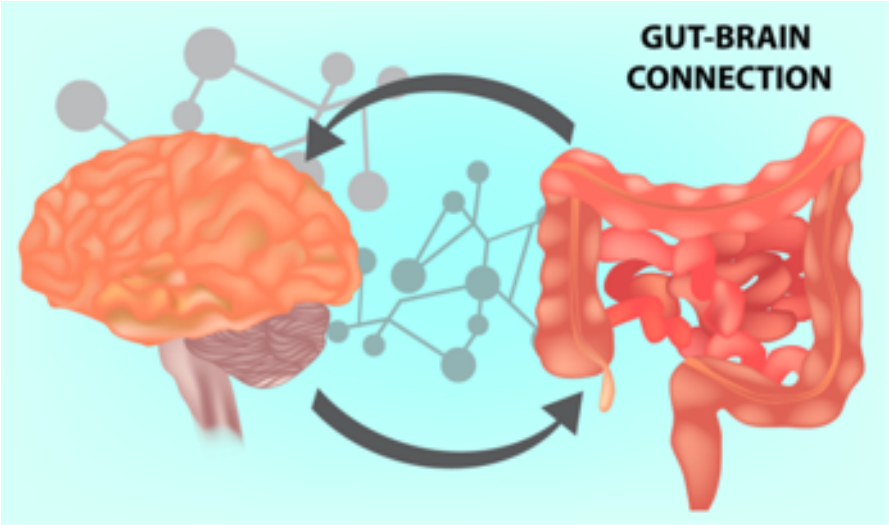
### VEGETABLES

- Asparagus/Okra
- Mushrooms
- ★ Jerusalem Artichokes
- Flaxseed (Ground)
- Shallots/Leeks
- Seaweed/Leafy Green Vegetables
- Yams/Parsnips
- Sweet Potatoes

*"The Plant Paradox"*

# Step Three: Our Gut Microbiome Influences Our Thoughts and Actions

- The Vagus nerve connects the brain to the throat, heart, lungs and gut
  - The gut sends 8 times as many signals to the brain as compared to the opposite pathway
- The gut microbiome influences our thoughts, actions, sense of smell and cravings
- It is our second “brain”
- Adds new meaning to the term “gut instinct”

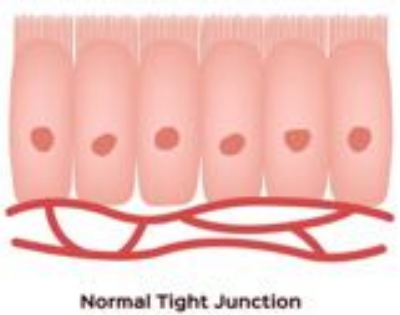



*- The Longevity Paradox*

# Step Three: We Need a Strong Gut Lining

- Protects our gut from outside invaders
- Prevents the bacteria in our gut from getting out to our blood, lymph system and organs
- Once the bacteria pass through the gut lining, they ignite the immune system causing widespread **chronic inflammation**
  - can result in the “leaky gut” syndrome
  - leading to 10 diseases and 3 conditions
- The gut lining is called our Mucosal Barrier
  - Only one molecule thick

- *The Plant Paradox*



# Step Three: What Our Probiotics Love To Eat

- Good bacteria **love** mainly a vegan diet
- Bad bacteria **love a Western diet that includes:**
  - Lectins (protein in all grains)
  - Dairy products from most Western cows
  - Sugar and artificial sugar substitutes
  - Red Meat
  - High glycemic (sugar) carbohydrates
  - Manufactured vegetable oils
- When we switch to a way of eating that feeds the “good bacteria,” overall health improves within days

*- Longevity Paradox*

# Step Three: Dangers of Eating Meat

- For meat eaters, numerous worldwide studies show an increased incidence of
  - Cancer
  - Diabetes
  - Resistance to antibiotics
  - Heart disease
  - Food born illnesses (70%)
  - Stroke
  - Cognitive decline
  - ED
- Eating meat shortens lifespan significantly
  - Vegetarian men outlive meat eaters by 10 years
  - Vegetarian women outlive meat eaters by 6 years
- Meat is devoid of fiber and high in saturated fat
  - Full of hormones (natural and injected)
  - Full of antibiotics

- *Cancer research*
- *The Science of Nutrition*
- *JAMA Internal Medicine Study of 70,000 people*
- *Adventist Health Study - 2*

# Step Three: Is a “Beyond Burger” Good for You?


Looks and tastes great!

**However……**

*- Harvard Medical School*

# Step Three: Is a “Beyond Burger” Good for You?

- **An Ultra Processed Food**
  - According to NOVA food classification system
  - 40 ingredients including:
    - **Titanium dioxide** (whitening agent used in paint)
    - **Potato starch** (candy)
    - **Methylcellulose** (bulking agent used in laxatives)
    - **400% more sodium than lean burger meat**
- Protein provided by legumes (peas and beans)
  - **Full of lectin**
- Contains lots of **manufactured oils** (canola and sunflower)
  - **Full of omega-6 fatty acids**

*- Harvard Medical School*

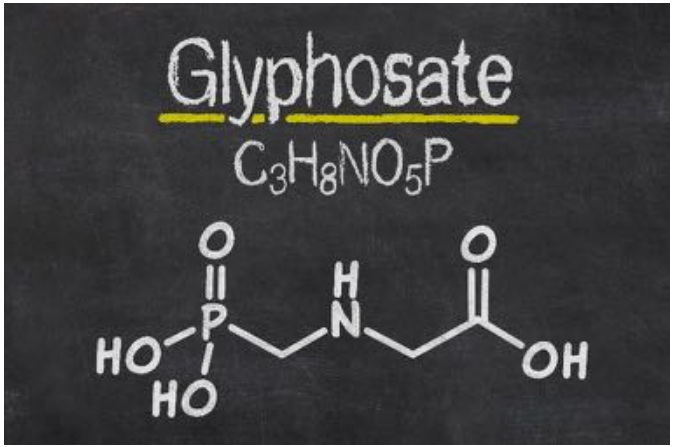
# Step Three: The Dangers of Pesticides

- The pesticide Roundup contains an antibiotic (Glyphosate)
- 93% of humans test positive for it
  - They are eating grains that have been sprayed with Roundup,
  - Or eating animals who have eaten grain
- Antibiotics kill our gut bacteria (good and bad)
- Stick to organic food (no pesticides)

*- Journal of Epidemiology and Community Health*

# Step Three: Dangers of Roundup (Glyphosate)

- Striking correlation between the
  - The rise of Glyphosate use and the
  - Rise of chronic diseases including
    - Inflammatory bowel disease
    - Diabetes
    - Obesity
    - Intestinal infections
    - Depression

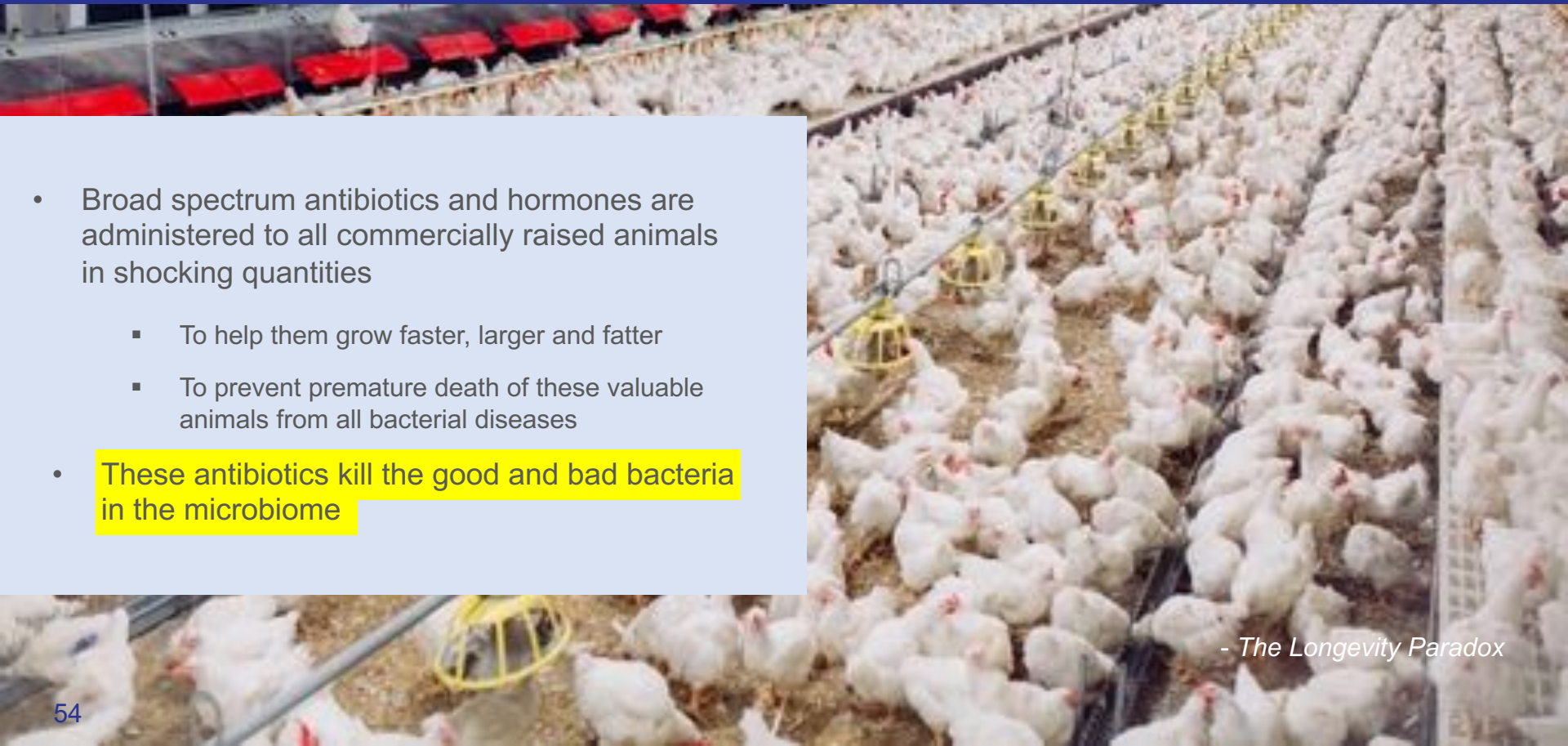



- World health organization (2015) determined that
  - Glyphosate is probably carcinogenic to humans

- EPA determined that glyphosate levels above 1 ppm are toxic
  - GMO corn is 18 times this level

- *WHO Study (2015)*
- *EPA Study*

# Step Three: The Dangers of Antibiotics Fed to Farm Animals



- Broad spectrum antibiotics and hormones are administered to all commercially raised animals in shocking quantities
  - To help them grow faster, larger and fatter
  - To prevent premature death of these valuable animals from all bacterial diseases
- These antibiotics kill the good and bad bacteria in the microbiome

*- The Longevity Paradox*

# Step Three: Wild-Caught Fish/Shellfish is Available


- Costco
- Whole Foods
- Also many other  grocers

*- The Longevity Paradox*

# Step Three: “Farm” Raised Salmon

*Artist’s rendering of grey salmon*

- Farm-raised salmon is naturally gray – **the pink color is added.**
- Wild salmon is naturally bright pink or orange due to their diet which include astaxanthin, a reddish-orange compound found in krill and shrimp.

*- Alkaline Vegan*

# Step Three: Farm-Raised vs. Wild-Caught Salmon

- The top one is farm raised after the pink dye is added
- The bottom one is salmon as it comes out of the ocean

# Step Three: Summary – What Foods Not to Feed Your Gut Microbiome

- Lectin (grains/processed foods) (leaky gut)
- Dairy from most USA cows (chronic inflammation)
- Sugar and artificial sugar substitutes (kills good bacteria)
- High glycemic fruits and vegetables (high sugar content) (kills good bacteria)
- Poultry and red meat fed grains, antibiotics and/or hormones (kills good bacteria) (leaky gut) (all major diseases)
- Fish/shellfish farm raised (fed grains) (leaky gut)
- Industrial oils (excessive AGEs and Omega-6)

*- Grain Brain*

# Step Three: Summary - What to Eat for a Healthy Gut Microbiome

- Protein from nuts, mushrooms and vegetables
- Vegetables and fruit with a low glycemic index (low sugar content)
- Dairy from sources other than most USA cows
- Fish/shellfish in limited amounts (wild caught)
- Poultry in limited amounts (pasture raised and with no antibiotics or hormones)

*- The Longevity Paradox*

# Step Three: Summary - What to Eat for a Healthy Gut Microbiome (con't)

- Very little red meat (grass finished with no antibiotics or hormones)
- Natural oils (olive, avocado, palm, walnut, flaxseed, hemp, coconut)
- Fermented foods (adds good bacteria to gut)
- Organic food (no pesticides)

*- The Longevity Paradox*

# Step Four

## Keep Standard Biomarkers in the Optimum Range

- Do periodic testing
- Take action when out of optimum range

# Step Four: Keep Biomarkers in the Optimal Range

## Standard Blood Test

- **Glucose** = less than 85 mg/dL
- **A1c** = less than 5.0%
- **Homocysteine** = less than 7
- **Ferriten** = between 40 and 60 Ng/ml
- **HDL** = greater than 70 mg/dL
- **LDL** = less than 50 mg/dL
- **Triglycerides** = less than 50 mg/dL
- **ApoB (particle content)** = less than 50 mg/dL
- **LP(a)** = less than 30 mg/dL
- **Vitamin D** = greater than 50 (mg/ml)
- **Thyroid Balanced** = between T3 and T4
- **C-Reactive Protein** = less than 1.0

## Additional Blood Tests

- **Male/Female Hormones**

*- Life Extension Institute*

# Step Four: Keep Biomarkers in the Optimal Range

## Self Monitor

- **Blood Pressure** = less than 110/70 mm/hg (home device)
- **Heart Rate** = less than 60 BPM (Fitbit or other wearable)

## Body Mass Scale

- **Body Fat** = 8 to 15%
- **BMI** = 18 to 22
- **Visceral Fat** = less than 8%

*- Life Extension Institute*

# Step Four: Benefits of Lower Blood Pressure

- A large five year study was stopped after 3 years
- Participants with a blood pressure level less than 120 mm/hg had:
  - ✓ **38% lower risk of heart failure**
  - ✓ **43% lower risk of cardiovascular death**
  - ✓ **27% lower overall mortality from all causes**
- Than people with blood pressure over 140 mm/hg

*- SPRINT clinical trial (FDA)*

# Step Four: Body Mass Scale Measures

- Weight (155lbs)
- Body Mass Index (21)
- Percent Body Fat (12%)
- Visceral Fat (Around Organs) (4%)
- Percent Body Water (63%)
- Bone Mass (7%)
- Muscle Mass (133lbs)
- Skeletal Muscle (57%)
- Protein (20%)
- Metabolic Rate (1750 kcal)

*- Life Extension Institute*

***NOTE: Scales available on Amazon at a reasonable price (about $30)***

# Step Four: Renpho® Body Mass Scale


# Step Four: Recommended Periodic Testing

*- Life Extension Institute*

## DAILY
- Weight (body mass scale)
- Blood pressure
- Heart rate

## QUARTERLY
- Comprehensive blood analysis including male/female hormone levels

## SEMI-ANNUALLY
- Ultrasound of organs in abdomen
- Follow up with MRI if mass found

## ANNUALLY
- Comprehensive physical
- Microbiome analysis (parasites/bacteria)
- Micronutrient blood test (absorption of supplements at cellular level)
- DRE/PSA (men) (starting at age 50)
- Mammogram (women) (starting at age 40)

# Step Four: Recommended Periodic Testing

## BI-ANNUALLY (starting at age 50)

- CTA (status of heart artery blockages)
- Whole body MRI
- Bone density testing

## EVERY FIVE YEARS (starting at age 50)

- Colonoscopy
- Neuro Legion quant Assessment (MRI of brain plus WAVI Brain Scan)

## ONCE

- Susceptibility to disease (genome analysis)

*- Life Extension Institute*

# Step Five

Take Appropriate Supplements To Ward Off Disease

# Step Six

Take Seven Prescription Drugs/Medications with Additional (off-label) Therapies to Significantly Increase Lifespan

# Step Seven

Slow Down the Four Causes of Aging with

- Eight Supplements
- Calorie Restriction
- Fasting
- Exercise
- Fresh Air
- Purposeful Practices

# Step Seven: Purposeful Longevity Practices

- Mindfulness
  - Focusing our attention on the present moment without judgement of our thoughts, emotions, other people or events
    - Lowers stress levels
- Meditation
  - A practice of concentrated focus to increase awareness
  - Reduces stress
  - Headspace app
- Maintain a strong social network
  - Results in increase of five years in lifespan
  - Sense of well being is enhanced
  - Stress is reduced

- *NIH Study on Social and Emotional Aging, Meditation and Mindfulness*
- *Buddhist Traditions (Zen)*
- *Complete Reference of Complementary and Alternate Medicine*

# Step Seven: Purposeful Longevity Practices (con't)

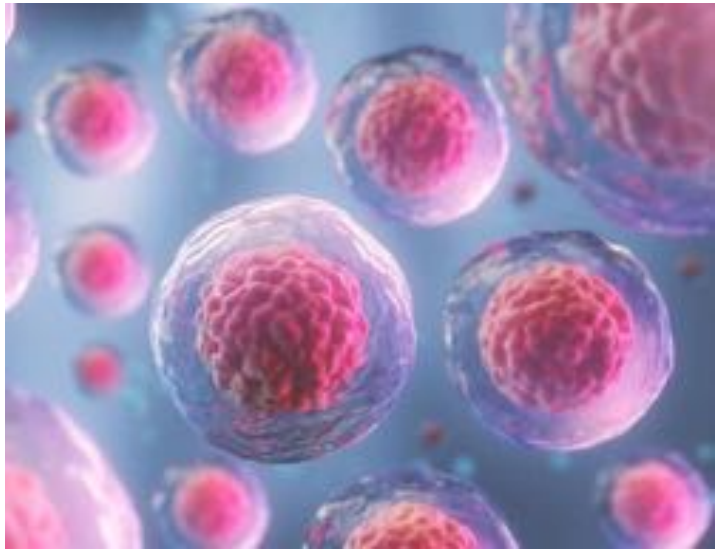
- Having a life purpose (or WHY you do what you do)
  - Provides an unlimited supply of fulfillment
    - Powerful antidote to depression and sadness
  - Provides endless motivation to add more value and make a positive impact on the lives of others
  - Makes you more
    - Alive
    - Content
    - Graceful
    - Resilient
    - Successful
    - Happy
  - Reduces stress and susceptibility to all major diseases

- *NIH Study on Social and Emotional Aging*
- *Blue Zone Studies*
- *Study of 70,000 Japanese adults*

# Step Eight

## Rejuvenate Stem Cells in Our Entire Body

# Step Eight: Rejuvenate Stem Cells in Our Entire Body

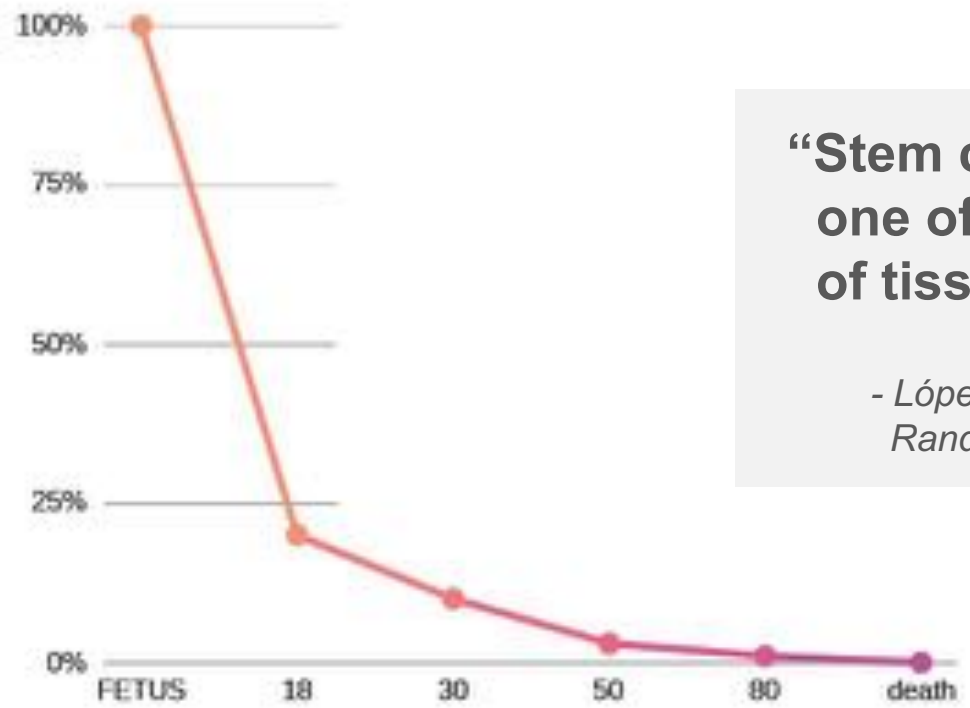


- When cells in our body become old or damaged, they are replaced by stem cells that have been transformed into the cell they are replacing
- As we age our stem cells lose their ability to regenerate
  - At age 60 we have 5% left
- Stem cell therapy has vast potential for repair

*- The Longevity Code*

# Step Eight: Stem Cell Exhaustion

*Percentage of Stem Cells Left with Aging*




**"Stem cell exhaustion… one of the ultimate culprits of tissue aging."**

*- López-Otín et. al, 2013, Rando and Chang, 2012*

*- Buck Institute*

# Step Eight: Stem Cell Treatment Applications

- Aging Frailty/Osteoarthritis
- Alzheimer's Disease/Cognitive Impairment
- Joint Deterioration/Injury
- Chronic Lyme Disease
- Chronic Fatigue Syndrome
- Post Stroke Treatment
- Post Shingles Treatment
- Heart Failure (Not Afib)
- Glaucoma
- Asthma
- Autoimmune Diseases

*- Hacking Darwin*

- **Full Body Rejuvenation**

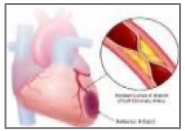
# Stem Cell Product Delivery Methods

| DELIVERY ROUTE | THERAPEUTIC AREA | MEDICAL CONDITION |
|---|---|---|
| Nasal Spray | CNS Ophthalmology | • Alzheimer's<br>• Dementia<br>• Glaucoma |
| Nebulizer | Pulmonology | • Lung Fibrosis<br>• Asthma |
| I.V. | Cardiology | • Myocardial Infarction<br>• CHF |
| Topical Cream | Dermatology | • Skin Conditions<br>• Wound/Burn Healing<br>• Cosmetics |
| Eye Drops | Ophthalmology | • Corneal Ulcers |
| Microneedle/ Subcutaneous Injection | Hair Regrowth | • Hair Recession |

**OPTHALMIC HEALTH**

**PULMONARY HEALTH**

**BRAIN HEALTH**



**CARDIOVASCULAR HEALTH**

**HAIR REGROWTH**

**WOUNDS/ BURNS**

*- Stemedica*

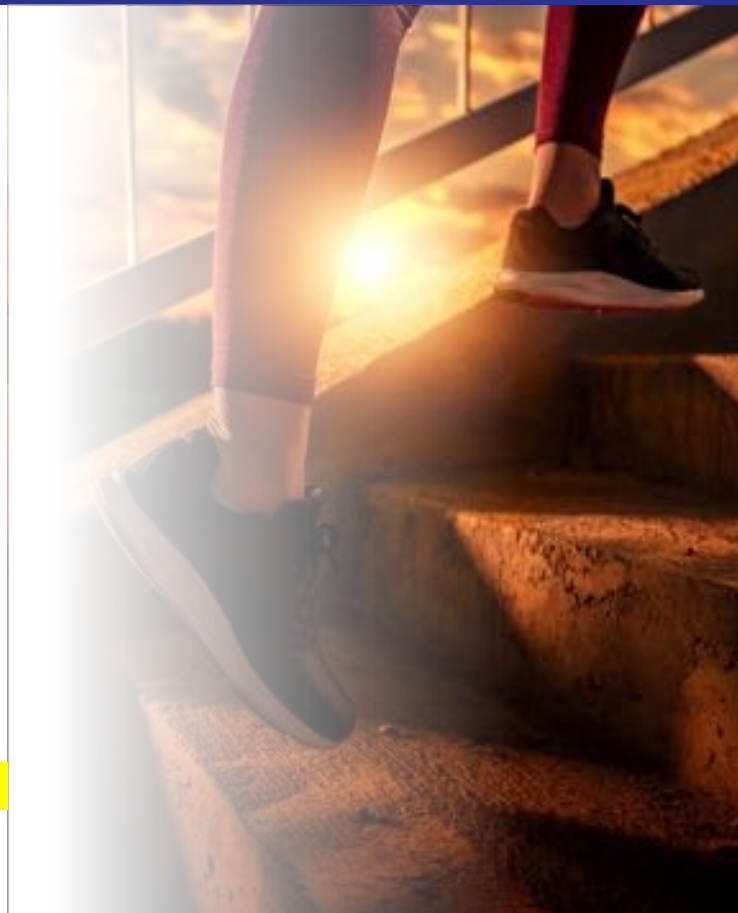
# Step Nine

Utilize New and Emerging Technologies, Protocols and Therapies that Greatly Extend Life

# The Nine Simple Steps Towards Living a Vibrant, Healthy and Unlimited Life

1. Get sufficient sleep and deep sleep
2. Eat a healthy diet to preclude disease, infection, fatigue and poor performance
3. Eat a diet tuned for a healthy gut microbiome to avoid ten diseases and three conditions
4. Keep standard biomarkers in the optimum range
5. Take appropriate supplements to ward off disease
6. Take seven prescription drugs/medications to ward off cancer and enhance longevity with additional (off-label) benefits
7. Slow down the four causes of aging with eight supplements, fasting, calorie restriction, exercise, fresh air and purposefulness
8. Rejuvenate stem cells in our entire body
9. Utilize new and emerging technologies, protocols and therapies that greatly extend life

*- Asher Longevity Institute*



# Asher Longevity Institute Typical FAQ

***Q: To fully implement, how much time will these steps take out of my day?***

A: Once new habits are formed, not much

***Q: Have there been studies on interactions between recommended prescriptions?***

A: - Information is widely available
- Seek doctor's advice before taking prescriptions

***Q: What is the ROI of supplements?***

A:
- Difficult to immediately measure
- An antibiotic will fix a typical infection (e.g. strep throat) quickly
- Some supplements can have an immediate effect (probiotics)

***Q: What will it cost to fully implement?***

A: Main costs are supplements, testing and prescriptions ($5 - 10K per year, per person depending on insurance coverage)

# What is Possible Now

- The average for USA
  - Health span: 63 years
  - Lifespan: 79 years
- If you adhere to the ALI planning guide purposefully (90%)…
- You can potentially live to 100
  - Gaining 37 years of health span
  - And 21 years of lifespan

- *Coalition of Radical Life Extension*
- *WHO Information Data*
- *Multiple NIH studies*

# If You Would Like Further Information…

## Presentation information

- ❑ Copy of the slide deck
- ❑ Link to a VES Longevity one-hour webcast
- ❑ Free monthly newsletter on new and emerging age reversal protocols and technologies

## Longevity workshop (half day)

- ❑ For your company
- ❑ For other organizations

## Other useful information

- ❑ Longevity planning guide (how to get started)
- ❑ Guide to ID Longevity practitioner in your area
- ❑ Referral to a holistic Longevity coach
- ❑ ALI investment opportunities

ALIve
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