



The Longevity Lifestyle

How to *Hack Your Healthspan* to begin growing younger NOW rather than just waiting and hoping for the coming life extension technologies



Who here wants to live FOREVER?

- › I know I do! But I don't just want to live forever. I want to live forever in a *youthful healthy body!*
- › So I'm not here to talk about your LIFESPAN. I'm here to talk about your HEALTHSPAN!
- › Your healthspan is not just how long you'll live but how long you'll stay youthful and healthy.
- › So what's my PLAN? Because if my GOAL is to stay as healthy as possible and to slow down, stop and eventually *reverse* the aging of my body I need to have a plan....a LONGEVITY PLAN.
- › A plan to help me stay as young and healthy as possible until science can catch up with these goals



Because it will! And it's getting closer....

- › Our parents and grandparents thought aging was inevitable and the idea of slowing down their aging didn't really seem possible let alone age REVERSAL.
- › That sounded more like science fiction and you were dreaming if you believed you could actually grow younger.
- › But now what used to be science fiction is now just called SCIENCE.
- › And the people everyone used to call dreamers are now called scientists and experts in aging interventions!
- › And that's great but you can't count on science to catch up with your plans... if you're serious about staying around you must take charge of your own healthspan NOW.



A Practical Guide to Increase your Healthspan

- › If we live longer that means many more years that our body is subjected to the thousands of toxins and chemicals all around us. The longer you plan to live, the more vigilant you must be
- › For example, 80 years of being subjected to chemicals in our air, water, food and environment is one thing but how about 500 years?
- › And 80 years of wear and tear on our bodies is one thing but how about 1000?
- › The point is that the longer we plan to be here the more we need to lessen the toxic load and lessen the wear and tear.
- › And sure, one day I believe that scientific breakthroughs will help with all of that.....but I for one don't want to just take that chance!



The Longevity Lifestyle Plan of Action

#1. Lower Your Toxic Load

- **Aid your body's detoxification process** by using a rebounder, far infrared sauna, dry brushing, massage, colonics, enemas and chelation therapy
- **Water Purification-** You are made up mostly of water so invest in a good water purification system.
- **Lessen chemicals, toxins, additives** in your food, personal care and household products (organic or at least as natural as possible)
- **Use your cellphone on speaker** when possible and don't carry it in your pocket
- With a **limitless lifespan** every little bit counts.....



The Longevity Lifestyle from Head to Toe

- › HEAD- Many of you are lathering chemicals and toxins right into your body (literally scrubbing it in)
- › SKIN- You are also applying chemicals and toxins to your skin on a daily basis
- › By the time most of us reach adulthood we've probably applied thousands of chemicals and other toxins to our skin (which then entered our body). What have all those toxins already done to us?
- › If you plan to be around for a long time you must lessen the toxic load as much as possible



EYES

Eyes- Macular degeneration is the #1 cause of blindness

- › The number of people living with macular degeneration is expected to reach 196 million worldwide by next year and increase to 288 million by 2040. If you're planning to live longer, protect your eyes now- don't wait for science to hopefully fix the problem.
- › Sugars and starchy foods have been proven to make eyes more vulnerable to this disease. Eat a diet low in sugars and starches and especially low on the **glycemic index**.
- › Use computer glasses



NOSE

- › Try not to breathe in chemicals when you don't have to...
- › Don't use chemical air fresheners
- › Even most candles will cause you harm. Most candles are made of paraffin wax which creates highly toxic benzene when burned (a known carcinogen).
- › The point is that many things we thought were safe- aren't! So ignorance is NOT bliss when it comes to our health and why a longevity lifestyle means looking at all the areas in our lives that are causing more toxic load.



MOUTH

- › **Water-** Remember we are about 60% water. Many experts recommend at least half an ounce for every pound you weigh but many say it should be closer to an ounce. So are YOU drinking enough?
- › **Eat less calories-** you don't need to do actual calorie restriction but MOST people are eating more calories than they really need. Did you know that the average American consumes roughly 1,885 lbs of food per year? That is nearly 1 ton of food annually per person!
- › **Eat less protein-** Most Americans consume far more protein- especially animal protein – than they need and there is evidence that suggests that most people need only about 0.36 grams of protein per pound of lean body weight.
- › So do some research and look at your own activity level- such as whether you are weight training- and make your own informed decision.



Diet and Nutrition

- › **Ketogenic diet** – great if you have Diabetes or Cancer and may help protect you from getting these diseases (remember that Diabetes causes accelerated aging)
- › **Low glycemic foods** (you can print a glycemic index list from the internet)
- › **Grassfed beef, pastured chickens and eggs** (not just free-range or organic- PASTURED- there are some big differences)
- › **Alaskan salmon, halibut and cod** (unfortunately it looks like ALL non-Alaskan fish is now contaminated by mercury, PCBs and other toxins..... and especially stay away from ALL farmed fish)
- › **Lectin Avoidance Diet-** Avoiding lectins when possible is probably a good idea.



Avoiding Lectins as much as possible

- › Lectins are in almost everything so we can't avoid them completely but the following foods are very high in lectins which cause lots of inflammation AND have been shown to damage the lining of your gut!
- › All nightshade family fruits and vegetables (eggplant, tomatoes, potatoes, peppers and goji berries)
- › Peanuts and cashews (because neither of them are actually nuts! All other nuts are fine)
- › All fruits and vegetables with SEEDS like squash, zucchini, etc.
- › All grains (which are full of lectins). This includes all wheat products like breads and pasta, corn, quinoa and rice.



The Ketogenic Diet

- › Also called the Keto Diet
- › This way of eating uses FAT for fuel (rather than glucose)
- › Your body burns it as fuel so it's not going to get stored or clog your arteries.
- › This is very different from ANY weight loss diet- you are actually changing your body's fuel source.
- › But to do it correctly you must get yourself into ketosis
- › Think of your body as a car. Most people have a gas engine but some have a diesel engine. To do this right you *must* change your fuel source.



How to Switch Your “Engine”

- › Switching from a glucose burning machine to a ketone burning machine (this can take several weeks to achieve but once you do- you usually know it)
- › You can buy ketosis sticks for \$5 online
- › Many people try a keto diet to lose weight but after losing weight (because you will lose weight when you're burning your fat as your fuel) some people choose to stay in ketosis because they say they feel better than they ever have
- › Potential protection against Cancer and may help starve Cancer cells (because Cancer cells cannot use ketones as their fuel like our normal cells can)
- › There are SO many keto versions of almost everything now so it's really not hard to stick to it and still have some of your favorite foods



LONGEVITY HEAD TO TOE Continued....

- › Neck- tech neck is happening to teenagers and 20 somethings
- › Spine- tech neck and sitting
- › Hands- everything you touch is going into your body so wear gloves when cleaning things
- › Lungs- don't smoke, use air filtration, exercise, take stairs, work on building lung capacity
- › Colon- the town dump of your body. Use colonics (which also help hydrate you), coffee enemas (which also help cleanse the liver), work on being regular (and having bowel movements daily)
- › Immune System- Since your gut and immune system are heavily connected, a disruption could blow out your first line of defense against disease and illness (for example your killer T cells are very affected by gut issues)



Head to Toe Longevity Lifestyle Plan continued.....

- › Heart- Heart Disease is still the #1 Killer. Everyone worries about Cancer- but what about your heart?
- › What are doing to keep one of the most important things in your body healthy? Especially if you want it to keep beating indefinitely!
- › Have normal blood pressure and cholesterol levels. If yours aren't then please find (natural) ways to lower them.
- › Exercise (like HIIT), stress reduction, meditation
- › Reduce inflammation



Anti-inflammatory Foods and Supplements

- › Garlic, cloves, ginger, rosemary and turmeric
- › Blueberries, strawberries and cherries
- › Omega-3 fats found in sardines, anchovies and wild-caught salmon
- › Shiitake mushrooms
- › Fermented vegetables and traditionally cultured foods (which lessen inflammation by re-seeding your gut with beneficial bacteria that help optimize your immune function)
- › Foods that **INCREASE** the inflammatory response in your body, include sugar, all refined carbs, alcohol (as it also turns into sugar), all trans fats, processed vegetable and seed oils, such as corn oil and canola oil and processed meats



HEAL AND PROTECT YOUR GUT

- › **The Microbiome and Holobiome-** Think of your gut as a rain forest full of many different species of organisms living in a delicate balance that can be disrupted by many factors such as what you eat, antibiotics and other drugs.
- › **Prescription Drugs-** If you are taking ANY drug please look for NATURAL alternatives because no matter how much good it may do for you, they ALL cause some damage.
- › **Lectins-** which have been shown to cause damage to the lining of the gut.
- › **Eat less sugar-** treat even FRUIT as candy (small amounts of berries are best). Make green drinks vs fruit smoothies. **Use stevia and monkfruit** in place of sugar
- › **Probiotics-** look for products with LOTS of strains and **Prebiotics** (think of it as food for your good bacteria)
- › **Prebiotics-** are a type of fiber like inulin. They are undigestible plant fibers that feed the good bacteria living inside the large intestine. The more food they have to eat, the healthier your gut will be



YOUR MUSCLES

- › Muscles- weight training, eating enough (but not too much) protein. Adding extra collagen, Vitamin C, silica.
- › You've all heard the bad news about sitting too long
- › They're now saying it's more dangerous to your health than smoking
- › Well, if sitting too long is that bad, what happens when we are living 100, 200, 300 years or more
- › That's a LOT of sitting....
- › Invest in a standing desk or even better- a treadmill desk so you can walk as you work on the computer, watch TV or read.

SITTING TOO LONG IS CRIPPLING YOUR BODY



ORGAN DAMAGE
HEART DISEASE
Muscles burn fat and blood flows more sluggishly during a long sit, allowing fatty acids to more easily clog the heart. Prolonged sitting has been linked to high blood pressure and elevated cholesterol, and people who sit most sedentary time are more than twice as likely to have cardiovascular disease than those who sit the least.

OVERPRODUCTIVE PANCREAS
The pancreas produces insulin, a hormone that enables glucose to enter cells for energy. But cells in the muscles don't respond as readily to insulin, so the pancreas produces more and more, which can lead to diabetes and other diseases. A 2010 study found a diabetic insulin resistance after just one day of prolonged sitting.

COLON CANCER
Studies have linked sitting to a greater risk for colon, breast and endometrial cancers. The reason is unclear, but one theory is that cancer cells encourage cell growth. Another is that regular movement boosts natural antioxidants that kill cancer-causing — and potentially cancer-causing — free radicals.

MUSCLE DEGENERATION
MUSHY ABS
When you stand, most of your sit-up strength, abdominal muscles keep you upright. But when you're sitting in a chair, they go atrophy. Tight back muscles and a rigid sit form a posture-making alliance that can exaggerate the spine's natural arch, sometimes cause hyperlordosis, or swayback.

TIGHT HIPS
Flexion hips help keep you balanced, but chronic sitting can cause the hip flexor

TROUBLE AT THE TOP
FOGGY BRAIN
Moving oxygen to your brain needs blood and oxygen through the lower airways. The vessels of all sorts of brain and muscle-requiring chemicals. When we are sedentary for a long time, everything slows, including brain function.

STRAINED NECK
If most of your sitting occurs at a desk or work, craning your neck forward toward a computer or lifting your head to watch a video while typing can strain the cervical vertebrae and lower permanent disc damage.

SORE SHOULDERS AND BACK
The neck doesn't move alone. Slumping forward overreaches the shoulder and back muscles as well, particularly the trapezius, which connects the neck and shoulders.

BAD BACK
INFLEXIBLE SPINE
Spines that don't move become inflexible and susceptible to damage in multiple activities, such as when you lean to a coffee cup or bend to tie a shoe. When we move around, soft disks between vertebrae expand and contract like sponges, soaking up fresh blood and nutrients. When we sit for long times, disks are squashed and lose their collagen matrix around supporting blood vessels.

Posture alignment of cervical vertebrae

Posture alignment of lumbar vertebrae

Posture alignment of thoracic vertebrae

Posture alignment of sacral vertebrae



SUPPLEMENTS FOR LONGEVITY

- › **A good multivitamin** With our soil so depleted or nutrients I think no matter how well you eat I think we should all take a multi- to cover all bases. I use Life Extension Mix (comes in capsules or powder). I put the powder in my green drink or protein drink.....it has about 75 supplements in there.....
- › **Vitamin D** It's not a vitamin at all, but a hormone, which activates a huge number of human genes (now known to be up to 2,000 different genes but its broad-reaching effects are only now being discovered). Studies show that men with prostate cancer and women with breast cancer have very low levels of vitamin D. Dementia and memory loss are directly associated with low levels of vitamin D and it even has cancer-cell suppression properties. Most people need at least 5000 iu per day. Get your Vit D levels tested.
- › **Nicotinamide Riboside (NR)** is a dietary supplement that significantly boosts NAD⁺ levels. People under age 50 or so may be able to restore NAD⁺ to youthful ranges using NR alone. Those over 50, however, may first require NAD⁺ infusions (and then may need to use patches but may then be able to maintain their NAD⁺ levels with 250-500 mg/day of NR.



SUPPLEMENTS Continued...

- › **Carnosine** Glycation is a major cause of aging (and a big culprit in aging skin) and carnosine may be the most potent glycation-inhibiting nutrient there is.
- › **PQQ** (*pyrroloquinoline quinone*) activates the genes that promote the formation of brand new mitochondria for more youthful cellular function.
- › **Omega 3** fish oil, krill oil or other form of Omega 3
- › **Google Life Extension Foundation's Top 10.** There are SO many supplements and I don't have enough time to go into more now so I suggest googling their suggested top 10 (which changes periodically and I like that they stay on top of it so I don't have to) and doing more research.



Exercise for Longevity

If you plan to be around indefinitely- that's a lot of years of exercise- so you should do things that help you stay fit but with the least amount of wear and tear on your body. **Talk with Ilana about a way to do that.**

Nitric Oxide Dump: It involves just 4 exercises and takes just 4 minutes so you can easily do it every day and it has some pretty impressive results!

High Intensity Interval Training (HIIT): It has been proven to stimulate the production of human growth hormone (HGH). HGH slows down aging by increasing exercise capacity, increasing bone density, increasing muscle mass and decreasing body fat.

Weight training- to keep your muscles strong and healthy

Yoga: My favorite because it covers all of these- strength, endurance, flexibility, balance and breathing



REDUCE EMF EXPOSURE

- › Connect a desktop computer via a wired connection
- › If you use WIFI at least shut it off when you go to bed
- › Shut off the electricity totally at night OR at least to your bedroom
- › Use battery operated clocks (and without a light in your bedroom)
- › Don't use a microwave (if you use it for the time-saving convenience, try a steam convection oven which may not be AS fast but is actually pretty quick)
- › Add a shield or guard to your “smart meter”



REDUCING EMF EXPOSURE

- › Try to use the speaker phone on your mobile phone whenever possible and keep the phone at least 3 ft away from you whenever you can and put your phone in another room before you go to bed OR if you want to keep it next to you, put it in airplane mode before you go to sleep
- › Try not to keep you phone in a pocket against your body (women can keep their phone in a purse and men should consider a waist belt or something like that)
- › Use a grounding mat when in bed or at the computer
- › So how can you get started on your LONGEVITY LIFESTYLE?



Turn Your Home into a Wellness Retreat

- › Imagine if you were going to turn your home into a wellness retreat- like a healthy bed and breakfast. What would you need to do before people came to your retreat?
- › Water filtration system
- › Organic cotton sheets and blankets
- › Wood floors vs carpets (the chemicals and materials used to make them and the materials used in the carpet installation process, including glues and other adhesives that contain formaldehyde and a range of VOCs that off-gas into the home environment and the carpet will then accumulate dust mites, dirt, pesticides, and other toxins brought into our homes on our feet and our pet's feet!
- › An area to get daily sun (preferably in a bathing suit or with as little on as possible to get 10-20 minutes of sun for Vitamin D production).
- › A far infrared sauna, a rebounder and a place to exercise, do yoga, stretching, etc
- › Lessen all EMF exposure inside the home as much as possible



Your Home as a Health Resort

- › An area in your kitchen for all your supplements and for making green drinks and protein drinks
- › A dehydrator to make raw snacks like cheesy kale chips and other non-cooked items, a spiralizer which can turn zucchini into slender strands for a pasta alternative
- › Restock your cabinets and fridge- throw out all the crap and put in a few healthy staples
- › Stock up on household cleaners and personal care items that are organic or as chemical free as possible
- › Put in an air filtration system
- › Look around your home and see what you'd need to do to turn it into a health resort and you'll be on your way to living a **LONGEVITY LIFESTYLE!**