



The Super Longevity Lifestyle

MORE Ways to Hack Your Healthspan





7 Steps to Living a Super Longevity Lifestyle

1. Staying current and proactive (ignorance is NOT bliss)
2. Connecting with the life extension community
3. Not living in denial or making excuses
4. Not seeing life as “disposable”
5. Lessening Your Toxic Load
6. Hacking Your Healthspan (DIY Longevity)
7. Not allowing yourself to become “old” in mind, body or spirit



1. Staying Current and Proactive

- Ignorance is NOT bliss when it comes to your health and longevity
- If you are serious about living a LONG healthy life you need to stay apprised of the newest information on diet, exercise and health in general and about the newest cutting edge technologies
- This means going to conferences like RAADFest, reading, talking with others and making your health more of a priority
- There is so much information on the internet but also way too much mis-information so I believe it's better to discover some knowledgeable and trusted sources and get your info from them
- That's the main reason why you should attend conferences like RAADFest but another, just as important, reason is:



2. Connecting with the Life Extension Community

- To connect with like-minded individuals, seek out conferences like the RAADFest
- Join groups such as People Unlimited (I believe you are about as healthy as your 5 closest friends- so who are you spending your time with?)
- Look for local Meetup groups to find more people “like you” in your area. Join online communities and message boards to stay up on the newest longevity, anti-aging and life extension information
- Talk to people- share what you know and learn from them



Surround Yourself With Like-Minded People

- The average person doesn't believe they will live past 100 (they've done surveys)
- So you are part of an elite group of people who understand that not only is this possible but that an open-ended lifespan is becoming not just possible but more probable every day
- So another reason to go to conferences and other functions is that's where other like-minded people gather.



3. Longevity Lifestyle Denial and Excuses

Have you ever found yourself saying something like this:

“No, I haven’t been eating that well lately- yes I know better but I’m SO busy” or “I don’t have time to get to the gym as much as I’d like- but I’ve got this deadline”.

Or “Oh I never eat bread”. “But you’re eating it now”. “Oh well, that’s just because we’re at this restaurant and their bread is SO good”. Or, “I never eat dessert but just one bite because this is a special occasion”.

I’m not saying to NEVER have bread or a dessert if you sometimes really want it, but own up to that fact and stop lying to yourself, making excuses or living in denial.

With EVERY choice, those who are truly living a longevity lifestyle will say to themselves:

Will this choice promote my longevity or my demise...my health or illness? Will it age me more quickly or help me to age more slowly?



Do You “Walk the Walk” Toward Longevity?

You SAY you really want an open-ended lifespan but do you REALLY talk the talk AND walk the walk? I have been around those who call themselves life extensionists and health enthusiasts for over 35 years and I’ve seen too many people living in denial. So they may not like it but I’m calling them out.....

- YOU are the gatekeeper
- YOU are in charge of what goes in your mouth
- YOU are in charge of how much you exercise- or don’t
- YOU are in control (at least in part) of the rate at which you are aging
- So if you are guilty of any of the “denial” scenarios I mentioned, stop making excuses and really walk the walk!



4. A Longevity Lifestyle is not Disposable

- That belief many people have, that they'll only be around for less than 100 years may contribute to our “disposable” lifestyle.
- When people hear for example that their plastic trash will not break down for 1000 years or that their children and their children's children will be inheriting a mess- but do they “really” care?
- I believe that many think, “I'll be long gone” so while they might care about what happens to the rest of mankind, I believe they would care a LOT more if they believed that whatever they did now might be affecting them *forever*.



A More “Permanent” Life

So if more people stop seeing life as fleeting and begin to realize how much more permanent it can be, I believe there will be less damage done to the planet (less litter, less pollution, less waste) because people will realize that is not just what they’ll “leave behind” but it’s what they’ll actually be living in.

So those who are truly living a Longevity Lifestyle will pay more attention to recycling and finding ways to contribute less to the litter, pollution and waste

And speaking of recycling, your body recycles too. Through all your different detox pathways and through autophagy.



Autophagy and Ways to Promote It

Two senescent cell clearing supplements are all the rage right now:

- Dasatinib (Sprycel) + Quercetin and Fisetin
- Fasting: There is much debate over the number of hours you must fast to promote autophagy but many experts agree that it needs at least 18 hours and others say at least 24 (and 36 may be the “sweet spot”) but the point is that a feast and famine cycle can help your body “take out the trash” by clearing out senescent cells, damaged proteins and other debris that builds up and increases our rate of aging and disease.

And that brings me to the 5th step.....



5. Lessening Your Toxic Load (and Taking Out the Trash)

I want to PROTECT and PRESERVE this “vehicle” or this “house” that I live in that carries me around for as LONG as possible....

And to do that I have to take out the trash. Can you imagine living in a house and never taking out the trash for a hundred years?

For those who want a long healthy life I think we should continually detox against the chemicals and toxins in our environment (air, water, food, off-gassing, fumes, etc)



A Quick Reminder of Some Detox Tips

- **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)



Turn Your Home Into a Wellness Center

- How many people went through their home since last time, cleaning out the pantry and refrigerator, the cleaning supplies, etc? How many people here have a water filtration system- either whole house or at least an under sink unit?
- Has anyone gone so far as to remove carpeting and replacing with hardwood floors or getting an organic mattress and sheets?
- The point is that even if you just make a few changes at a time, a true longevity lifestyle means constantly tweaking things as you learn (while I think I'm doing my best right now, I'm sure that when I get back from the next RAADFest I'll be making changes based on new cutting edge info that I don't have now)



One Body- No Trade ins

What if you were given a car and told you would own it for just one year and would be turning it in for a new one?

What if you were given that same car and told you'd be driving it for 100 years before you could trade it in for a new one?

Would there be any difference in how you took care of it?

What if you were told that that car- or your house- would have to last you 1000 years?

How would you take care of THAT car or house?



6. DIY Longevity or Hacking Your Healthspan

If you are going to “hack your healthspan” you need to continue *tweaking* your diet, supplements and exercise programs.

In my practice I noticed that some people did extremely well on a certain diet or by adding or eliminating certain foods. So the one diet fits all idea is obviously not the way- since we each have our own completely different microbiome and biochemical makeup.

But while we **STILL** don't know what the “perfect” diet is one thing we **DO** know is that your body is the physical manifestation of what you put in it and around it.

So rather than suggest any particular diet, I would suggest to do a little bio-hacking and pay attention to how it makes you feel (along with blood tests along the way for validation) to determine what is best for **YOU**.

And a good way to begin would be to eat for your **MICROBIOME**:



What IS the Microbiome exactly?

The **microbiome** is the genetic material of all the **microbes** - bacteria, fungi, protozoa and viruses - that live on and inside the human body. The number of genes in all the **microbes** in one person's **microbiome** is 200 times the number of genes in the human genome. The **microbiome** may weigh as **much** as five pounds. There are **many** trillions of microbial **organisms** living in and on our bodies!



Eating For the Trillions of Your Inhabitants

Make changes as you learn new information. For example, a few things you might try:

- Switch potatoes for sweet potatoes (refrigerate over night for a resistant starch).
- Eliminate peanuts and cashews (remember they aren't actually nuts anyway)
- Try kombucha in place of soda (just a few grams of sugar and provides probiotics)
- “Barely Bread” in place of bread (made from egg whites and almond flour)
- Riced cauliflower in place of rice and shirataki (konjac noodles) made from a root which is also a great prebiotic resistant starch
- Try Lily's chocolate bars that are sweetened with stevia



7. Don't Get "OLD" (in body, mind or spirit)

My Mom is 88 and along with taking zero medications, having no health problems and just as alert as ever, she emails, goes on IG and FB to keep track with her friends and family members and has learned to do everything on her smartphone like texting and watching youtube videos.

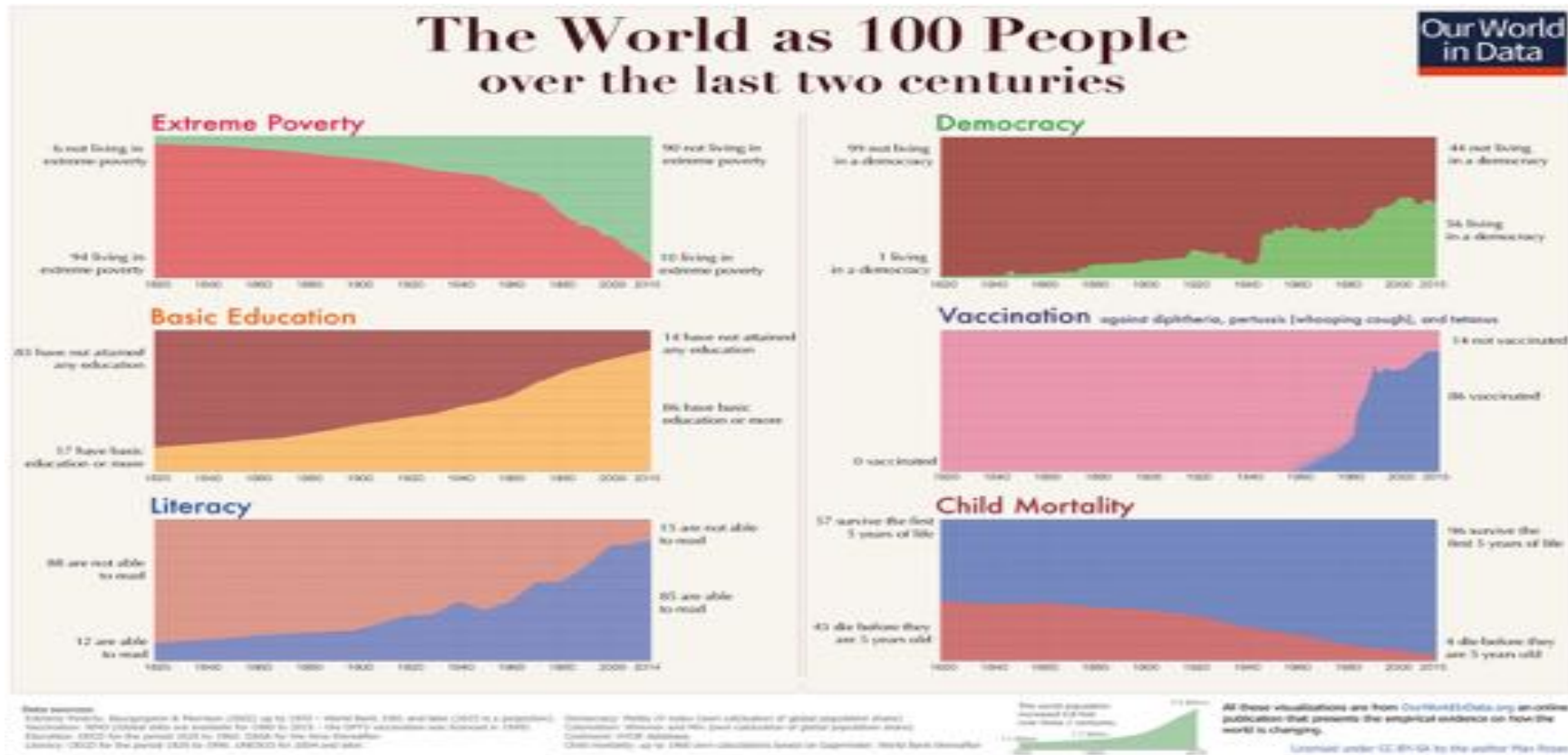
If you plan to be around in the future- especially the far future- you better find ways to keep up with the "newest" technologies. The point is to keep up with the times and staying current. I check in with my 14 year old great-niece periodically to find out what the younger people are currently doing.

-Don't allow yourself to say things like "in my day", "when I was young", "in the old days", "in my time", "my generation" or anything else that "dates" you, making you (or anyone listening to you) see you as not belonging to the current time

-Don't allow yourself to say "things are going downhill" and thinking that the world is getting worse. It really IS getting better all the time. Check this out:



Things Really Are Getting Better- Not Worse





Intend for the Best- Prepare for the Worst

There are people who are prepared for an earthquake, a flood or other natural disaster and there are those who are not (at ALL).

A Longevity Lifestyle should include being prepared not only for a natural disaster (because if you live 1000 years you have a much higher chance of being in one) but a medical emergency too.

With a show of hands, who here knows the signs and symptoms of having a stroke or and a specific plan on what to do if you suspect you or someone with you is having one.

Learn the signs, make a written list of exactly what to do and keep it where you and anyone in your home can get to it quickly in an emergency and program numbers and other info into your phone.



Don't Worry- Be Happy

If you worry, if you are stressed or angry or depressed you will not only age at an accelerated rate but you might not even WANT to live longer.

Every time you get upset, for example while driving, try to take a deep breath and say to yourself “I will not let this AGE ME. My health is more important than this or *anything* else.”

Look at the things that bring you JOY and find more ways to be happy and to enjoy your life. I believe that two of the *best* anti-aging supplements out there just might be happiness and joy! So try to get a big dose of them every day!