

# Secrets of Longevity, Health & Happiness

Add more life to your years  
And more years to your life



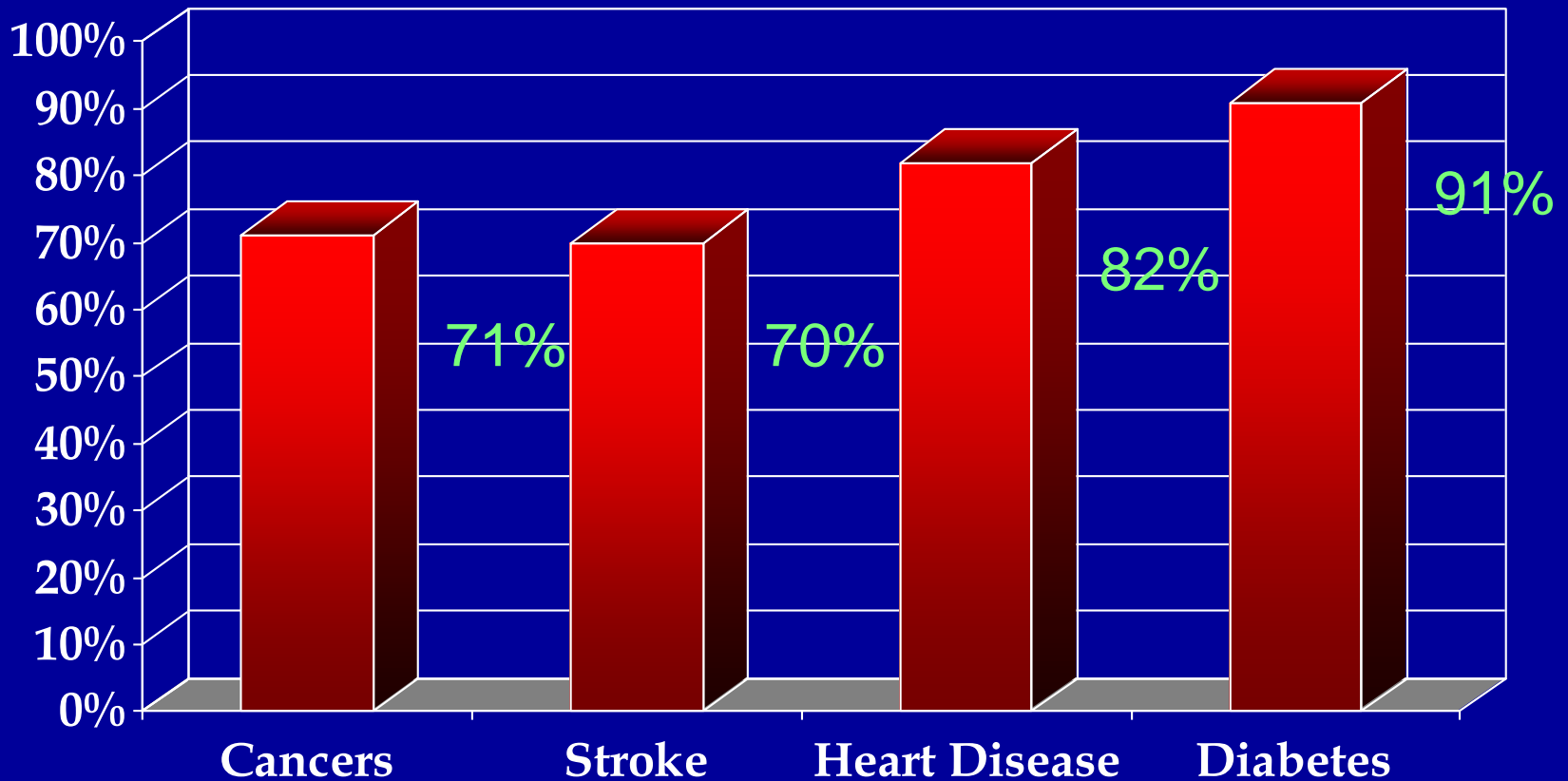
# We are Not Destined to Repeat Our Family History

- The Danish Twin Study is a large-scale study of twins that has been ongoing since 1979. The study has found that:
  - 20% of how long the average person lives is determined by genes.
  - 80% is determined by our environmental factors, including lifestyle choices.

The three most important pillars for a long, healthy, happy life:

**Relational Health**  
**Physical Health**  
**Mental Fitness**

# Percent of Chronic Diseases That Are Caused by an Unhealthy Lifestyle



# Blue Zones

Geographic areas in which people have **low rates of chronic disease** and **live longer** than anywhere else.



# Blue Zones

Where people have been proven to live longer and healthier lives than anywhere else in the world.

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- **Sardinia:** has the world's highest concentration of male centenarians
- **Ikarus, Greece:** has the world's lowest rates of middle age mortality and the lowest rates of dementia
- **Nicoya, Costa Rica:** has the world's lowest rates of middle age mortality, second highest concentration of male centenarians
- **Loma Linda, California:** Seventh Day Adventists – Live 10 years longer
- **Okinawa:** females over 70 are the longest-lived population in the world

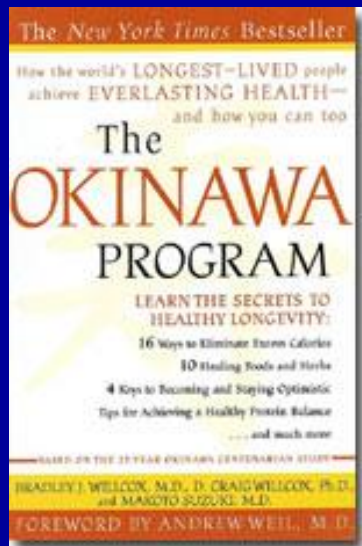
Medical researchers, anthropologists, demographers, and epidemiologists searched for evidence-based common denominators among all places. They found nine.



We recently interviewed people living in Nicoya, Costa Rica. Don Claudio, 104 years old, was one of the highlights.

# Okinawa Diet

## 30 years of Research



- **80% less Heart Disease**
- **80% less estrogen receptive cancers** (breast, ovarian, prostate) than the U.S.!!!!
- **9 to 12 portions of vegetables** a day  
The Okinawan diet is strong in vegetables, in fact an astounding 36% of their diet are vegetables
- **Highest amounts of protective antioxidants** flowing through their blood





GEORGE E. VAILLANT

# TRIUMPHS of EXPERIENCE

THE MEN OF THE  
HARVARD GRANT STUDY



# The Harvard Study of Adult Development

One of the longest and most comprehensive studies of human happiness, over 85 years.

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The project has followed 724 men (including JFK) since they were teenagers in 1938. (Approximately 60 men, now in their 90s.) It is the longest-running study on happiness. They identified 3 factors that create longevity and happiness. The extensive research found that specific traits and behaviors were linked with increased levels of happiness across the entire group. Those in the studies were chosen from poor and rich communities in Boston.

- 1. Social connections** are good for us, a strong association between happiness and close relationships and loneliness kills.
- 2. Keeping your close relationships, closer.** It's not the number of close friends you have, or whether you're in a committed relationship, but the quality of your close relationships that matters.
- 3. Good relationships** don't just affect our bodies; they protect our brains.

# The Harvard Study of Adult Development

## Few Other Conclusions

Alcoholism is a disorder of great destructive power.

Financial success depends on warmth of relationships, not on intelligence.

- Those who scored highest on measurements of "warm relationships" earned an average of \$141,000 a year more at their peak salaries Men with relationship satisfaction were healthier in old age: Those that thrived in their relationships at 50 were more physically healthy at 80 years old.

The warmth of childhood relationship with mothers matters long into adulthood:

- Men who had "warm" childhood relationships with their mothers earned an average of \$87,000 more
- Men who had poor childhood relationships with their mothers were much more likely to develop dementia when old.

The warmth of childhood relationship with fathers correlated with:

- Lower rates of adult anxiety.
- Increased "life satisfaction" at age 75.







# The Harvard Study of Adult Development

- The Harvard study identifies what we can do to cultivate stronger, deeper trust--leading to more meaningful relationships that lead us to greater longevity, health & happiness.

1. Communicate
2. Be authentic
3. Be helpful
4. Be honest
5. Be dependable
6. Show appreciation
7. Show empathy
8. Apologize

# What reduces your chances of dying the most?

**" Social isolation exceeds the health risks associated with obesity, inactivity, excessive drinking, air pollution and smoking over 15 cigarettes a day, according to a 2010 review of 148 studies. " Dr. Juliana Holt-Lunstad**

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Research at *Brigham Young* by Dr. Juliana Holt-Lunstad. She researched tens of thousands of middle-aged people, in a series of studies, over 7 years. How often they visited doctor, studying their diet habits, exercise patterns, alcohol use, etc. All were studied in the research of Brigham Young Dr. Juliana Holt-Lunstad.

1. **Weak ties** (Dr. Jillian Sandstrom, Dr. Holt-Lunstad)
2. **Strong ties** (Blue Zones + Harvard Men's Study)
3. **Quit Smoking**
4. **Quit Drinking**
5. **Flu Vaccine**
6. **Cardio Rehab** (if you've had an event)
7. **Exercise** (Movement is key, Blue Zone)
8. **Lean vs Overweight** (Plant slant, 80% rule, Blue Zone)
9. **Hypertension** (Stress Relief, Down shift Blue Zones, DASH Diet)
10. **Clean Air**



# Positive emotions broaden people's thinking and lead to better physical and mental health



- Barbara Fredrickson, a psychologist at the University of North Carolina, has conducted research on the link between positive emotions and the immune system. She has found that **oxytocin**, a hormone that is released during positive social interactions, **can switch on the immune system** by activating **the vagus nerve**, which is a nerve that runs from the brain to the gut.
- The vagus nerve is part of the parasympathetic nervous system, which is responsible for “rest and digest”. When the vagus nerve is activated, it sends signals to the immune system to increase production of white blood cells and other immune cells. This helps the body to fight off infection and disease.
- Fredrickson's research suggests that positive emotions, such as love, gratitude, and compassion, can have a direct impact on the immune system. By increasing levels of oxytocin, these emotions can help to boost the immune system and protect the body from illness.

# Survey of Relational Health Factors in Longevity Research

Of course, longevity is based upon an interplay of all three dimensions, good relational health, physical health and mental fitness, BUT relational is very important factors in all these longevity studies.

- **Blue Zones, 5/9 factors**
- **Harvard Study of Adult Development, 3/3 factors**
- **Dr Holt Lundstad, 50% of factors**
- **Dr Valte Longo** is the Director of the USC Longevity Institute , **2/6 factors.**
- **Dr George Church**, a Professor of Genetics at Harvard Medical **3/7 factors.**
- **Dr Linda Partridge** is a Professor of Biology at the University of Cambridge, **5/8 factors.**
- **Dr Barbara Frederickson** research Positive emotions, Social connection, Optimism, Purpose in life, and Gratitude all have a powerful impact on our health and longevity. People who experience more positive emotions tend to have stronger immune systems, lower blood pressure, and a reduced risk of heart disease, stroke, and depression.



# Healthy Biome Creates Great Longevity

**Diversity:** A diverse gut microbiome is associated with better health and longevity. This is because a diverse microbiome is more resilient to changes in the environment and can better fight off infection.

**Short-chain fatty acids,** Beneficial bacteria: Certain types of bacteria, such as Akkermansia muciniphila and Faecalibacterium prausnitzii, have been shown to be associated with longevity..

**Reduce inflammation** by producing SCFAs and other compounds with anti-inflammatory effects.

**Metabolism:** improve insulin sensitivity, reduce obesity, and protect against type 2 diabetes.

**Immunity:** A healthy microbiome can help to protect against infection and disease.

Fermented foods, kimchi, miso, tempeh, kombucha, sauerkraut, kefir, yogurt, nourish our biome

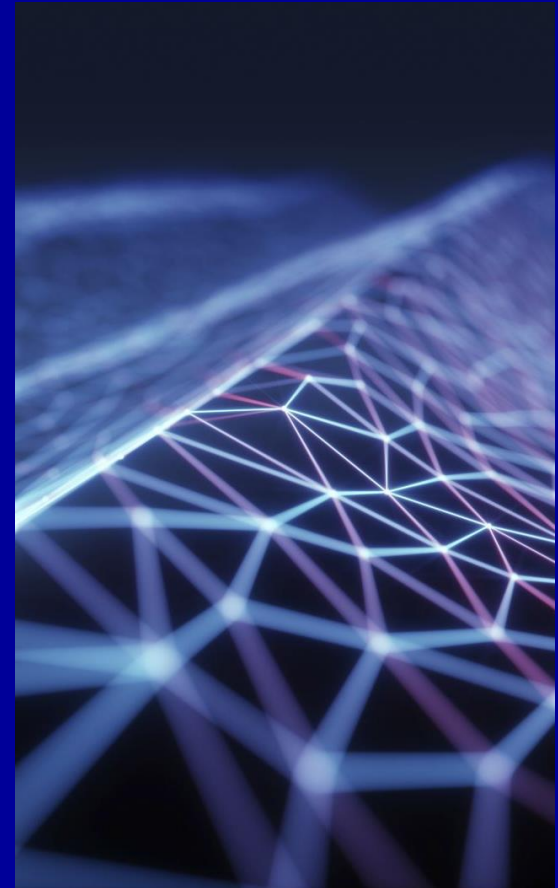
**Eating a healthy broad diet:** high in plant fiber and fermented foods, to replenish biome.

**Taking prebiotics and probiotics:** replenish the gut.

**Reducing stress:** Stress can damage the gut microbiome and increase the risk of disease

**Sleep,** is essential for gut health..

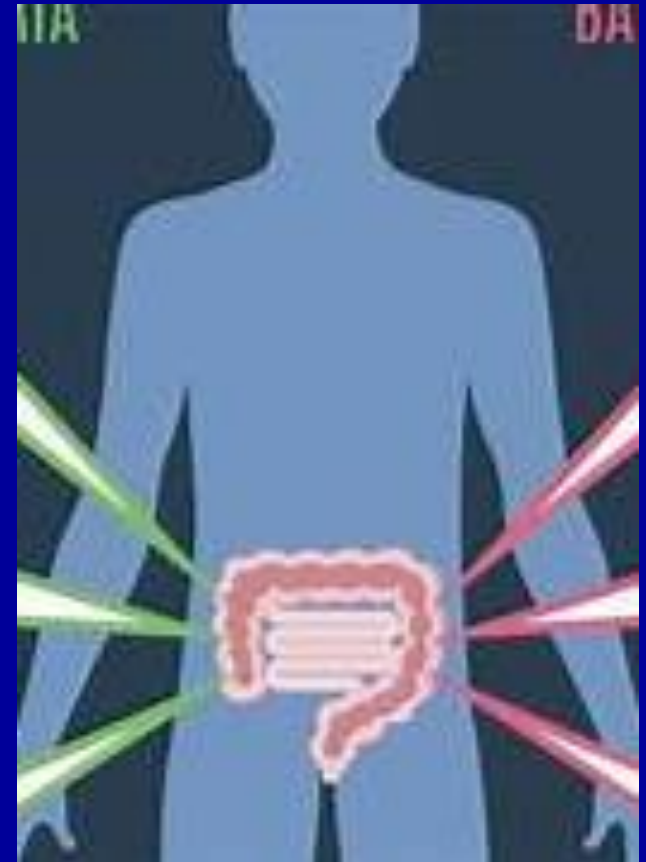
**Avoiding antibiotics and NSAID's** can kill the beneficial bacteria in the gut





# Healthy Biome and Centenarians

- **2023: Gut microbiota composition of centenarians in Japan:** 100 centenarians found that they had a more diverse gut microbiota. They have higher levels of beneficial bacteria, shown to have a number of health benefits, including reducing inflammation, improving insulin sensitivity, and protecting against colon cancer.
- **A 2023 study published in Nature Aging** The researchers found that the centenarians had higher levels of beneficial bacteria, and lower levels of potential inflammatory bacteria, than the other participants. They also found that the centenarians had a more diverse gut microbiome.
- **A 2022 study published in the journal Microbiome** found that centenarians have higher levels of the bacteria *Akkermansia muciniphila*. This bacteria has been shown to have a number of health benefits, including reducing inflammation, improving insulin sensitivity, and protecting against colon cancer.
- **A 2021 study published in the journal Nature Microbiology** found that centenarians have a higher abundance of the bacteria *Faecalibacterium prausnitzii*. This bacteria has also been shown to have a number of health benefits, including reducing inflammation, improving insulin sensitivity, and protecting against colon cancer.





# 9 Common Factors Identified In Each Blue Zone Culture

## The Power 9®

Nine interconnected lifestyle habits of the world's longest-lived people



While each of the components is important, the key is to build an ecosystem to integrate all 9 elements habitually into your life. That way, they'll reinforce one another over the long term.

# Purpose

- Purpose can add years to your life and life to your years.
- Centenarians living in “Blue Zones” areas—places where people were living longer lives with more vitality—have a strong sense of purpose throughout their lives.
- The Okinawans call it “ikigai”
- Nicoyans call it “plan de vida”
- For both, it translates to “why do I wake up in the morning?”



# Down Shift

- Blue Zone cultures have built-in routines to let go of stress and down shift into relaxation response
- Daily Yin Nourishment/Relaxation Response
- Learn progressive relaxation, prayer, meditation, funny TV show, napping , reading a good book

# Connect

## family first.

Power 9\*

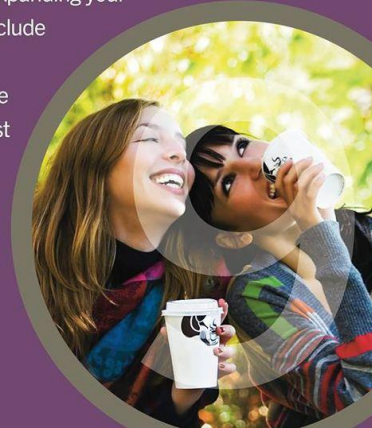
Living in a thriving family is worth a half-dozen extra years of life expectancy. Invest time in your kids, nurture a monogamous relationship and keep your aging parents nearby.



## right tribe.

Power 9\*

Your friends have a long-term impact on your health and longevity. Taking stock in who your friends are and expanding your social circle to include healthy-minded, supportive people might be the most powerful thing you can do to add years to your life.



## belong.

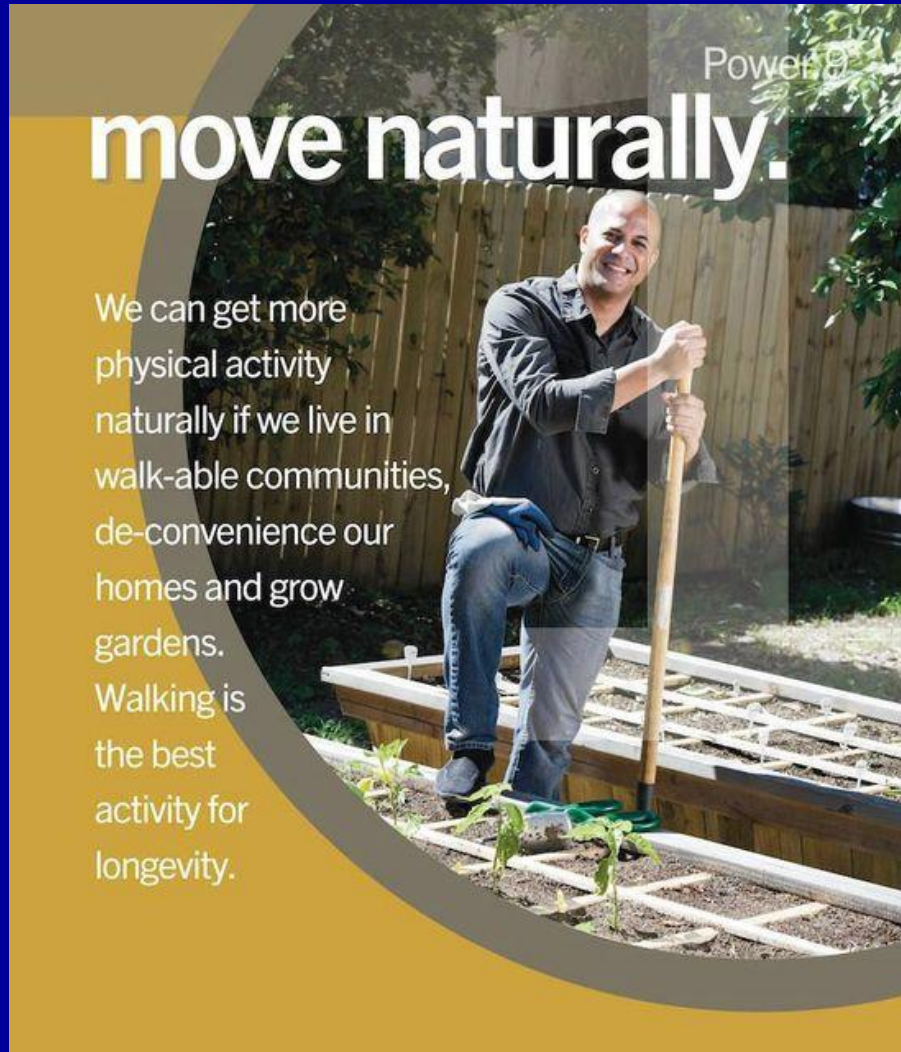
Power 9\*

Recommit or reconnect to your faith community, or explore a new one. No matter which faith, studies found that people who devote time to their faith community four times a month live an extra 4 – 14 years.

# Move Naturally

## move naturally.

We can get more physical activity naturally if we live in walk-able communities, de-convenience our homes and grow gardens. Walking is the best activity for longevity.







BLUE ZONES™

# FOOD GUIDELINES

MONTHLY

**Retreat from meat:** Blue zones centenarians eat about 2 oz or less about 5x per month

**Reduce dairy**

WEEKLY

**Slash sugar:** Consume only 28 grams (7 teaspoons) of added sugar daily

**Eliminate eggs:**  
No more than 3 per week

**Go easy on fish:**  
Fewer than 3 oz, up to 3 times weekly

DAILY

**Snack on nuts:**  
About 1-2 handful a day

**Drink mostly water:** About 7 glasses / day;  
coffee, tea, and wine in moderation

eat often with family and friends

**Daily dose of beans:** Half-cup to one cup / day

**Go wholly whole:** Single-ingredient, raw, cooked, ground, or fermented, and not highly processed

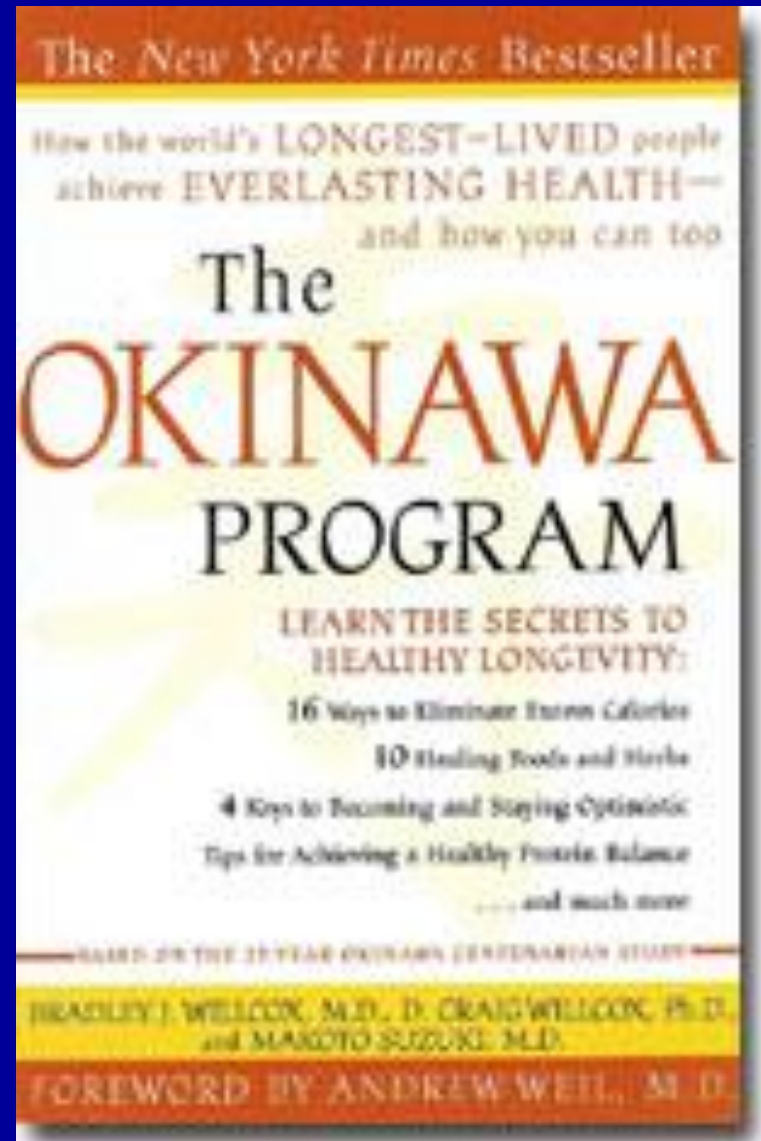
**95-100% plant-based**





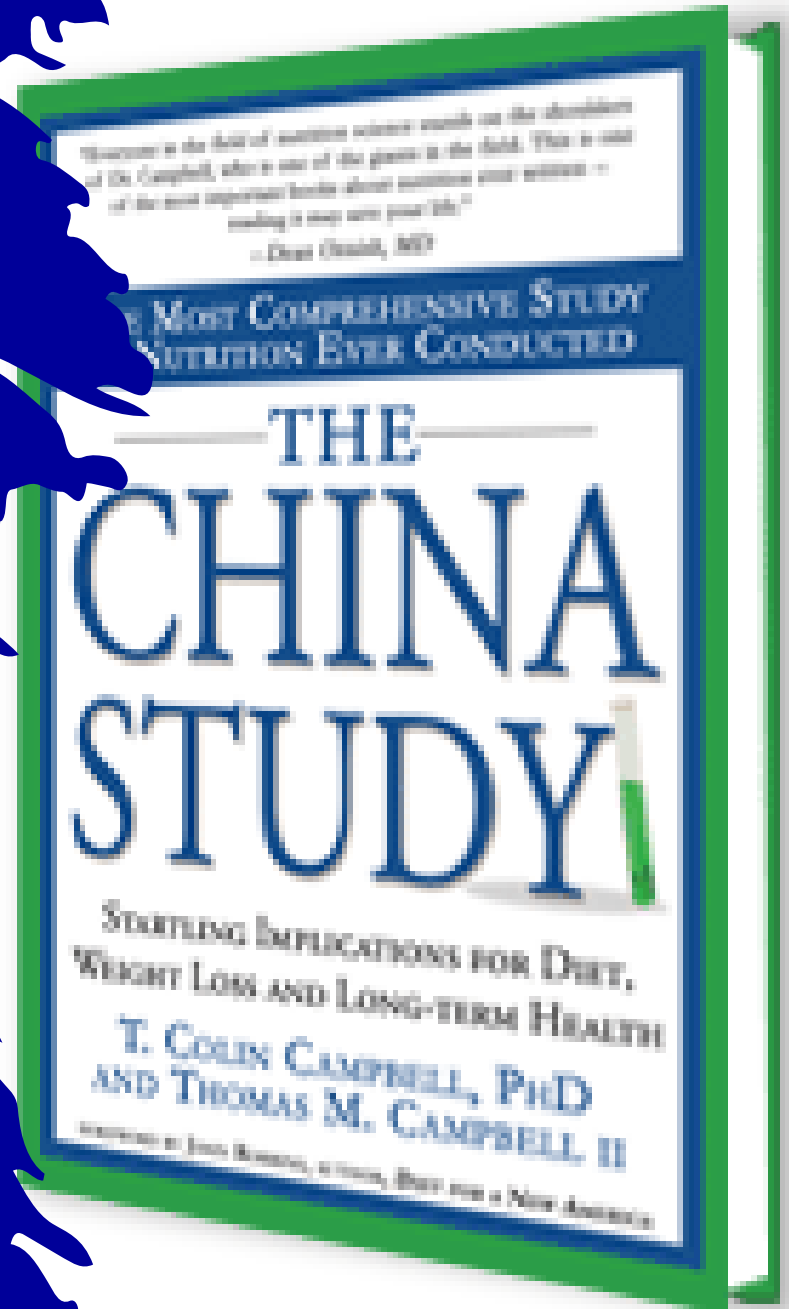
# Okinawan Guidelines

- Eat a variety of foods, mainly from plant sources
- Eat at least seven or more servings of fruits and vegetables daily
- Eat six or more servings of grain-based foods daily
- Make complex carbohydrates the basis of the diet and limit simple sugars
- Limit fat intake to 30% of total calories



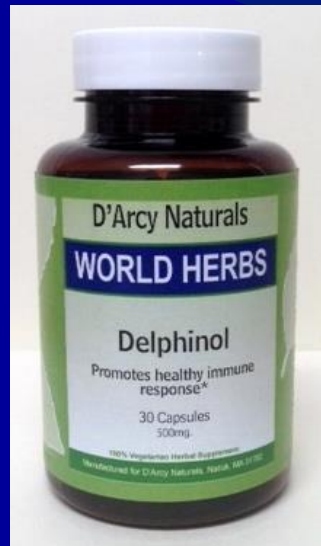
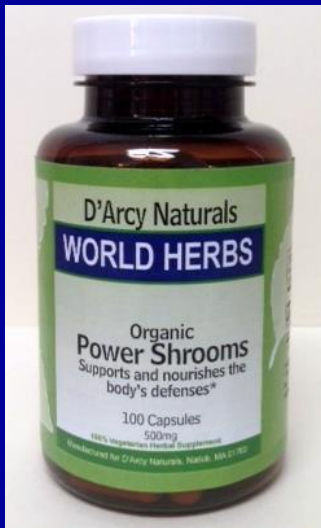
# The China Study

- Diets high in protein, particularly animal protein (such as casein in bovine milk,) are strongly linked to diseases such as heart disease, cancer and Type 2 diabetes.
- Advocates a whole-food, plant-based diet (a type of vegan diet which also restricts refined carbohydrates and highly processed foods,) as a way to minimize and/or reverse the development of chronic disease.



# Supplement your Diet

## Suggested Dietary Supplements



- **Green Power:** to power up your smoothie, one scoop equals 5 portions of fruits and vegetables, for those with busy lifestyles
- **Power Shrooms:** (reishi, maitake, shiitake)
- Nourishes immune system, regulating the auto-immune response
- **Delphinol:** Extract of Chilean berries, highest in Delphinidins, stabilizes blood sugar
- **Theracumin:** Extract of turmeric, for anti-inflammation
- **EPA Fish Oils** mega-3 fatty acids helps lower triglycerides and blood pressure, prevents heart disease.



# Medicinal Mushrooms (Organically grown) *Nourishment for immune system support*

- *Reishi*
- *Maitake*
- *Shiitake*
- Medicinal mushrooms: their therapeutic properties and current medical usage with special emphasis on cancer treatments." **Download the extensive literature review monograph**  
[http://www.icnet.uk/labs/med\\_mush/med\\_mush.html](http://www.icnet.uk/labs/med_mush/med_mush.html)

# The Power of Phyto-Nutrients in our Diet

- **Green Tea**– 3 cups a day 50% reduction reduced risk of relapse of Breast cancer or Prostate cancer
- Simple changes in Nutrition and exercise,
  - reduced cancer by 40% according to a World Cancer Fund that synthesized several thousand studies
  - 60% reduction in cancer mortality (20,000 people followed over 11 years)
  - Increased life expectancy by 14 years
  - 68% decreased mortality in breast cancer spread to lymph

David Servan-Schreiber, MD, PhD

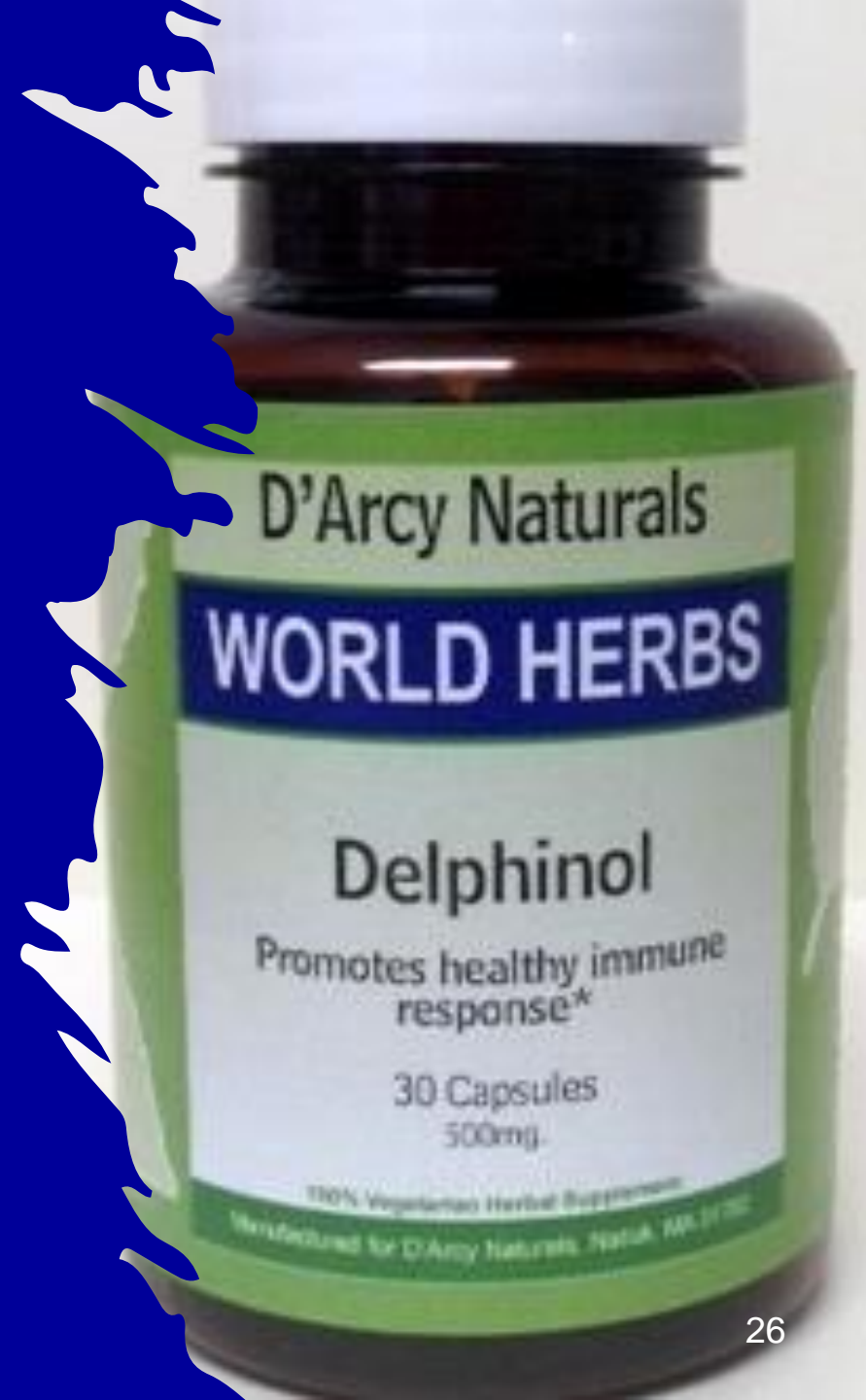
Source: *Anticancer*.





# Dephinol

- Loaded With Antioxidants
- Help Fight Inflammation
- Protect Against Heart Disease
- Supports Blood Sugar Control
- Supports Eye Health
- Promotes a Healthy Gut
- Anti Cancer
- Anti Aging







# Theracurmin

- Theracurmin is 27 times more bioavailable than standard curcumin
- Protects Memory and Mood
- Powerful anti-inflammatory and Anti-oxidant
- Joint Health, Digestive Health
- Cardiovascular Health
- Cognitive Health



“When you eat a healthier diet, quit smoking, exercise, meditate and have more love in your life, then your brain receives more blood and oxygen, so you think more clearly, have more energy, need less sleep.

Your brain may grow so many new neurons that it could get measurably bigger in only a few months.

Your face gets more blood flow, so your skin glows more and wrinkles less.

Your heart gets more blood flow, so you have more stamina and can even begin to reverse heart disease.”

**D. Chopra, D. Ornish, R. Roy and A. Weil,  
*January 9, 2009, Wall Street Journal***

# Things to do daily:

- Daily behaviors that can boost the immune system and calm the nervous system:
  - Watch the sun rise and sun set
  - Spend some time outdoors
  - Take a cold shower or have a cold rinse after your regular shower
  - Cut down on screen time
  - Take a walk.
  - No caffeine after 12 noon