

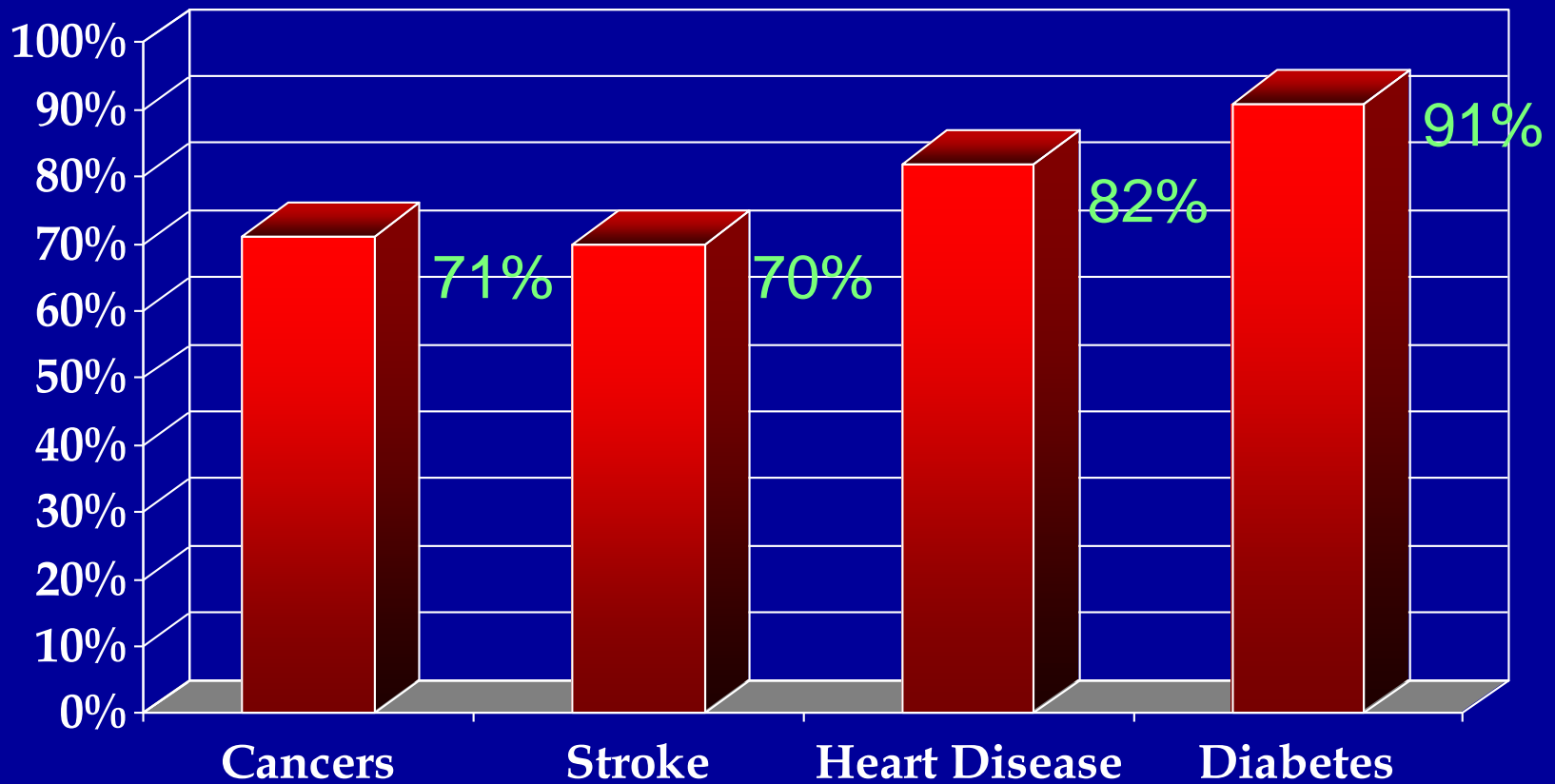
Longevity & Health

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



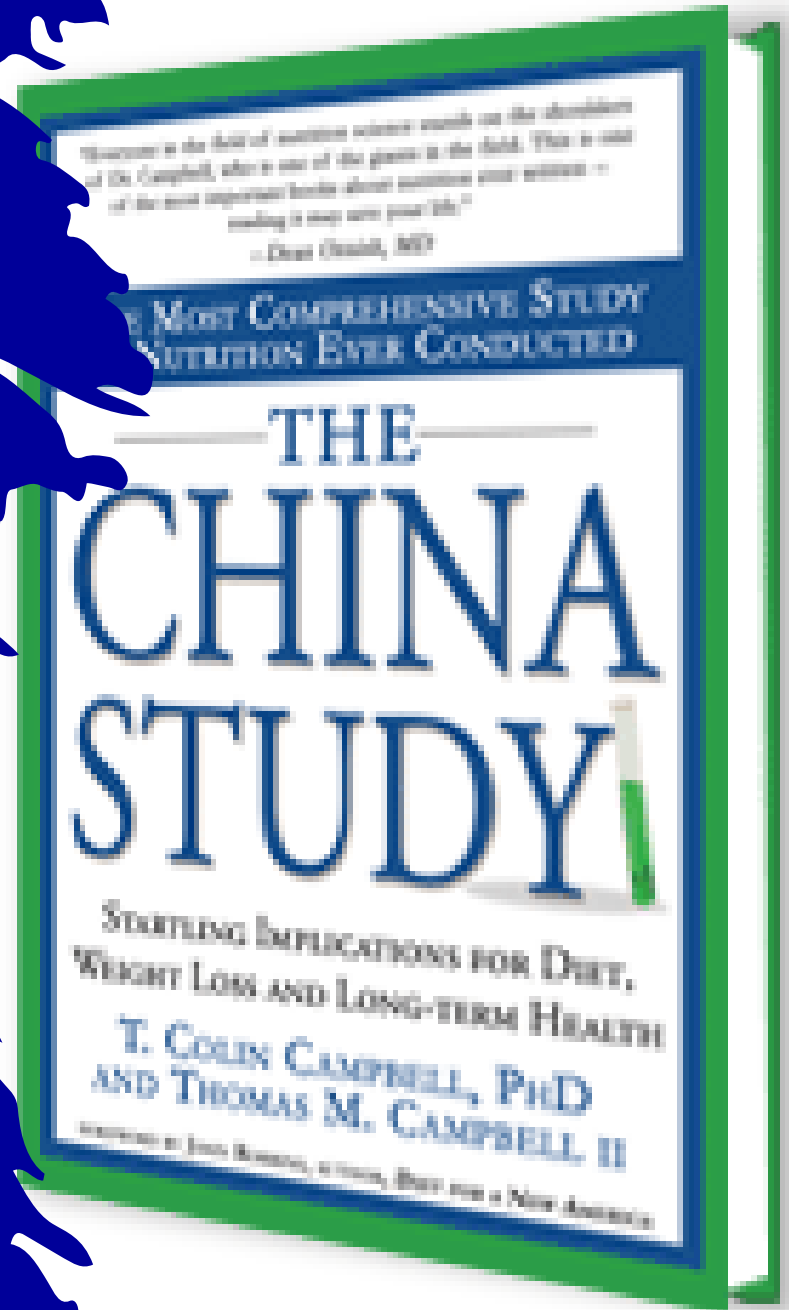
- The Danish Twin Study established that only about 20% of how long the average person lives is determined by genes.

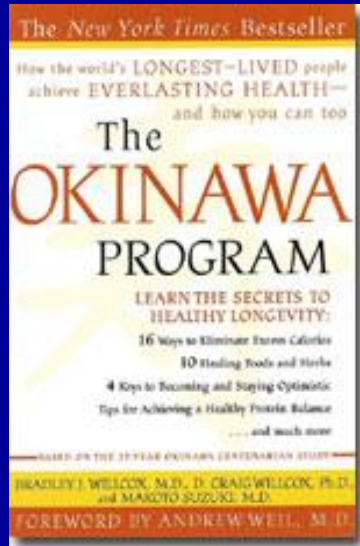
Percent of Chronic Diseases That Are Caused by an Unhealthy Lifestyle



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.





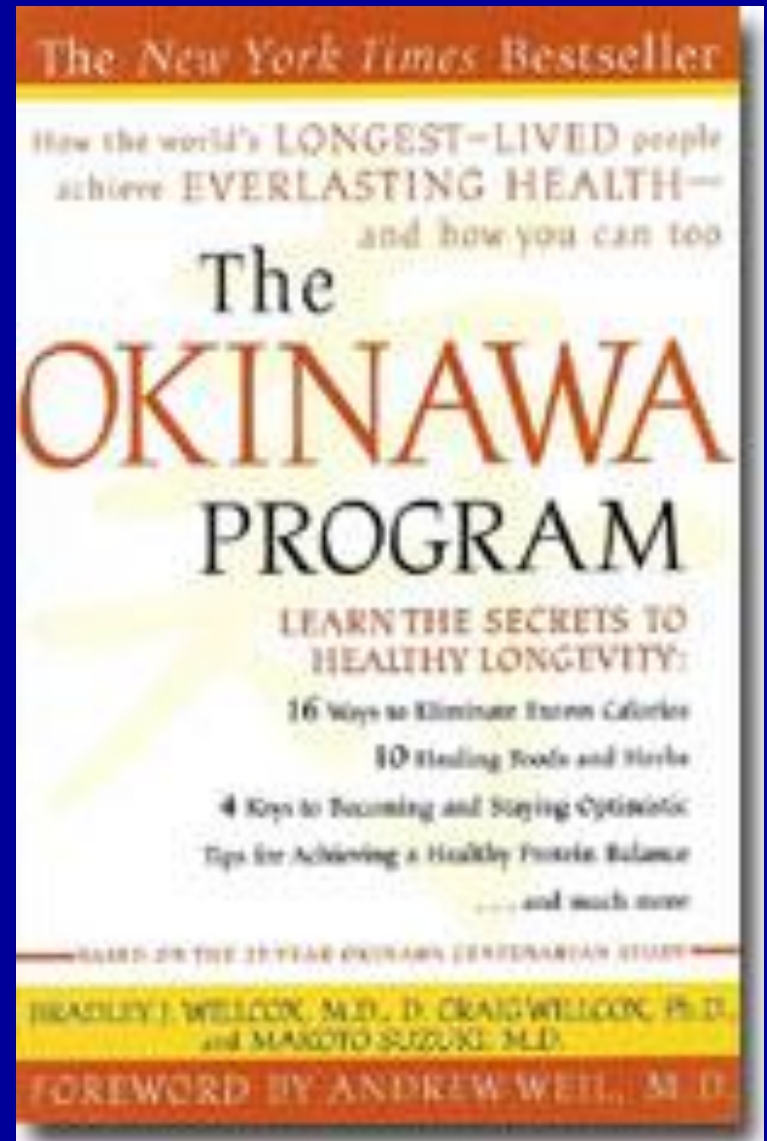
Okinawa Diet 30 years of Research

- **80% less Heart Disease and**
- **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



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



Blue Zones

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



Blue Zones

- **Sardinia** –world's highest concentration of male centenarians.
- **Ikarus, Greece** –world's lowest rates of middle age mortality and the lowest rates of dementia
- **Nicoya, Costa Rica** – 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.

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 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 , good book



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

Snack on nuts:
About 1-2 handful a day

DAILY

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



Connect

family first.

Power 9*

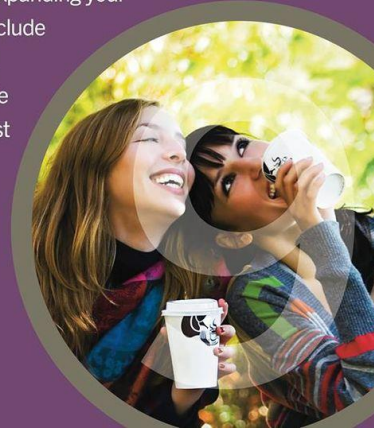
Living in a thriving family is worth a half-dozen extra years of life expectancy. Invest time in your kids, nurture a monogamous relationship and keep your aging parents nearby.



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.

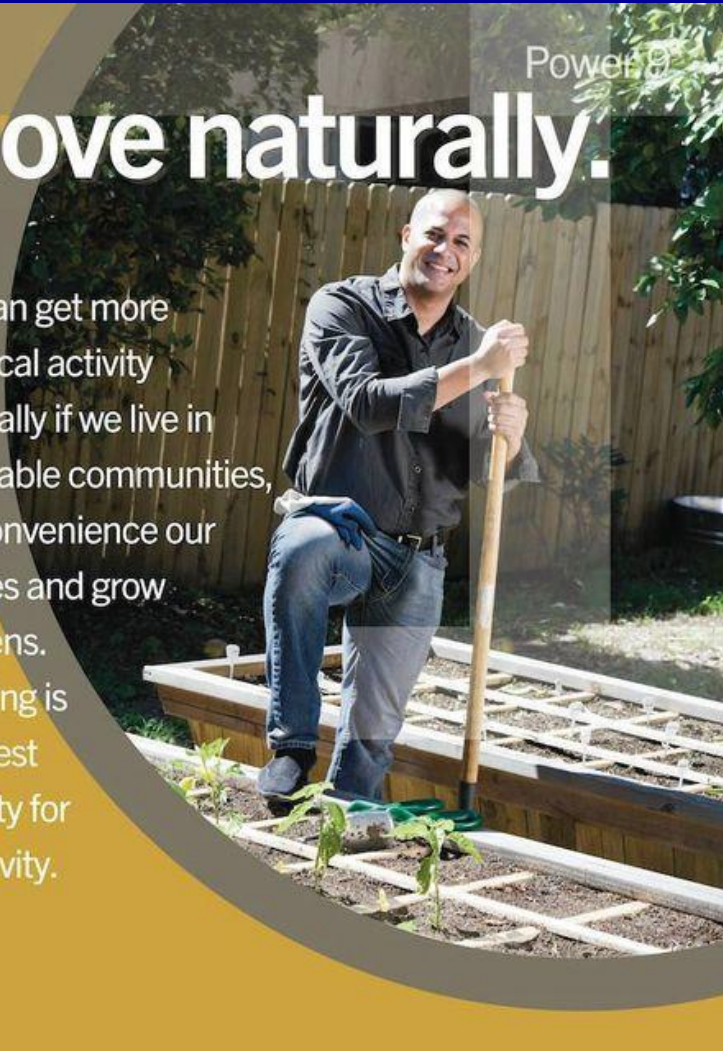
Power 9*

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

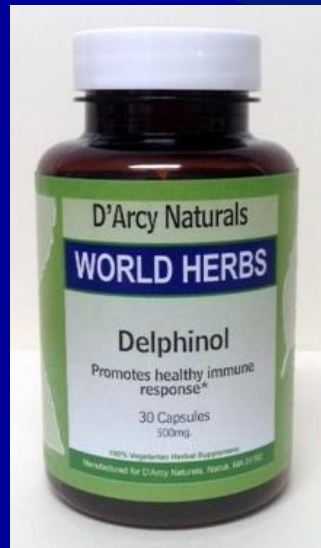
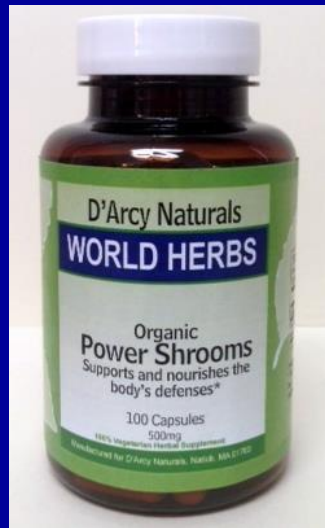
move naturally.

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.



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
- **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.



“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***



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

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

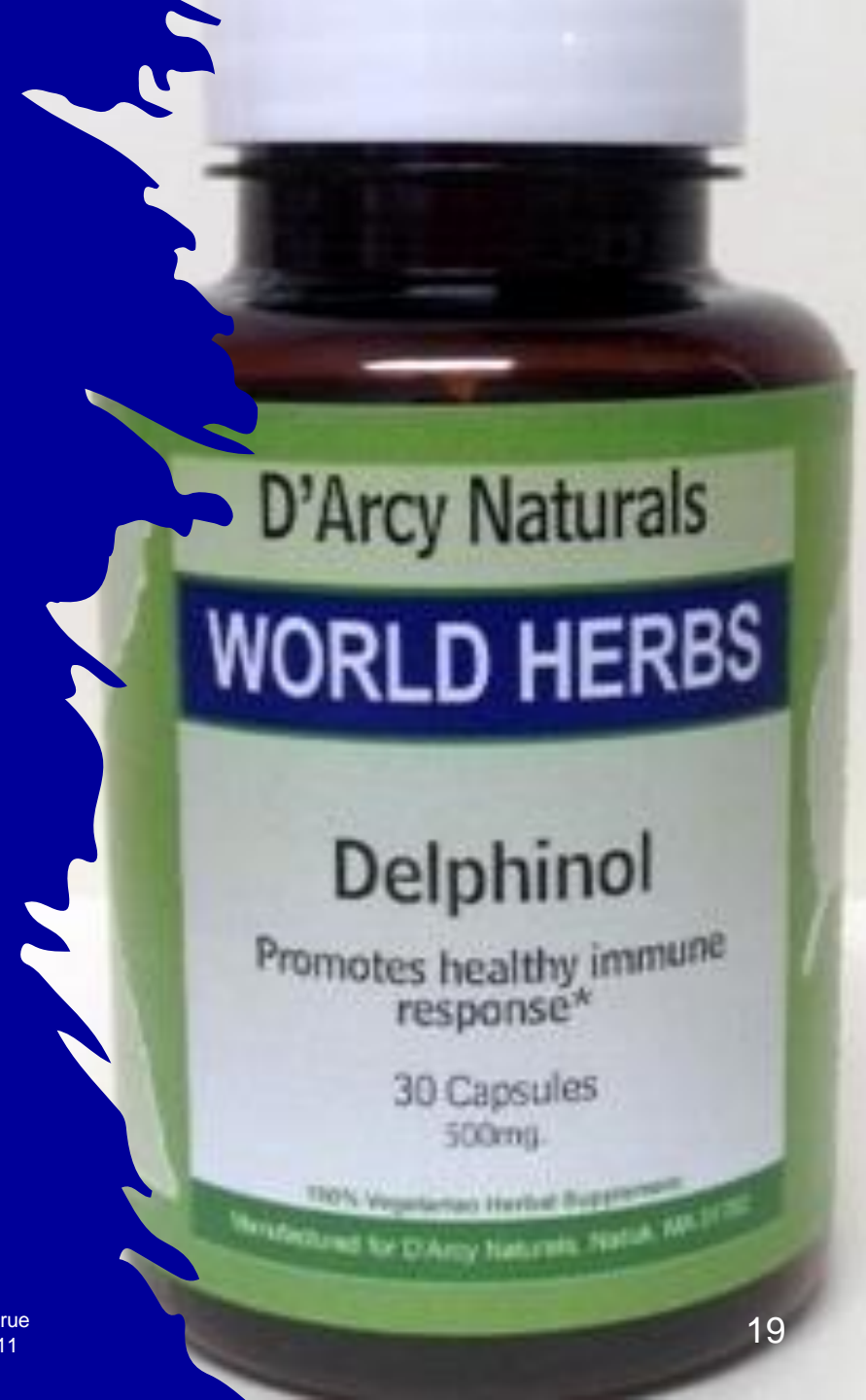
David Servan-Schreiber, MD, PhD

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