

Anti-Aging Nutrition Secrets, the Fountain of Youth Seekers Guide to Longevity

Third Revision July 2016



***Read the first 3 Chapters of this book free at
www.ez3dbiz.com/anti_aging_book.html***

A message to readers of this 3rd edition

This book puts into a simple format the main elements of healing and longevity used for thousands of years by people around the globe with success and combines them into a simplified format. This book has been designed to be the last book on anti-aging and longevity ever written. Newly revised and updated, this third edition takes you beyond the simple nutritional aspects of longevity. Where needed, complete scientific citations and documented references are listed for the reader's convenience and follow up for further information contained therein.

Included in this third edition, we cover the 3 main traditional forms of healing, **Ayurvedic** (*Ojas, Tejas, Prana & Rasayana Longevity*), **Tibetan** and how the interaction of **Yin and Yang** and the 5 elements/phases used in Traditional Chinese Medicine promote healing and longevity. It helps readers realize how all three of these longevity systems utilize the same structure to create rapid healing (*free radicals, oxidative stress, DNA*). This third edition also includes the proper nutrition, awareness of excess occurring in one branch of the body and methods used to restore balance to the emotional side of healing, how to eliminate toxins and the removing of negative emotions that are responsible for also lowering our spiritual vibration/frequency, which in turn eventually manifest as illness. We also list alternatives to open heart surgery, and the amazing 100% malaria cure, covered in our earlier edition, that costs just pennies. One of the key highlights of this 3rd revision is we list some of the very best dairy alternatives. We also carefully examine some of the very best exercises, herbs and routines that keep bones flexible and strong, well past 70 years of age. Also included are some of the best methods of all time used to heal cancer, from stomach cancer, topical pastes used for treating skin cancers to leukemia and brain cancers. This third edition continues on the tradition using herbs, and in this third edition we focus on Chinese anti-aging herbs and their associated formulas. We also have finalized the very best Pneumonia cures ever found, by using herbs recovered from ancient texts to Dr. J.H. Tilden of Denver, Colorado by examining the dietary formula he used to treat his patients.

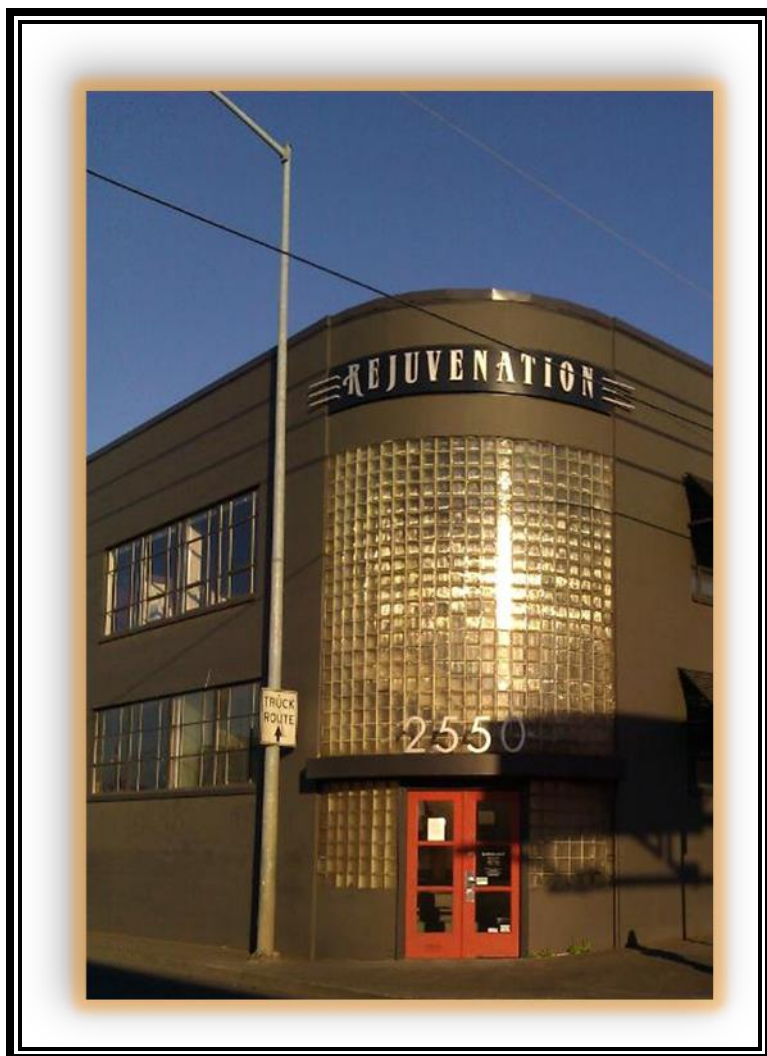
This 2016 third revised edition includes the latest anti aging pills, as well as time tested anti-aging Chinese longevity formulas. Included are modern anti-aging lifestyles that boost Human Growth Hormone naturally and a complete list of do it yourself anti aging herbal formulas. As an added bonus, this third edition includes the latest scientific research studies on reversing osteoporosis and methods used to treat arthritis naturally without any side effects.

One of the most remarkable discoveries we have made is healing through spiritual methods, or healing through dreams. We especially examine the remarkable healing abilities of the Tibetan Tormas used in many healing cases where all other forms of healing have failed. We also continue to seek out and list alternatives to surgery, with this revised edition containing up to 8 healing alternatives to surgery. This third edition has also simplified techniques that re-mineralize teeth and heal cavities faster and with less cost than ever before.

This book puts the power to heal, stay healthy and maintain a longevity mindset, allowing you to be responsible for your health and longevity. In a few places in this book, when necessary, you may see reference to the words "*dampness*", "*fire*" or similar terms. The mention of these refer to the 5 phases used in Traditional Chinese Herbal Medicine and are a simplified way to identify and treat general conditions. While a full explanation on the 5 phases is outside the scope of this book, my book **Eternal Youth via Tao Te Ching. Longevity Secrets via Universal Energy**, outlines the complete healing concept using the 5 elements/phases of Traditional Chinese Medicine. Included in the Tao Te Ching book are over 30 rare ancient charts and tables which thoroughly explore and explain the 5 phase / element concept that has existed in China for thousands of years.

For the reader's convenience, this third edition includes a complete index at the end of this book, making it easy for the reader to locate their subject in mere seconds.

**Published by the Institute for
Solar Studies on Behavior
and Human Health**



Website: www.ez3dbiz.com

Aging is a disease

Disease is temporary



Other books published by the Institute of Solar Studies on Behavior and Human Health include:

1. **Revised June 2016 - Living Healthy Beyond 120, A Centurion's Plan for Longevity**
2. **Released Late-December 2012 - How to Make and Sell Your Own Aromatherapy and Herbal Products**
3. **Released Mid-December 2012 - How to Sell Your Homemade Products Online**
4. **Released November 2012 - Solar Visualization Tools for Health and Prosperity**
5. **Released May 2014. - Solar Flares and Their Effects upon Human Behavior and Health**
6. **Revised December 2016. The Complete Guide to Natural Toothache Remedies and Re-mineralization**
7. **Revised October 2015. - The Official Guidebook of How to Make Tinctures and Alchemy Spagyric Formulas.**
8. **Released April 2015. - The Any Climate Survival Guidebook. Maintain Resilience in Rain, Snow or Desert**
9. **Revised November 2015 – My Book of Stem Cell Longevity Formulas and Nutraceutical AntiAging Combinations. Based on scientific research studies of foods, herbs and extracts proven to grow stem cells that extend lifespan**
10. **Foods, Herbs and Pharmaceuticals that Extend Lifespan. An in-depth research title covering more than 200 herbs and Nutraceuticals proven to extend lifespan**
11. **Released - Aug 29, 2014 - Following the Sun. Using Sunspot Cycles to Change Your Destiny and Empower Personal Growth and Other Stories**
12. **Released June 2015 - A Pod Publishing Manual. Free Marketing Strategies for Experienced Amazon Authors**
13. **Released March 2016. Wormhole Theories, Sunspot Activity and Remote Viewing Stocks**
14. **Revised May 2016 - Deciphering Tablet Number XIII the Keys of Life and Death by Thoth the Atlantean**

You may preview the first 3 chapters of any of these books by visiting:
<http://www.ez3dbiz.com/library.html>

Copyright © 2016 by Scott Rauvers

**Library of Congress Catalog
ISBN- 978-1492223320**

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.

Printed in the United States of America



The Institute for Solar Studies on
Behavior and Human Health

1507 7th St, #633
Santa Monica, CA 90701

Printed in the United States of America

First Printing August 2013
Second Printing September 2014
Third Final Revised Edition July 2016

Articles and Research
Pages at **www.EZ3DBIZ.com**

This book is also available in Nook and Kindle Versions.
Just enter the book's title into any Internet search box locate these
versions

Acknowledgments

I would like to acknowledge and thank all the reader's wonderful comments and feedback from the first and second editions. Due to interest in scientific studies, and for the independent researcher, I have tended to the reader's requests that where possible, anti-aging related data mentioned in this revised edition include full scientific references and citations. Thanks and praise also goes out to the resources and sources that made this third edition one of this 21st century's most successful anti-aging classics.

Chapters and Subject Headings

Chapter 1 - Diets and Lifestyles of the Longest Lived Cultures. Page 4

Using Exercise to Reduce the risk of Contracting Alzheimer's. Maintaining Healthy Insulin Levels. The Sardinian Lifestyle. Advantages of Potassium. The Greek Ikarian Lifestyle. What does Bioavailability mean? What is Lactobacillus Sanfranciscensis? The Costa Rican Nicoyan Lifestyle. Depression and Dementia. Lysine Enhances the Absorption of Calcium. Foods highest in Lysine. The Anona Fruit. The Geographical Region of the Costa Rican Nicoyan Centurions. Scientific Results of testing the Costa Rican Nicoyan Water. The 5 Phases and Longevity. The Lifestyles of the Okinawan Centurions. The Lifestyle of the Californian Loma Linda Community. Does Phytic acid soak up radiation? Metals Prefer to Lodge themselves in Different Regions of the Body. Omega 3 and Longevity. Toxins. Global Climate Change is affecting Lifespan. 35% of Centurions Die Without Serious Illness. The 7 Major Causes of Death in the Western Industrialized Nations. What does non communicable disease mean?

Chapter 2 - Senescent Cell Removal Extends Lifespan of Mice by 35%. Page 24

The Destructive Effects of Senescent Cells. Does Ginseng Help Sweep Senescent Cells from the body? Calorie Restriction. Vitamin E. Excessive Iron. Use of the Mind Enhances Longevity. Short Term Chocolate Treats Are Good for You. What do the Scientific Studies Reveal about Macrobiotic diets?. The Pros. The Cons.

Chapter 3 - Alternatives to Dairy for building Strong Bones. Page 31

Why Animal and Vegetable Proteins Cause you to Lose Bone. What is Kelp and Where does it Come From? Why Vegetarians Need more Calcium in their diet. Vegetarian Dietary Guidelines According to the 5 Phases/Elements. The powerful healing combination of Spirulina and Sardines. Arterial Stiffness and Dairy. Foods that Create Strong, Flexible and Healthy Arteries.

Mesoglycan. Barley Leaf. Omega 3. Chelation Therapy. What is Arteriosclerosis?

Chapter 4 - The Best Non-Invasive Methods for Treating Arthritis. Page 37

Scientific Research Studies Documenting how Fasts Reduces the Symptoms Associated with Arthritis. Maximilian Bircher-Benner. A general guide for an arthritis curing fast based on the same fasting program used in European fasting clinics. Important Information as you Near the End of Your Fast. Why Processed Food Lacks Fundamental Nutrients. The Many Miracle Uses of Kyolic Garlic. Aged garlic extract and coenzyme Q10 for flexible arteries. What is Coronary Atherosclerosis? Relief from Multiple Sclerosis. Fingolimod. Ray Evers Therapy. Surgery is No Longer Necessary for Heart Disease. Foods that Bring Health and Vibrancy to the Heart. Foods that Restore Flexibility to the Arteries. Potato Juice.

Chapter 5 - Using Bone Breathing to treat Osteoporosis and Build Strong Bones and Tendons. Page 48

The History of Bone Breathing. How Bone Breathing Works. A Simple Bone Breathing Exercise. Foods that Help Reduce Bone Loss and Reverse Osteoporosis. Chujo-to Herbal Combination. Royal Jelly. Is Vitamin K the Key Mineral for Strong Bones? How Fructooligosaccharides, Dried Plum and a Soy-Based Diet helps treat osteoporosis better than some prescribed medications. Dried Plum Synergy Reverses Bone Loss. Plums Protect Bones From Radiation. Red Marine Algae. Selenium. Turmeric.

Chapter 6 - A Summary and Analysis of the Diets and Lifestyles of Centurions and Super Centurions. Page 59

What is the difference between a centenarian and a super centenarian? Mr. Zaro Agha. The Miracle of Black Cumin Seed. Mixing Black Cumin Seed Oil and Olive Oil. Neurocognitive Effects of Black Cumin. Turmeric and Black Cumin Seed protect against seizures and act as a powerful antioxidant

Rhodiola Rosea. Mr. Li Ching-Yuen. Shigechio Izumi. Biblical Super Centurions who Lived 900 Years or More. A List of Over a Dozen Super Centurions Through history. Lao Tze. Reversing Diabetes Naturally.

Chapter – 7 Methods that Induce Healing through Dreams. Page 70

Lucid Dreaming and the Neuroprotective Effects of Banisteriopsis. What exactly is an MAOI Inhibitor? MAO Interactions. The Mao Inhibitor Syrian Rue combined with Vitamin E Preserves Vitamin E. Can I use Banisteriopsis to relieve Depression? Banisteriopsis has been Scientifically Proven to Cure Addiction. Instructions for using Banisteriopsis. For Lucid Dreams. A Clear Mind. How to Use Syrian Rue Safely. Foods that Induce Lucid Dreams. Why Healthy Iron Levels are Vital for proper Tryptophan Utilization. In order for tryptophan to effectively function, the body must have adequate iron levels. In a research study published in March 1994 titled Iron deficiency reduces the efficacy of tryptophan as a niacin precursor, and conducted by G.W. Oduho and colleges, the study concluded that chicks fed a diet low in iron showed reduced tryptophan utilization. Tryptophan-rich foods. Cheese and Dreaming. Cheese and the Immune System.

Chapter 8 - The Anti-Aging Diet combined with The Five Tibetan Rites of Rejuvenation. Page 79

Berries. Excess Dampness.

Chapter 9 - A high IQ does not Guarantee a Longer Lifespan. Page 85

The Marshmallow Experiment.

Chapter 10 - Herbal Remedies for Blurry or Poor Eyesight. Page 87

Keeping the Liver Healthy. Polygonum Decoction #2 / Shou Wu Chih. The Hoelen Five Herb Formula (Wu Ling San). Vision

Restore Formula. Goji Berry and Chrysanthemum. The AREDS Formula. Yin/Yang Conditions that Lead to Glaucoma. Standard Chinese Herbal Formulas for Treating Glaucoma. Reducing Fire Symptoms. Reducing Fluid Accumulation. Depression and Poor Vision. Glaucoma Treatment Formulas shown in The English-Chinese Encyclopedia of Practical Traditional Chinese Medicine. GT-704 Bright Combination. How to Use Quercetin for Reducing the Risk of Cataracts / Glaucoma Oxidative Stress and to Increase Endurance. The Oxidative Stress Connection. Glaucoma peaks during Winter. Decreasing Sunspots Increase Glaucoma. The Link between Glaucoma, Computer Use and Oxidative Stress. Heavy Computer use and Glaucoma. Foods that reduce Oxidative Stress can improve vision. The National Eye Institute. How to Get Adequate Amounts of Quercetin. Foods high in Quercetin. Using Quercetin to Relieve Dampness. Foods to assist in relieving Dampness. Herbs used to relieve dampness. SKQ1.

Chapter 11 - The Amazing Anti-Aging Properties of Melanin. Page 107

Berberine. Barberry Root. The Connection between Gamma Rays and Melanin. What Is the Connection Between Moss, Cadmium and Lifespan? Gamma Radiation Affects the Crown, Heart and Pelvic Regions the Most. Low Energy Gamma Rays Reveal Themselves During Therapy. Gamma Rays and Fungi. Radiotrophic Fungi. Background Radiation and The Great Flood. Melanin and its anti-aging properties. The Great Pyramid of Giza and Gamma Rays. Scientific Studies Confirming Low Dose Radiation Extends Lifespan. Quercetin Enhances Melanin Production. Melanin Herbs and Foods. Psoralea. Polypodium Leucotomos. Black Cumin Seeds. Cyrtonium Fortunei J. Smith. The Power of Vitamin D. A combination of B vitamins, Sterols and Fish Oil Lowers Homocysteine Levels. Mucuna Pruriens. The Anti-Aging Effects of DOPA. How to Increase Melanin levels Naturally. Geographic Region, Gamma Rays and Lifespan. Low Dose Radiation Causes Increased Resistance to Aging and Strengthens the Immune System. How DNA Extends Lifespan. Ginkgo. The Ginkgo Tree and its Ability to Withstand High Levels of Radiation. A combination of Selenium and Ginkgo Biloba Extract preserve Cognitive Abilities. Ginkgo Repairs DNA. Magnetic Fields and UV.

Chapter 12 - Anti-Aging Minerals and Vitamins Including their Recommended Daily Allowance. Page 132

General RDA's for Anti-Aging Substances. Foods Highest in Longevity Minerals and Nutrients.

Chapter 13 - What Causes Alkalinity and Acidity to Occur in the Human Body? Page 137

Chapter 14 - Transformation of Biological Elements in Nature. Page 138

Chapter 15 - Proven Methods to Rebuild Bone and Tendons Using Herbs and Physical Exercises. Page 141

Amino Acids Heal Fractures. Chinese Herbal Bone Restoration Formula #1. Chinese Herbal Bone Restoration Formula #2. Chinese Herbal Bone Restoration Formula #3. Chinese Herbal Bone Restoration Formula #4. Proven Methods to Rebuild Bone and Tendons Using Single Herbs, Resistance Exercises and Internal Qi Gong Techniques. Why Seaweeds Are a Good Source of Bone Strengthening Nutrients. Seaweed reduces the risk of Cardiovascular Disease. Herbs that Increase Hearing Also Enhance Bone Strength. Bike Enthusiasts and Bone Loss. Tips for those who commute daily on a bicycle. Strontium Ranelate.

Chapter 16 - Lead Accumulation Creates Weak Bones. Page 151

Foods that Remove Lead. Vitamin C and Garlic. Enhancing Calcium Retention. Phosphorous. How to Use Zeolite. A Zeolite Synergy Detox Formula. How to Use Zeolite to remove lead, mercury, aluminum and barium from the Body. Zeolite Synergy. Where does Zeolite Come From? Zeolite Removes Pesticides.

Chapter 17 - Traditional Chinese Herbs that Build Bone and Tendons. Page 159

Vegetables that contain Lots of Calcium. Herbal Formula #1 to heal fractured bones. Herbal Formula #2 to strengthen bones (also called zheng gu shui).

Chapter 18 - Rebuilding Bones via Resistance Exercise. Page 161

Push Ups. Squats. Crunches. Bicep Curls. The Static Lung. The Grip Squeeze. Maral Root. The Miracle of Bagua Zhang. Additional Bagua Zhang resources.

Chapter 19 - Vegetarians are at Risk of Premature Aging due to a lack of Carnosine in their Diet. Page 165

What is Glycation?

Chapter 20 - The Basic Underlying Concept of Longevity. Page 167

Longevity Nutrition.

Chapter 21 - The Long Lived Gymnosperms. Page 169

Pine Cones Reveal the Secret of Resiliency. The Bristlecone Pine Tree. Pine Pollen and Anti-Aging. Interesting Facts about Pine Pollen.

Chapter 22 - Improving Nutrient Absorption with specific Vitamins and Minerals. Page 172

The 1 hr. delay effect. Herbs that Boost the Absorption of Other Nutrients. Phytochemicals and How They Cause a Natural Increase in the Body's Superoxide Dismutase Enzyme.

Chapter 23 - Foods that Boost Human Growth Hormone and their RDA's. Page 178

Excess levels of the Amino Acids Methionine and Tryptophan Reduce Lifespan. Additional Foods that Help Stimulate HGH.

Chapter 24 - The Latest Life Extension Formulas and Therapies. Page 181

Rejuvenative Therapy. Gerovital Therapy. Alagebrium. Quantum Healing Research using Illuminated Laser Light. Reversine. The Life Extending Properties of the Sirtuin Protein. SIRT1/2. CETP Inhibitors. Pharmaceutically Manufactured Longevity Supplements. Metformin. Mitiglinide. Resveratrol. Berberine, the cost effective alternative to Metformin. Longevity via Gene

Manipulation. Anti-Aging Nutrients Are Sensitive to Toxins. What is Protein Toxicity? Chanca Piedra for Dissolving Kidney Stones.

Chapter 25 - Scientifically Proven Methods to Boost Human Growth Hormone Levels 600% or more Naturally. The HGH Longevity Routine Exercise. Page 187

How to Use Niacin to Create Massive Amounts of HGH. A new study reveals that Short bursts of intense exercise build just as much strength as regular endurance training. Geomagnetic Storms Have Been Proven to Boost Cortisol Levels. Are strong geomagnetic storms producing more Human Growth Hormone? Moon Phase and Cortisol Levels. Cycles of Human Growth Hormone. Saunas Increase HGH. How to Safely Use Niacin. Noted Effects after Geomagnetic Storms. Research on Magnetic Fields and the Lifespan of Animals. South Pole Magnetic Fields. Geomagnetic Storms and Aging. Solar Flux Activity and Healing. A Clean Colon Extends Lifespan and Enhances the Immune System. Why a Clean Colon Contributes to Longevity. Simple and Quick Natural Methods to detoxify and cleanse the colon.

Chapter 26 - 2 Formulas from the 16th Century with Significant Anti-Aging Attributes. Page 207

**The St. Germain Formula. Elixir Ad Longam Vitam.
Chapter**

Chapter 27 - Food Combining and Longevity. Page 213

Starches. The Link between Processed Grains and Alzheimer's/Dementia. The 3 Longevity Elements and Nature. Simple Food Combining for Longevity. Starches and Oligosaccharides.

Chapter 28 - Vanilla, the Most Powerful Anti-Aging Substance Known. Page 219

Chapter 29 - Food types and Protein Combining. Page 221

Proteins and Sugars. Melons.

Chapter 30 - Amino Acids and Longevity. Page 224

Dietary restriction and the Amino Acid Methionine. Amino Acids Boost Human Growth Hormone. Arginine. Citrulline. Leucine. What are Essential Nutrients? Lecithin and Choline. What are the 9 Essential Amino Acids? The Non Essential Amino Acids. Where to get the 9 Essential Amino Acids. Amino Acids Regenerate the Liver. The synergy of combining Lysine and Arginine. Combinations of Arginine and Lysine. Garlic Enhances the Effects of Arginine. Healthy Essential Nutrient Food Combinations. Glutamine.

Chapter 31 - How to Balance Hormones Using Seed Cycling. Page 233

Methods used to increase Progesterone. Seed Cycling Recommendations for Men and Women. Hormones Drive Purchasing Behavior. Hormones Affect Perception. The New Moon's Influence on Human Circadian Rhythms

Chapter 32 - Ions, Hormones and Health. Page 239

Negative Ions and Hormones. Positive Ions and Hormones. Additional Studies linking an Overbalance of Positive Ions in the Environment to Ill Health.

Chapter 33 - Simple and Gentle Methods that Restore Balance to the Body's Immune System. Page 246

Rose Hip Tea. Glossy Privet. Honeysuckle. Building up a Proper Stress Tolerance to Ward off Disease. What do the Anti-Aging Studies reveal about Vitamin C extending Lifespan? Healing with Vitamin C using the Diarrhea Threshold. Vitamin C Tolerance Dosages Chart. Fruits and Herbs with between 5 and 20 times more Vitamin C than Oranges. Water Soluble Vitamins and Stress. Choline levels vary according to season. B Vitamin Synergy. The Exercise Threshold.

Chapter 34 - Flu Shots VS Vitamin D, which Works Better? Page 254

Scientific Proof the Flu Shot does not Have a 100% Success Rate. The Success of adequate levels of Vitamin D3 on Flu Prevention. What Are the Different Strains of the Flu Virus? How to "Flu Proof" Yourself During Flu Season. Flu Virus Resource Outbreak Graphical Maps.

Chapter 35 - A Simple Toothache Cure. Page 260

Tooth and Gum Restore Formula.

Chapter 36 - From Herbs to Honey, A Dozen 100% All Natural Sugar Substitutes. Page 262

Scientific Studies confirm Aspartame Increases Cancer Risk

Chapter 37 Junk Food and Sugar Cravings. How to Eliminate Them. Page 265

Dynamic contrast. Salivation. Melt in Your Mouth. How to Kick the Junk Food Habit. The Mouth Watering Effect of Taste Buds.

Chapter 38 - Herbs that help Relieve Cravings for Alcohol and Repair the Liver. Page 268

Essential Oils for Alcoholism Treatment. A Combination of Rooibos and Dandelion Boost Testosterone and Alleviate Male Menopause. Isoflavones and reduction of Alcohol Cravings. Herbs that Relieve Cocaine Addition/Cravings. Herbs to Reduce Nervousness

Chapter 39 - Tasty, Healthy Homemade Longevity Recipes. Page 274

How to Make Apple Muesli. How to make Waerland 5 Grain Kruska. The Barley Bun for Youthful Digestion. How to Prepare Apricot Seed. How to Make Homemade Cottage Cheese. How to Make Homemade Yogurt. How to make Sour Rye Bread. How to make Potato Cereal. How to Make Sour Pickles. How to Make Excelsior. How to make Molino Cereal. Homemade Sour Milk. How to Make Halvah. How to make Homemade Kefir. How to make Vegetable Broth.

Chapter 40 - How to Properly Prepare Herbal Infusions, Steamed Towels, Compresses and Tinctures. Page 279

The Steaming Towel Method. How to Make Herbal Infusions. How to Make a Compress. 4 Methods to Use Essential Oils. A Herbal Compress to Detox the Liver How to Make a Tincture. Homemade Poultices that Ease Stress and Pain. Carpal Tunnel Syndrome Natural Cure. How to Make a Poultice. Natural Gout Relief. Varicose Vein Relief.

Chapter 41 - Foods and Fruits that Retain Artificial Pesticides the Longest in their System. Page 283

Instructions for successful Removal of Pesticides before eating. The Safest Fish to Consume. Which Fish Absorb the Lowest Numbers of Pollutants and Toxins.

Chapter 42 - The Best Seasons and Times of the Year to Gather Herbs. Page 287

General Guidelines for Combining Herbs.

Chapter 43 - Herbs that Remove Parasites from the Body. Page 290

Parasites cause Inflammation. Parasites and Pneumonia. Wormwood Clove and Black Walnut Tincture. Antifungal, Anti-parasitic, and Antibacterial Herbs.

Chapter 44 - The Best Short Term Fasting Foods to Restore the Body back to Peak Health. Page 293

The results of Scientific Studies done on Fasting Participants. How to increase Human Growth Hormone 300% How to Increase Human Growth Hormone 1250% How to use Brown Rice for a Safe and Effective Fast. Cautionary Notes About Fasting.

Chapter 45 - Herbs for Quick Detoxification. Page 298

Detoxification Spices and Foods. Herbs and Methods to Detoxify the Body. Relief of Excess Toxins Formula (Ling Qiao Jie Du Pian). Bupleurum Root.

Chapter 46 - Herbs used to Treat Nervousness and Mental Disorders. Page 301

A Formula for Nervous Insomnia. To reduce nervous disorders. Chinese Herbal Formula #1. For Relief of Mental Stress and Anxiety. Foods and Herbal Combinations that Induce a Deep Relaxing Peaceful Sleep. Sleep Deeply with this Warm Milk Formula.

Chapter 47 - Herbs that bring clarity to Thoughts and Enhance IQ. Page 304

Lemon and Lithium.

Chapter 48 - What is Ormus and How Does it Heal?. Page 306

How Ormus Works. Getting in touch with Higher Dimensions. How much Ormus gets the best results? What does using Ormus Feel Like? Research Study #1 Research Study #2 Where did the Name Ormus Originate? The Mineral Indium. How to Make Ormus. Making Ormus with Hawaiian Seawater. To create a supercharged form of Ormus use the following formula. Dosage.

Chapter 49 - When all other methods of healing have failed - Tibetan Tormas; A Thousand Year Old Proven Powerful Healing Secret. Page 317

How Tormas are Created. The Fingerprint Torma. Knowing when to End the Nourishing of a Torma. Advanced Tibetan Tormas. Ransom Torma Rituals. Notes on Making Your Own Tormas. The Healing Power of Surrendering.

Chapter 50 - A Listing of Verified Longevity Foods. Ranked from Best to Last. Page 323

The Profound Healing and Restoration Powers of the Goji Berry.

Chapter 51 - Fertility and Sexual Energy Boosting Herbs

Chinese Herbs Used to Assist in Restoring Fertility. Time of Day to take Longevity Herbs. Page 327

Chapter 52 - New Therapies that Treat Cancer. From Chinese Herbs to the Gerson, Hoxey, Caisse Therapies and More. Page 332

Is GcMAF the Ultimate Cancer Cure? Distance Healing. Using Vitamin C as part of Cancer Therapy. The Caisse Cancer Cure. Hoxey Herbal Therapy and the Red Paste that helps treat Skin Cancer. Indigo Naturalis. The Gerson Diet. Dichloroacetic Acid. Chlorine Dioxide. Herbs that help assist in the healing of Prostate Cancer. PC-SPES - the herbal formula used to treat prostate cancer. Herbs that have been used to treat Stomach Cancer. Shan Dou Gen (Sophora Root or Subprostrate). For Leukemia and/or Brain Cancer. Phytoestrogens. The Most Powerful Cancer Preventative. Soybean Paste Soup (Miso). Kelp, The Powerful Cancer Preventative. Can Arsenic help prevent Cancer? Supplementation with selenium and vitamin E used in cancer treatment.

Chapter 53 - Favorite Recipes that Rejuvenate the Skin. Page 341

Chapter 54 - Effective Herbs for Tuberculosis, Sore Throats and Coughs. Page 343

Herbal Combinations for Tuberculosis and Tonsillitis. Seasonal Variation of Tuberculosis. Herbal remedies for Tuberculosis and pneumonia prevention. The various Types of Coughs. What Causes a Cold? What Causes the Flu? Seasonal Variations of White Blood Cells. Seasonal Variation of Tuberculosis. The Flu Fighting Power of the Elderberry. Chicken Soup.

Chapter 55 - General Multipurpose Commercial Herbal Formulas. Page 350

To Heal Leprosy or Scabies. Where Fatigue Comes from. How to Prevent and Replenish Your Energy Levels. Vitamin B12 absorption is dependent upon stomach PH. How Iron Contributes to Strong Bones and Replenishes Energy. Herbal Formula for Retaining Strength when Travelling. The Ren Dan Formula. What is the Center Burner?

Chapter 56 - Proven Modern Herbal Formulas for Health and Well Being from the Institute for Solar Studies. Page 352

The Vital Nutrients necessary for Living a Long and Healthy Life. How to make the SOD Mix (Superoxide Dismutase). Brain Food. A Formula to Increase Brain Power and Receive More energy for Thinking. Mind Boosting Formula. A formula for a strong clear mind. The Sardine Mix. How to Increase the Prebiotics in Yogurt Safely. Yogurt Mix. Overnight RejuvenEssence. The Anti-Aging Carnosine Mix Formula. How to Make Spring Wine. The Anti-Aging Spring Wine Formula. Steps for Brewing Tea for Maximum Medicinal Benefit.

Chapter 57 - Where Fatigue Comes from. How to Prevent and Replenish Your Energy Levels. Page 356

Vitamin B12 absorption is dependent upon stomach PH. How Iron Contributes to Strong Bones and Replenishes Energy. Herbal Formula for Retaining Strength when Travelling. The Ren Dan Formula. What is the Center Burner?

Chapter 58 - The Longevity Formula of Count Saint Germain. Page 365

Who was Count Saint Germain?. A Closer Look at the Ingredients in the St. Germain Formula. What is Manna Ash? Additional Senna and Mana Ash Combinations. Jalop. Instructions for Properly Preparing the St. Germain Formula. Enhanced St. Germain Formula. The Bland Diet.

**Chapter 59 - Proven Natural Methods to Regrow Hair.
Page 379**

*A Chinese Herbal Formula to Turn Grey Hair to its Original Color.
Food Sources Rich in B Vitamins.*

**Chapter 60 - Natural Herbal combinations that increase
Telomere Length. Page 382**

Excessive Stress shortens Telomeres.

**Chapter 61 - Chinese Folk Medicine Herbs and their
Healing Uses. Page 386**

**Chapter 62 - The Quantum Entrainment Exercise. How
Emotion Assists in Reality Creation. Change Your Reality
by Changing Your Experience. Page 400**

*How to do the QE Exercise. What is a EU Feeling? Helpful notes
on the Quantum Entrainment Exercise. Remote QE. Remote QE.*

**Chapter 63 - How to Perform the Grounding Exercise.
Page 405**

**Chapter 64 - Using Forgiveness as a Powerful Healing
Force. Page 407**

**Chapter 65 - How to Tap into Theta to Choose Your
Reality. Page 410**

*How to Get the Most out of Theta. The levels of our Beliefs.
Geomagnetic Storms and Theta Brainwaves. Moon Phase and
Theta Rhythms. How to Use Green Tea to Boost Theta
Brainwaves. Theanine and Green Tea Enhance Theta Waves.*

Chapter 66 - How our heart Influences the Local Geomagnetic Field. Page 421

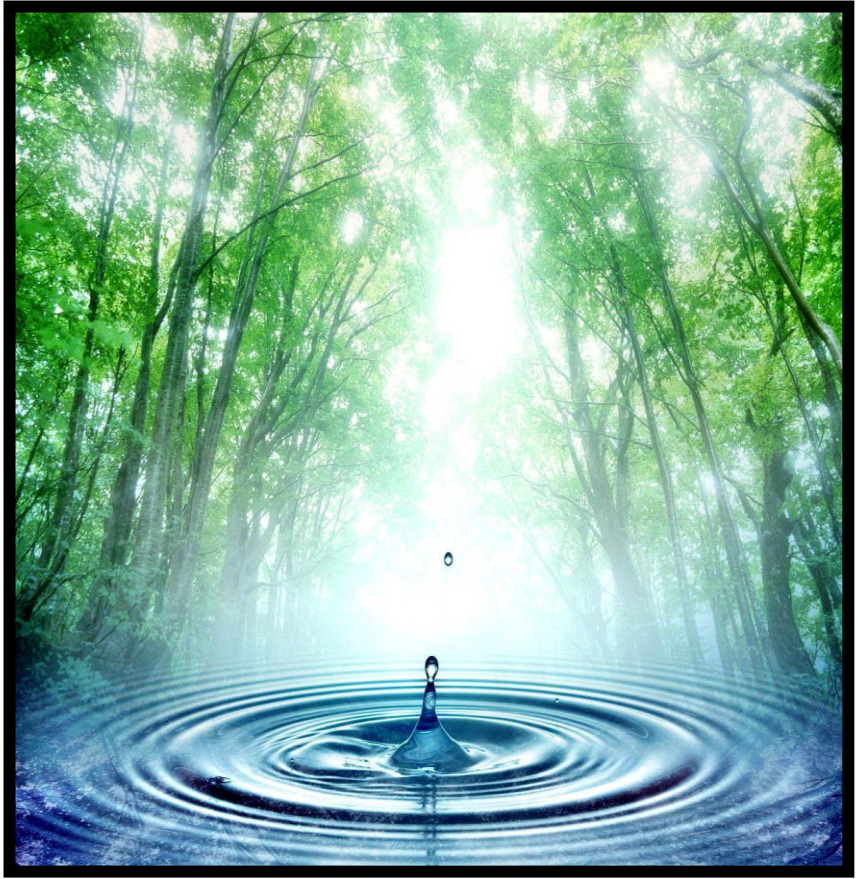
How to Do the Heart Math Exercise. Using Heart Math for Rejuvenitivity. Heart Math and Healing.

Chapter 67 - Hidden Dangers in Pharmaceutical Prescriptions. A Report on the Dangers of Prescription Drugs and Their Forecasted Eventual Decline. Page 424

MD directed treatments are now THE LEADING CAUSE OF DEATH IN THE USA. Side Effects of Prescribed Medications. dangerous pharmaceutical combinations. The Dangers of Antibiotics. Prescription Drugs Your Doctor Would Never Prescribe Himself

Chapter 68 - An Introduction To The 5 Climates, and Their Related Metals / Elements. Page 429

Chapter 69 - Why Life is Good and Death is Bad. Page 436



INTRODUCTION

The book you are holding in your hand right now is a rare treasure indeed. It contains within it a house of longevity wisdom that dives deeply into the heart of longevity herbalism, retrieving an abundance of true emerald jewels for us to savor. The Fountain of Youth Seeker's Guide to Longevity is far more than your ordinary anti-aging book. The pages of The Fountain of Youth Seeker's Guide to Longevity includes years of research studies covering the diets, climates and lifestyles used by centurions and super centurions throughout the world and includes herbal remedies used by these cultures for generations. Included in this revised edition are the proper herbs for season, proper dosages and safety concerns. Longevity is far more than a lifestyle of physical maintenance of the body. The Fountain of Youth Seeker's Guide takes readers beyond the sharing of simple recipes and erudite information involving longevity. It invites readers to look at longevity as a soulful journey, and the herbs responsible for our longevity as spiritual teachers. The Fountain of Youth Seeker's Guide to Longevity recognizes that aging is a disease. It also includes unique and rare research into how geomagnetic storms affect aging and how you can use geomagnetic energy to reverse aging. Written by an author of more than 5 anti-aging books over the past decade, and the founder of ez3dbiz.com, the writer knows each individual is unique so the formulas and methods are presented to attend to the reader as an individual on their personal journey towards longevity. A life of longevity is not a means to an end; the key is what lifestyle you choose to lead.

Now you may be thinking this is a book of ancient spells and potions with wise adages and spiritual passages, but keeping in tradition of those well-written classics, the Fountain of Youth Seeker's Guide to Longevity is filled with the practical as well. Included is a full compendium of herbs, all of which the writer has worked with personally and know well, so you will find the writing is in-depth and thorough. This revised edition has excellent remedies for strengthening the immune system and the best remedies for pneumonia, as well as full instructions on treating a variety of common health issues. This edition also includes suggested dosages, safety issues and where you can conveniently buy the herbal formulas in tablet or powder form. One of the key highlights to this revised edition, is the very best bone strengthening alternatives to dairy. One of the latest discoveries in anti-aging is preserving cognitive ability into old age. This edition shows the

latest scientific research studies, as well as foods and herbs scientifically proven to preserve cognition.

The Author's Background and Education

The author's early education found him studying the science of Gerontology (the how and why the body ages) and Sociology at Weber State University in Utah. During the previous 7 years the author has written 3 anti-aging books titled The Vegetarian's Guide to Longevity via Gene Therapy and Raw Foods, Foods, Herbs and Pharmaceuticals that Extend Lifespan. A Summary Of Over 200 Research Studies Proven To Lengthen Lifespan and The Emerald Tablets: The Keys of Life and Death by Thoth the Atlantean. He is the founder of the Institute for Solar Studies on Behaviour and Human Health, based in Santa Monica, California. The Institute's primary aim is to study the sun's role in aging and behaviour.

In summary, you will find the practical advice you need to put this valuable information to good use towards your longevity lifestyle. In the case of experience, a story tells it all. It is the best way to learn and the best teacher. This book includes the writer's own personal stories sharing his own longevity journey, which includes not only the latest scientific research with full references and the writer's longevity herbal formulas, but includes routines such as how resistance exercise builds new bone and a scientifically proven way used by the author to naturally increase Human Growth Hormone without drugs or steroids over 600%.

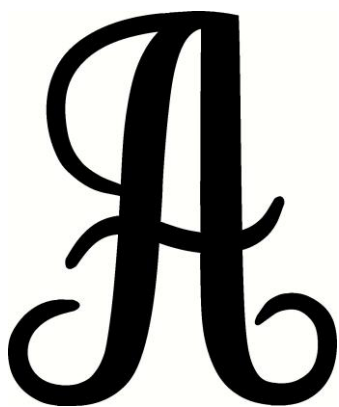
Alternatives to Surgery

This book wouldn't be complete without the latest breakthroughs in non-invasive healing. These days we do have good alternatives to surgery for some injuries. Below are shown tried and proven methods used successfully as alternatives to surgery. Many of these alternatives include verified scientific clinical scientific studies demonstrating their proven effectiveness.

- Alternatives to Cataract Surgery - **Chapter 9. Page 98**
- Alternatives to Kidney Stone Removal Surgery - **Chapter 24. Page 186**
- Alternatives to Heart Disease Surgery - **The Dean Ornish Program. Chapter 4. Page 45**
- Alternatives to Carpal Tunnel Surgery - ***Carpal Tunnel Syndrome Natural Cures (including Vitamin B6)*. Chapter 40. Page 281.**
- Alternatives to Diabetes Surgery – **The Reverse Diabetes Program by Dr. Gabriel Cousens. Chapter 6. Page 69**
- Alternatives to Root Canal Surgery - **Non-Invasive Means for Mineralization of Your Teeth. Chapter 35. Page 260**
- Alternatives to Arthritis Surgery – **The Bircher Benner Clinic and Dr. Cinque's Health Retreat. Chapter 4. Page 39**
- Alternatives to Multiple Sclerosis Surgery - **Fingolimod Therapy. Chapter 4. Page 44**

Chapter 1

Diets and Lifestyles of the Longest Lived Cultures



lot of valuable concepts and methods can be learned about longevity and health from the cultures and lifestyles of those

who have been doing it for hundreds of years. Today there exist approximately 12 known cultures on earth at this present time that adhere to a lifestyle and diet that promote extreme longevity and health. Many of these cultures have no obesity, arthritis or osteoporosis in their communities. This is because they know the right foods to take and how to prepare and grow them. Many of what we would term “*elderly*” or “*seniors*” in these communities continue to work well into their 90’s. They are still intuitively following and living out their life’s purpose, giving them a reason each morning to “*get out of bed*” and accomplish something positive each day. This purpose is a key driving force that keeps the mind alert and active, which in turn helps keep the body “*young*”, well into their 90’s. Purpose is a mission to fulfill one’s calling, leading to a sense of accomplishment and contributing to the overall community.

Throughout the world there exist clusters of communities called “**Blue Zones**”. The people’s long lives in these communities have been scientifically verified via their date of birth by careful meticulous methods, proving that they actually do in fact live well over 100 years in perfect physical and mental health; many without contracting Alzheimer’s or obesity. These communities include the Sardinian Centenarians, The Greek Ikarians, The South American Hunza, the Costa Rican Nicoyans, the Vilcabambas, the Abkhasia and the Japanese Okinawans.

Using Exercise to Reduce the risk of Contracting Alzheimer's

One of the contributing factors that continuously shows up in these cultures is they have a very active physical lifestyle. In a research study published in 2013 titled *Corticotropin-releasing factor receptor 1 activation during exposure to novelty stress protects against Alzheimer's disease-like cognitive decline in AβPP/PS1 mice*, and conducted by G.A. Scullion and colleagues, researchers discovered that the stress hormone CRF (*corticotrophin-releasing factor*) may protect the brain from the memory changes caused by Alzheimer's disease. CRF is found in high levels in people experiencing some forms of depressive diseases and anxiety. Healthy levels of CRF are beneficial to the brain. The CRF hormone keeps our mental faculties sharp and helps the survival of our nerve cells. The team showed that people with Alzheimer's disease have a reduced level of CRF. Their study showed that exercise switched on CRF and when it did so, it increased the density of the brain's synapses (which creates the connection between nerve cells). The loss of synapses is thought to be responsible for the early memory loss observed in Alzheimer's patients. Dr. Pardon of the study stated: *"This is the first time that we have been able to identify a brain process directly responsible for the beneficial effects of exercise in slowing down the progression of early memory decline characteristics of Alzheimer's disease."*

Considering many of these longevity communities we are about to cover get adequate exercise daily, it may explain why they have lower than average rates of Alzheimer's.

Maintaining Healthy Insulin Levels

People who have diabetes have high blood sugar. Many of us know by now that white bread is a carcinogen, pulling vital nutrients from the body, is overly processed and is full of artificial preservatives. Almost all these communities consume no white bread which can spike blood sugar eventually leading to diabetes. Diabetes occurs because the body can't make enough insulin or effectively distribute it throughout the body. Insulin is the key that unlocks your body's cells so that the blood sugar can get inside and be used for energy. A good substitute for white bread is **Abista**, also called **Abkhasian**. It is made with organic corn meal cooked in water with no salt. It is eaten warm. The secret to the high nutrition in this food comes from the B vitamins, Vitamin E, Potassium and the Minerals and Enzymes. The longevity community known as the Abkhasians eat this bread and also include in their diet goat's milk cheese and 2 glasses of butter milk daily.

Research studies have found that goat's milk happens to contain high concentrations of chromium (*F. Muhammad et al. April 2009*). Chromium helps generate insulin to maintain healthy sugar metabolism. The RDA for Chromium is 400 milligrams per day.

All the remarkable cultures discussed in this chapter do not live in major cities or areas of high pollution. Their diets all follow the same pattern: A diet rich in antioxidants with positive community relations and strong social connections in a low stress environment with the proper amount of rest. Some consume red wine before resting or meals. They also take herbal teas occasionally for healing and immune boosting and adhere to ethical morals and values through respected spiritual practices. Most of their diets contain no heavily processed foods and their vegetables and fruits are grown without pesticides. Food is usually eaten just before sunset and they never consume heavy foods late in the evening.

After extensive scientific research, the diets of these cultures were analyzed and the following was discovered:

They received between 65% and 75% of their calories from carbohydrates

Between 10% and 15% of their calories came from protein

- There were no more than a total of 2,000 calories per day consumed
- Between 15% and 20% of their calories were from fat
- Between 90% and 99% of their food came from plants they grew, harvested and prepared themselves
- Between 1% and 10% of foods came from animals
- There was low salt consumption (*Low sodium levels*)
- They ate very little or no foods containing artificially processed sugar

None of these cultures have any rates of obesity

Additionally, other factors that allow these people to live to extremely long ages include the geology of the region they live in and their lifestyle which consists of daily chores and exercise. This keeps their mental attitudes positive and optimistic. Now let's closely examine the diets and lifestyles of these cultures in greater detail.

The Sardinian Lifestyle

The Sardinian diet consists of whole grain bread (*not white bread*), beans, goat's milk, garden vegetables, fruits and mastic oil. The cheese they consume is made from **grass fed sheep** and is called **pecorino cheese**. Sheep's milk is higher in nutrients than cow or goat milk. Sheep's milk happens to contain **13% more calcium, 25% more vitamin B6, 47% more Vitamin A, 134% more potassium and 3 times more niacin than standard cow's milk** (*M. Benbrook, et al. December 2013*). Their sheep cheese also contains extremely high levels of omega-3 fatty acids. Meat is occasionally consumed on some Sundays and on special occasions. They consume wine in moderation (*1 to 2 glasses daily*) and because they care for their seniors, they have low rates of depression and suicides.

Advantages of Potassium

This element is essential for the body's growth and maintenance. Potassium maintains water transport between our cells and body fluids. It plays an essential role in nerve stimulation and in the contraction of our body's muscles. Potassium is by far the most abundant natural radioactive element within the human body. Most adults carry about 140g of Potassium Chloride in their body, with the levels varying with body weight and muscle mass. Daily we naturally ingest approximately 2.5g per day of potassium chloride from food, which is about the same amount that our body naturally removes through daily activity.

A herb that grows naturally in their mountains named **Sardinian Dwarf Curry** (*Helichrysum italicum*), has been shown to have anti-inflammatory and bad bacteria fighting properties ^[a] ^[b]. It ranks as one of the most powerful natural anti-inflammatories available. Perhaps the goats feeding on this herb pass the immune system properties of the herb down into their milk.

They do not consume a lot of fish because of their geographic location, and when they make their wine, the grapes are allowed to mature longer than usual, which results in this particular blend of wine having significantly more flavonoids than standard wines. They also make tortillas out of barley, bran and potatoes or lintels.

References

[A] *Chemical composition, plant genetic differences, and antifungal activity of the essential oil of Helichrysum italicum.* A. Angioni et al. Feb 2003.

[B] *Anti-inflammatory and antioxidant properties of Helichrysum italicum.* A. Sala et al. March 2002.

Study Source: The Sardinia Project. Dr. David Schlessinger (NIH.gov)

We can clearly see that the foods they eat contain high levels of antioxidants, as well as natural proteins from beans and lentils. Most interesting of all their goat's milk is their main source of calcium. In conclusion, this culture has one of the most impressive longevity backgrounds to date, having lived this lifestyle for generations.

Interesting Fact:

If you want to get maximum ORAC values (foods high in antioxidants), the highest levels exist in the leaves of berries. In a January 2010 study titled *The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide*, published by Monica H. Carlsen and colleagues the study found that the highest antioxidant values were found in the leaves of unprocessed tea and the crushed leaves of the African baobab tree. Extreme antioxidant levels were also found in coffee beans. Coffee beans also contain Niacin, a longevity substance. Tea and Coffee are high in caffeine.

The Greek Ikarian Lifestyle

This next culture has a diet consisting of Goat's milk, which is naturally high in Oligosaccharides. **Oligosaccharides naturally bind themselves to amino acids and minerals**, boosting absorption of the minerals significantly when digested ^[a] ^[b]. Goat's milk also contains the important amino acid Tryptophan, which naturally boosts serotonin levels. Goat's milk is also extremely easy to digest.

In a study published in April 2009 titled *Short-chain fructo-oligosaccharides improve magnesium absorption in adolescent girls with a low calcium intake*, and conducted by Van Den Heuvel E.G. and colleagues, the study concluded that when adolescent girls were fed fructo-oligosaccharides for 36 days that it increased the absorption of magnesium. Also what is interesting is a study published in April 1986

titled *The radioactivity of spas on the Greek island Ikaria and influencing factors*, and conducted by S. Danali and colleagues, they examined the radioactivity of spas on the Greek Island of Ikaria. As we will show later on in this book, mild background radioactivity actually is beneficial for the body and repairs DNA. Over 6 scientific references confirming low dose radiation extends lifespan are found in the properties of Melanin chapter later on in this book.

A study published in April 2010 titled *Combination of genistin and fructooligosaccharides prevents bone loss in ovarian hormone deficiency*, and conducted by S. Hooshmand and colleagues found that a combination of genistin-rich isoflavones and fructooligosaccharides prevented bone loss in rats. Isoflavones can be found in soybean or soy foods.

References

[A] *The effect of inulin and fructo-oligosaccharide supplementation.* C. Morris and G.A. Morris. July 2012.

[B] *An Amino Acid-Oligosaccharide Complex Increases Mineral Bioavailability In Vitro* A.B. Rabovsky and William Diehl-Jones (commercial sponsored study).

Study Source: Sociodemographic and Lifestyle Statistics of Oldest Old People (>80 Years) Living in Ikaria Island: The Ikaria Study
Demosthenes B. Panagiotakos. et al. February 2011.

Common foods that contain lots of Oligosaccharides include garlic, **onion** and chicory. These have been scientifically proven to boost amino acid and mineral absorption, especially zinc and iron. Onion is also regarded as one of the top 10 anti-aging foods. Scientific studies have also shown that Onion increases bio-accessibility of iron and zinc from cereals over seven-fold (S. Gautam et al. July 2010).

What does Bioavailability mean?

Bioavailability is the amount of absorption that a substance dissolves before it reaches complete circulation in the body.

We can see the presence of goat's milk in this diet, with its higher than usual concentration of important vitamins and minerals, especially calcium. They do not drink cow's milk, due to its ability to not be properly digested by the body, especially if it's consumed with meat. It is quite obvious now that goat's milk is far healthier for the body than standard cow's milk.

The majority of the Greek Ikaria's diet, which was obtained from **The Ikaria Study** (which surveyed 674 *Ikarians*), found their diet to be high in Olive Oil and vegetables and low in fish, fruit, wild greens, meat and dairy. It was also moderately high in potatoes, goat's milk, wild honey, lentils, garbanzo beans and black-eyed peas. The herbal teas used by the Ikaria's were sent to the University of Athens for intensive analysis. The teas were all found to possess significant antioxidant properties, and contained lots of polyphenols, a class of antioxidants. The herbal teas they consume are: Sage which is high in Vitamin K, Oregano which destroys bad bacteria and parasites in the body and Rosemary, which helps preserve brain and muscle function. Rosemary is also commonly used to preserve meat. These herbs have also been shown to keep blood pressure levels healthy by removing excess sodium and **water from the body**.

This flushing of the system also helps remove built up nitrogen and ammonia from the body. These herbal teas also help lower blood pressure, causing a "*gradual letting air out of the balloon type effect*", where blood pressure at the end of the day is gradually reduced. High blood pressure happens to significantly contribute to heart attacks and Alzheimer's. Scientific studies have shown that blood pressure in resting individuals is lower in the afternoons (*S.M. Bode-Böger. et al. March 2000*). The Ikarian Culture resides in the mountainous highlands free of toxic and contaminated air. The mountainous environment also gives them the ability to build muscles using exercise. They also consume fresh olive oil, which is high in natural antioxidants.

The Sourdough bread they make contains *Lactobacillus*. Sourdough bread is also mildly alkaline. In a scientific study titled *Anti-inflammatory Lactobacillus rhamnosus CNCM I-3690 strain protects against oxidative stress and increases lifespan in Caenorhabditis elegans*, *Lactobacillus rhamnosus* increased the worm's viability by 30% and their lifespan by 20%. *Lactobacillus* can also be found in yogurt, kefir and probiotic supplements. Sourdough bread contains *Lactobacillus sanfranciscensis*. *Sanfranciscensis* has been proven to lower blood sugar levels after eating.

What is Lactobacillus Sanfranciscensis?

Lactobacillus Sanfranciscensis is a form of lactic acid bacteria that gives sourdough bread its characteristic taste. Now let's take a look at the Costa Rican Longevity Lifestyle.

The Costa Rican Nicoyan Lifestyle



This culture is especially interesting, mainly due to the fact that the water they consume has the region's highest levels of calcium in it, compared to other regions in the country where the water is much lower in calcium. Most interesting of all, is they use a special process to infuse corn with lime (*calcium hydroxide*), which increases the amount of calcium in their food. This special process we shall review in more detail later on.

Their evening meal is light, and they only eat until barely full, avoiding overeating, which puts fewer burdens on the amount of stomach enzymes. Remember **80% of our immune system is based in our stomach** ^[a].

Reference

[a] *The role of intestinal microbiota and the immune system. F. Purchiaroni et al. February 2013.*

Study Source: The Exceptionally High Life Expectancy of Costa Rican Nonagenarians. Luis Rosero-Bixby. August 2008.

They have everyday tasks to keep them busy and also enjoy a strong local social support network of connecting positively with each other in their community. Most interesting of all in this study was that they consumed **6 times as many beans** as the standard American or European, ate fish twice weekly, and consumed meat once per week. The coffee they consume is black coffee made from the beans of local berries of mashed seeds of Nanju (*Hibiscus Esculentus*).

Depression and Dementia

A study published in June of 2006 titled *Changes in the immune system in depression and dementia: causal or coincidental effects?*

conducted by Dr. Brian E. Leonard, found that people with chronic depression were more likely to develop dementia as they got older. This could explain why the seniors in these communities live to such long lives and without a large portion of people in their communities suffering from dementia.

Coffee happens to be one of the foods highest in Niacin (Vitamin B3). Niacin is one of the few vitamins that increases Human Growth Hormone (*K.A. Stokes et al. March 2008*). To further boost niacin absorption in the body, foods high in Tryptophan are suggested. This is because tryptophan is converted into niacin by the body (*Dawn M. Richard et al. March 2009*). Foods high in Tryptophan include: Spirulina, Sesame seeds and raw egg white. Egg white is best taken cooked so it does not bind with the B vitamins (Niacin is called vitamin B3). Sardines happen to contain a lot of niacin, therefore taking sardines with Niacin may enhance the effects of Niacin. Another interesting fact is if you decide to enhance your Niacin intake, it must not be overdone, as when large amounts of niacin are taken, it can cause a copper and Vitamin C deficiency. A long term lack of copper can cause disease of the spinal cord. While we are on the topic of copper, it has been scientifically shown that vegetarians absorb less copper from their diets compared to meat eaters (*V. Agte et al. 1994*), (*Janet R Hunt and Richard A. Vanderpool. Dec 2001*).

The Costa Rican Nicoyans drink this coffee up to 6 times a day. What is even more interesting is the combinations of foods they consume. They will combine the following foods and eat them together in the same dish: Fried Eggs, Rice and Beans, Soups containing Yuca, Fat, Tisquisque and boiled plantains and Cabbage and Potatoes.

During heavy physical labor, they eat rice and beans fried in pork fat. As previously stated, the corn that they use to make their tortillas uses a special process that infuses the corn kernels with lime (*calcium hydroxide*). What this does is creates a powerful way for the cells of the body to absorb the nutrients of the beans and corn when eaten together. This process is much like how high Oligofructose foods bind to amino acids and minerals, boosting nutrient absorption up to ten times. The lime and corn combination is also extremely high in calcium.

A study published in September 1997 titled *The effect of lime cooking of corn on phytic acid, calcium, total and ionizable iron content* and conducted by Hernández Al Urizar and R. Bressani found that the combination of cooking lime with corn increased the ionizable iron and calcium levels between 52% and 77% and 400% and 478%.

Another reason the corn tortilla and lime combination (*calcium*) works so well is due to the fact that the resistant starch in the corn boosts the absorption of the calcium. High Amylose Corn starch also causes cross linking. These particular types of starches: Inulin or High Amylose Cornstarch, Native Resistant Cornstarch, Inulin or Calcium Alginate Resistant Starch; when these are combined with high calcium foods or probiotic foods, especially yogurt, it significantly boosts the absorption of Calcium, Magnesium and Iron as well as other key minerals into the body. A study published in 1992 titled *Effects of Lime Treatment on the Bioavailability of Calcium in Diets of Tortillas and Beans* by Sergio Serna Saldivar and colleagues, concluded that rats fed tortillas had stronger, denser, longer and thicker bones with more ash and calcium. The study concluded that using lime in cooking tortillas created considerably more bioavailable calcium and that rats fed lime treated tortillas had stronger bones than rats fed regular corn tortillas or sorghum.

Another study published in October 1993 titled *Dietary native resistant starch but not retrograded resistant starch raises magnesium and calcium absorption in rats* and conducted by A.G. Schulz and colleagues, concluded that native starch increased the concentration of calcium due to its ability to be better absorbed (bioavailability).

Lysine Enhances the Absorption of Calcium

In a study published in November 1992 titled *Dietary L-lysine and calcium metabolism in humans*, and conducted by R. Civtelli and colleagues found that when lysine was taken with calcium it significantly increased the intestinal absorption of calcium.

Foods highest in Lysine

Sardines, Parsley, Egg White, Watercress, Cod or Pike fish, Cottage Cheese, Soy Protein, Sesame Seeds, Wheat Germ, Egg White Raw or Dried, Ricotta Cheese and Nonfat Dry Milk,
Source: www.nutritiondata.self.com

These effects of adding the proper foods to diet to increase calcium absorption is similar to the method of taking a vitamin C tablet while eating Tofu. This combination greatly increases the amount of iron that is absorbed into the body from the Tofu, which is especially beneficial for vegetarians who do not get enough iron in their diets.

Having adequate levels of calcium in the body not only create strong bones, but also may reduce the amount of lead the body absorbs that exists in the living environment. In a bird study, when the diet of the birds was low in calcium, it enhanced the rate the body absorbed lead and cadmium (*A.M. Scheuhammer. 1996*). The same experiment was carried out on pregnant women, and came to the same conclusions (*A.S. Ettinger. et al. Jan 2009*). Another study found that children fed approximately 15 mg of iron per day as ferric pyrophosphate, showed reduced levels of lead in their blood (*M.B. Zimmermann et al. June 2006*).

The type of starch that potatoes contain is known as Amylose, which has been shown to have significant healing effects upon the body. Cooked potatoes boost the immune system because it turns the starch into **resistant starch**, which ferments in the lower stomach. This is why potatoes are a powerful longevity food. An interesting thing about substituting part of the flour in bread with amylose starch is it results in a lower glycemic index (*C. Hoebler et al. May 1999*).

According to the USDA Database for the Isoflavone Content of Selected Foods, the foods highest in Isoflavones include: Miso Soup, Red Clover and Soybeans. The highest levels are in soy powder and soy flour. It seems that drying out the soybeans increases the Isoflavone content. Therefore, a good combination is **Miso Soup and Potatoes**. This is because isoflavones greatly enhance the absorption of calcium into the bones (*T.A. Zafar et al. May 2004*).

What is even more fascinating being that out of all the foods, corn is the easiest to mix with other foods and prepare. When corn is mixed with calcium, it has the unique ability to absorb and latch onto specific minerals, much like a sponge. This is why genetically modified corn is so common, because the genes of corn are so easy to manipulate.

Here is the secret formula the Costa Rican Nicoyans use: Upon cooking the corn, they use a small amount of lime (*calcium hydroxide*). They then use this corn to make a special dough called **Maize Nixquezaso**. Some South American countries including Guatemala also prepare grains in this manner for their tortillas, and many people who consume this special food have strong bones and a very low rate of rickets in their population. Most importantly of all is that as the body ages past 43, instead of the body holding onto calcium, it starts to lose it, so it must be replenished through the diet in foods that are not only high in calcium, but these foods must also be able to be properly absorbed by the body so the calcium can be properly distributed. In

other words, without proper calcium absorption, the body absorbs less and less each passing year. Bones can also be significantly strengthened by performing the correct resistance exercises as we will show later in this book.

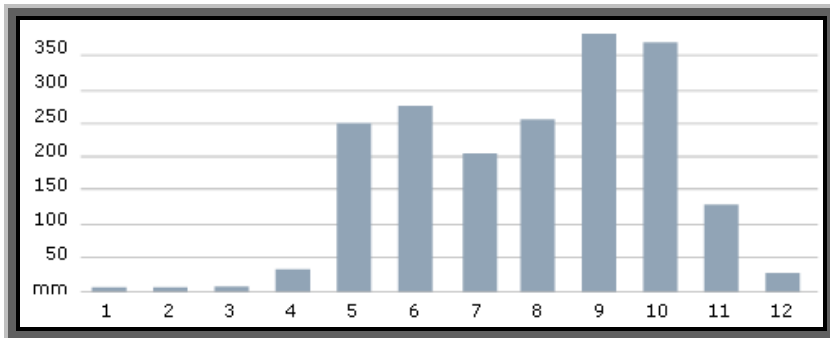
As we have covered earlier, as these cultures of centuries grow older, research shows that another factor that contributes to their longevity is their having a sense of purpose and service to their community. As they age, they continue to perform, work and participate in community events. This helps them stay mentally sharp as well as fulfill their role in the community they live in. So the role of proper mental attitude and positive outlook on life must increase as one ages if one wants to avoid dementia and similar related diseases. As long as they are included in the community, it gives them a reason to live.

The Maranon Fruit (*also called cashew apple*)

One of the most powerful secret anti-aging weapons in the Costa Rican longevity lifestyle is a special fruit grown locally named **Maranon**. This reddish orange fruit contains **5 times as much vitamin C** as the standard orange. Studies have shown that cashew apple may enhance endurance during exercise (*Piyapong Prasertsri et al. March 2013*). Another study showed that cashew apple extract contained high amounts of quercetin and myricetin and that it reduced fat storage, body-weight gain, hyperglycaemia, insulin resistance in obese mice and reduced hyperinsulinaemia (*Vickram Beejmohun et al. December 2015*). Another study showed that cashew apple juice reduced inflammation and speeded up the healing of wounds (*M. da Silveira Vasconcelos et al. December 2015*).

The Geographical Region of the Costa Rican Nicoyan Centurions

The region of the Costa Rica Nicoyans is situated in a region with lots of sunshine that has a dry season from December to March, with a wet season the remainder of the year. The water they drink flows down through limestone rocks making it hard water naturally filled with calcium and bio-available minerals that easily absorb into the body's bones. This unique water is completely different from water in the other regions in Costa Rica. This environment is very similar to the climate the Bristlecone Pine grows in. It grows in a very dry climate in Dolomite Soil. Dolomite is a form of Limestone. The longest lived trees in the world live in Dolomite soil and live at a high elevation, Dolomite soil is high in calcium and magnesium.



The rainy season is from May to October. This results in balance of damp weather and dry weather, with slightly more damp weather.

Scientific Results of testing the Costa Rican Nicoyan Water

As discussed earlier, their water is hard water, which contains high levels of calcium and magnesium. Many people drinking this water were discovered to have effortlessly received close to a gram a day of calcium, which is the daily recommended dosage. Once again this is calcium that is easily absorbed by the body, due to the minerals and from where the calcium is coming from, which is limestone. Limestone is a natural source of **calcium hydroxide** or lime, which the body is able to easily use and absorb. One of the major diseases in the Costa Rican population is stomach cancer, which scientists are discovering may be caused by the *Helicobacter pylori* bacteria. The Costa Rican Nicoyans on the other hand have the lowest rate of stomach cancers in the country.

The 5 Phases and Longevity

For those of you that are familiar with the 5 phases of Traditional Chinese Medicine, Costa Rica has a balance of dry and damp with a little more of a Damp Environment. Because it is close to the equator, no real summer or winter occur. The “wet” season occurs from May to November which is approximately 7 months out of the year creating a slightly more damp environment. Costa Rica has an average temperature of between 70 F and 81 F. Their diet is high in Corn and Coffee. Corn and Coffee happen to be Fire foods. The environment they live in contains rain 6 months out of the year. Perhaps the fire foods combined with their damp environment creates a balance associated with longevity. Let’s next explore why the Okinawan Centurions live so long.

The Lifestyles of the Okinawan Centurions

This next culture consists of a community with a strong sense of purpose in each of the individual's lives. There are no senior "retirement" homes in these communities. Whenever someone is well into their 100's, they still fulfill their purpose and role in life, which includes tending the gardens and crops. Their diet is mainly plant based and high in Sweet Potatoes, Tofu and Miso. Tofu is high in amino acids, especially lysine, and is an alkaline protein, which is a great source of energy for vegetarians. Fermented Tofu or Soy is better than standard soy or tofu because of its ability to digest better in the stomach. Isoflavones in the Soy are also better absorbed when it is consumed fermented (Y. Okabe et al. March 2011).

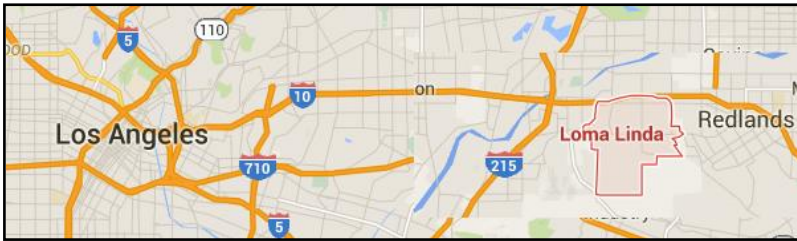


Their local food source named **Goya**, shows anti-diabetic effects by lowering blood sugar levels and is rich in antioxidants (Jaipaul Singh et al. September 2011). They eat pork only on special occasions. They receive plenty of sunshine, which boosts their immune systems and vitamin D levels.

They also perform various resistance exercises throughout the day, such as squatting on the floor and then getting back up again. This is a simple, powerful form of simple resistance exercise. Their home gardens consist of home grown turmeric, garlic, ginger and mugwort. The Okinawa mugwort species is called *Artemisia* (also known as *Wormwood*), which is a powerful malaria disease fighter. Their foods are packed with important nutrients. When their food is nutrient rich, they don't crave food and they can get away with eating less food, which causes less of a burden on their stomach and digestion. They also consume green tea in the mornings to boost their metabolism. Seniors follow the 80/20 rule when eating. They eat until they feel 80% satisfied. This is because it takes **20 minutes for the food to reach the lower stomach**, signaling that it is full. That is why it is recommended to chew thoroughly and eat slowly. Now let's explore our final longevity culture; the Californian Loma Linda Community.

Study Source: The Okinawa Centenarian Study. Makoto Suzuki et al.

The Lifestyle of the Californian Loma Linda Community



The Adventist Health Study is a summary of a region of people living just outside of Los Angeles in the city of Loma Linda (*in San Bernardino County, California*).

Their diet is Mediterranean in style and consists of lots of Nuts, such as walnuts, pecans, Brazil nuts, cashews and macadamia nuts. The Mediterranean diet consists of olives, low protein and low trans fats. Nuts contain lots of Phytic acid, which not only removes toxic metals from the body, but can also remove the good metals from the body such as copper and zinc, which is why you don't want to eat too many nuts. A Spring 1997 study titled *Heavy metal ions, such as cadmium, copper, lead, nickel, and zinc* and conducted by G.T. Tsao and colleagues, concluded that Phytic acid has the ability to adsorb heavy metal ions, such as cadmium, copper, lead and nickel.

Does Phytic acid soak up radiation?

In a research study published in August 2014, titled *Effects of gamma irradiation and/or cooking on nutritional quality of faba bean (Vicia faba L.) cultivars seeds*, and conducted by Asha Mohamed Ali Osman and colleagues, the study concluded that the tannin and phytic acids in foods were significantly reduced when exposed to low doses of Gamma Ray Radiation.

Metals Prefer to Lodge themselves in Different Regions of the Body

A study published in November 2015 titled *The preferential accumulation of heavy metals in different tissues following frequent respiratory exposure to PM2.5 in rats*, and conducted by Li Qingzhao and colleagues found that different heavy metals accumulate in different areas of the body. Lead accumulated in the liver, lungs and brain regions and manganese gathered itself at high levels in the liver

and brain regions. Arsenic tended to gather in the blood and brain and aluminum tended to lodge itself in the brain. Copper tended to gather and lodge itself in the liver.

The Loma Linda community has a somewhat spiritual side, adhering to moral principles, like you would see in a monastery. They maintain strong social networks within their community and pray daily. What makes this community so remarkable is that they live beside one of the most polluted regions on earth, yet live to extremely old age and in good health.

For those of you reading this that are familiar with Traditional Chinese Medicine and its 5 phases/elements, the living conditions and environment of the Loma Linda centurions relate to the wood element. Wood foods are represented by sour foods. Wood is related to the liver, and sour and bitter flavors benefit the Liver. Physical exercise is recommended in wood types of environments to help restore balance. The vulnerable season for wood environments is Fall and during March when the winds are stronger. Extremely hot weather also makes Wood types vulnerable to disease and illness. So a lifestyle that brings balance to these elements would contribute to longevity.

Could it be that the people who live the longest are eating foods that keep in balance with their environment? For example, the Loma Linda community eats lots of nuts, and they live in a dry climate. Perhaps their diet is in harmony with their environment. The environment of Loma Linda has a higher than average UV index, a lot of dry weather and low rainfall. Their diet is high in Walnuts. In Traditional Chinese 5 Phase Medicine, Walnuts happen to be a water element. In Traditional Chinese Medicine, the 5 phases/elements show that water foods restore balance to dry environments.

Reference

Trans fatty acid intake is related to emotional affect in the Adventist Health Study-2. P.A. Ford et al. June 2016.

Removing Excess Strontium

If too much strontium occurs in the body food grade sodium alginate will remove it (*Joan Harrison et al. Sept 1966*), *Y.F. Gong et al. Sept 1991*).

Omega 3 and Longevity

What we are seeing in each of these communities is each culture is using what resources they have available for their longevity lifestyle, especially the Omega 3's. Much of it is due to the geographic region they live in. They have adapted to their environment in such a way as to craft a diet according to the foods, plants and geography they live in.

The Sardinian's receive their Omega 3's from Sheep's Milk and the Loma Linda Community obtain their Omega 3's from Walnuts.

Numerous scientific studies have confirmed that Omega 3's are of extreme benefit in reducing cognitive decline, especially as people grow older. A study published in September 2011 titled *Omega-3 polyunsaturated fatty acids and cognition throughout the lifespan: a review* and conducted by J.E. Karr and colleagues, concluded that Omega 3's might have a beneficial effect on the cognitive skills of seniors.

When you can maintain adequate cognitive control throughout life, especially by taking cognitive strengthening substances, it makes it much easier to concentrate on getting things done and to also get up in the morning and fulfill a sense of purpose and direction in life.

Others cultures we just covered consume honey for energy and to boost their immune system and they take it in the morning or at bedtime to include a peaceful sleep. Many of these diets also contain abundant levels of Vitamin E. And the most common denominator in the cultures of these diets is the bioavailability of Calcium. The better absorbed the calcium, the more beneficial it becomes for stronger bones, teeth and cartilage. Also many of these long lived cultures have diets that are adequate in vitamin C. What is most important of all, the calcium and vitamin C are not of the processed ascorbic acid type. By using organic vitamin C (*from berries and fruits*) and organically produced calcium (*from cheese, sheep's milk, goat's milk or calcium*), the body much more rapidly absorbs these important nutrients.

Toxins

The human body ages and suffers disease due to the gradual build-up of toxins that attack the body during its most vulnerable periods. These gather in between the muscle tissues and the colon. The cells become less efficient at removing these toxins due to inadequate nutrition and

the immune system's response to seasonal weather variations (*including stronger solar weather*). Toxins in the body contribute to an acidic condition. This acidic condition can also result from eating lots of processed foods, foods high in starches / white flour, processed grains and excessive sugar intake. One of the most powerful ways to re-balance the body's excessive acidic condition is by taking calcium. Not just any calcium, but the calcium found in citrus, plain organic yogurt or kefir. Plain organic yogurt is naturally balanced between alkaline and acidic, helping to restore balance to an overly acidic body.

Interesting Fact:

In nature, limestone neutralizes acidic soils. This is why farmers will add limestone to the soil immediately after crops have been harvested. This corrects the soil PH before the next growing season (*the soil has been stressed due to the plants absorbing minerals*).

Limestone is made up of calcium carbonate

Basic celled organisms such as trees reach extreme life spans due to their adequate supply of calcium carbonate, as well as the environment they grow in. As previously mentioned earlier, the Bristlecone Pine Tree, grows in a dry climate, at high altitude, in Dolomite Soil. Dolomite Soil happens to contain adequate levels of calcium carbonate which is similar in alkalinity to limestone. The Bristlecone Pine Tree's lifespan is measured in thousands of years.

Global Climate Change is affecting Lifespan

Could another factor that contributes to the long lifespans of these cultures be due to the temperature of the regions they live in? Many of these environments do not experience extreme summers. Researcher Joel Schwartz and his team state that as we move towards climate change, the increasing variability in temperature each summer season may reduce the life expectancy of elderly people that have chronic medical conditions. This variability is expected to increase even more in the coming decades due to climate change. Dr. Schwartz states that only a 1-degree Celsius increase as a varying temperature may result in approximately 14,000 additional deaths per year.

References

Summer Temperature Variability and Long-term Survival Among Elderly People with Chronic Disease, Antonella Zanobetti, Marie S. O'Neill, Carina J. Gronlund, and Joel D. Schwartz, *Proceedings of the National Academy of Sciences*, online April 9, 2012.

Further References

Secret of Eternal Youth; Teaching from the Centenarian Hot Spots ("Blue Zones"). Badri N Mishra. October 2009.

McMichael AJ, et al. *International study of temperature, heat and urban mortality: The ISOTHURM project*. *Int J Epidemiol*. 2008;37:1121–1131.

Analitis A, et al. *Effects of cold weather on mortality: Results from 15 European cities within the PHEWE project*. *Am J Epidemiol*. 2008;168:1397–1408.

Anderson BG, Bell ML. *Weather-related mortality: How heat, cold, and heat waves affect mortality in the United States*. *Epidemiology*. 2009;20:205–213.

Anderson GB, Bell ML. *Heat waves in the United States: Mortality risk during heat waves and effect modification by heat wave characteristics in 43 US communities*. *Environ Health Perspect*. 2011;119:210–218.

Basu R. *High ambient temperature and mortality: A review of epidemiologic studies from 2001 to 2008*. *Environ Health*. 2009;8:40. [PMC free article]

J. Miquel et al. Sept 1976. *Effects of temperature on the life span, vitality and fine structure of Drosophila melanogaster*.

35% of Centurions Die Without Serious Illness

A Beijing Survey in China showed that out of 106 people that were over 90 years of age, 58 had no type of disease whatsoever. However 12 showed signs of hypertension, 2 had coronary disease, 4 had cardiac arrhythmia and chronic gastritis, 7 had chronic tracheitis, 3 had inflamed gall bladders, 6 had senile cataracts, 5 had arthritis, 2 had severe skin itching and 6 had senile concussion. In another study, which involved 88 people over 100 years of age, cardiovascular disease was present in 33% and chronic tracheitis was present in 10% of the people. These studies prove that people over 90 years of age are not dying of mysterious diseases, but from “worn out” conditions. Actually 55% of those living beyond 90 die without illness, and 35% of centurions die without illness. The more you can prevent the onslaught of disease by proper nutrition, exercise, diet and mental attitude, the more chance you have of becoming a centurion or maybe even a super-centurion.

The 7 Major Causes of Death in the Western Industrialized Nations

The most common causes of non-communicable diseases are contributed to poor diet. By 2020 non-communicable diseases will account for 75% of all deaths worldwide. the yearly totals shown below have been rounded off to the highest number and are approximate. Heart Disease: 800,000, Cancer: 600,000, Stroke: 160,000, Lung Diseases: 106,000, Accidents: 93,000, Pneumonia and Influenza: 82,000, Diabetes: 61,000.

What does non communicable disease mean?

Non-communicable disease is also called NCD and is a condition that is non-infectious or non-transmissible (*broken bones, stroke etc*). NCDs also refer to chronic diseases such as cancer, which last for long periods and progress slowly.

Tips for longevity and prevention of disease include: Avoiding excessive amounts of White Sugar, White Flour, and excessive amounts of Coffee and Tea. Avoiding Canned, Processed and Irradiated Foods and Refined Brans. Eating Fruits and Vegetables that have been grown without pesticides and toxic chemical fertilizers and eating foods grown in season. At various times take Brewer's Yeast, Kelp (*Kelp helps reduce appetite*), Cod Liver Oil (especially during Winter), Rose Hips and Whey. Soured Milk in the form of Yogurt, Goat's Milk, Buttermilk, Kefir, Sauerkraut, Sour Pickles and Sourdough Bread.

Chapter 2

Senescent Cell Removal Extends Lifespan of Mice by 35%

In this longevity study the method used was genetically modified mice with genes designed to target and remove “senescent” cells (*worn-out, cells that accumulate with age*). When researchers genetically modified mice to have genes that specifically targeted and destroyed senescent cells, the mice lived 25 to 35 per cent longer and in good health. They also remained more active with healthy hearts and kidneys. The treatment showed no negative side-effects. Their body tissues and organs also showed less evidence of damaging inflammation (*D.J. Baker et al. February 2016*).

The Destructive Effects of Senescent Cells

Due to their age, Senescent Cells no longer divide, but instead secrete molecules that do destructive harm and damage to neighboring tissues which trigger inflammation. When we are young, our body's immune system naturally sweeps these cells away regularly, however as a person ages, the process becomes less effective with time. Do alternatives exist to genetic manipulation that remove senescent cells?

Does Ginseng Help Sweep Senescent Cells from the body?

In a study published in June 2009 titled *Mechanisms of delay endothelial cell replicative senescence by extracts from Panax ginseng, Panax notoginseng and Ligusticum chuanxiong*, and conducted by J. Yang and colleagues, the study concluded that extracts of P. ginseng, P. notoginseng and L. chuanxiong delayed endothelial cell replicative senescence and that extracts of the herbs could decrease the production and delay in vitro senescence.

Calorie Restriction

Another study published in March 2015 titled *Serum from calorie-restricted animals delays senescence and extends the lifespan of normal human fibroblasts in vitro*, conducted by Rafael de Cabo, and colleagues found that calorie-restricted animals had a significantly extended lifespan due to delayed senescence.

Vitamin E

Another study published in November 2015 titled *Vitamin E Supplementation Delays Cellular Senescence In Vitro* and conducted by Giorgio La Fata found that Vitamin E delayed cellular senescence.

Excessive Iron

Another study published in October 2003 titled *Iron Accumulation During Cellular Senescence in Human Fibroblasts In Vitro* and conducted by David Killilea and colleagues found that as a person got older, they accumulated increased levels of iron in their body, thus accelerating the rate of their cellular senescence.

Another study published in October 2015 titled *Chitosan Treatment Delays the Induction of Senescence in Human Foreskin Fibroblast Strains* and conducted by Ching-Wen Tsai and colleagues found that Chitosan delayed cellular senescence.

Summary

While none of these compounds were able to specifically target and destroy senescent cells, by taking the above extracts, the scientific research shows that it can greatly delay the onset of Cellular Senescence.

Use of the Mind Enhances Longevity

It is a fact that most substances that relieve depression are also anti-aging substances. One excellent example is deprenyl. This is because when the mind is strong and active it enhances lifespan. One art that contributes to this is Calligraphy. Calligraphy is practiced by many centuries in eastern countries because it creates a form of healthy concentration and focus that is good for the mind.



References Caloric and Carbohydrate Restriction and Lifespan

Horska A, Brant LJ, Ingram DK, Hansford RG, Roth GS, Spencer RG. Effect of long-term caloric restriction and exercise on muscle bioenergetics and force development in rats. *Am J Physiol.* 1999;276:E766–73.

Iwasaki K, Gleiser CA, Masoro EJ, McMahan CA, Seo EJ, Yu BP. The influence of dietary protein source on longevity and age-related disease processes of Fischer rats. *J Gerontol.* 1988;43:B5–12.

Shimokawa I, Higami Y, Yu BP, Masoro EJ, Ikeda T. Influence of dietary components on occurrence of and mortality due to neoplasms in male F344 rats. *Aging (Milano)* 1996;8:254–262.

Khorakova M, Deil Z, Khausman D, Matsek K. Effect of carbohydrate-enriched diet and subsequent food restriction on life prolongation in Fischer 344 male rats. *Fiziol Zh.* 1990;36:16–21.

Kubo C, Johnson BC, Gajjar A, Good RA. Crucial dietary factors in maximizing life span and longevity in autoimmune-prone mice. *J Nutr.* 1987;117:1129–1135.

Pamplona R, Barja G. Mitochondrial oxidative stress, aging and caloric restriction: the protein and methionine connection. *Biochim Biophys Acta.* 2006;1757:496–508. doi: 10.1016/j.bbabbio.2006.01.009.

Sanz A, Caro P, Sanchez JG, Barja G. Effect of lipid restriction on mitochondrial free radical production and oxidative DNA damage. *Ann N Y Acad Sci.* 2006;1067:200–209. doi: 10.1196/annals.1354.024.

Sanz A, Gomez J, Caro P, Barja G. Carbohydrate restriction does not change mitochondrial free radical generation and oxidative DNA damage. *J Bioenerg Biomembr.* 2006;38:327–333. doi: 10.1007/s10863-006-9051-0.

Caro P, Gomez J, Sanchez I, Garcia R, Lopez-Torres M, Naudi A, Portero-Otin M, Pamplona R, Barja G. Effect of 40% restriction of dietary amino acids (except methionine) on mitochondrial oxidative stress and biogenesis, AIF and SIRT1 in rat liver. *Biogerontology.* 2009;10:579–592. doi: 10.1007/s10522-008-9200-4.

Crandall DL, Feirer RP, Griffith DR, Beitz DC. Relative role of caloric restriction and exercise training upon susceptibility to isoproterenol-induced myocardial infarction in male rats. *Am J Clin Nutr.* 1981;34:841–847.

Kalani R, Judge S, Carter C, Pahor M, Leeuwenburgh C. Effects of caloric restriction and exercise on age-related, chronic inflammation assessed by C-reactive protein and interleukin-6. *J Gerontol A Biol Sci Med Sci*. 2006;61:211–217.

Kim JH, Kwak HB, Leeuwenburgh C, Lawler JM. Lifelong exercise and mild (8%) caloric restriction attenuate age-induced alterations in plantaris muscle morphology, oxidative stress and IGF-1 in the Fischer-344 rat. *Exp Gerontol*. 2008;43:317–329. doi: 10.1016/j.exger.2007.12.012.

Deruisseau KC, Kavazis AN, Judge S, Murlasits Z, Deering MA, Quindry JC, Lee Y, Falk DJ, Leeuwenburgh C, Powers SK. Moderate caloric restriction increases diaphragmatic antioxidant enzyme mRNA, but not when combined with lifelong exercise. *Antioxid Redox Signal*. 2006;8:539–547. doi: 10.1089/ars.2006.8.539.

Holloszy JO. Mortality rate and longevity of food-restricted exercising male rats: a reevaluation. *J Appl Physiol*. 1997;82:399–403.

Huffman DM, Moellering DR, Grizzle WE, Stockard CR, Johnson MS, Nagy TR. Effect of exercise and calorie restriction on biomarkers of aging in mice. *Am J Physiol Regul Integr Comp Physiol*. 2008;294:R1618–27.

Caffeine, Free Radicals and Chocolate

One of the common misconceptions of sugar is that it damages the immune system and causes more harm than good. This is true if sugar is consumed in excessive amounts over the long term. However when taken in short term amounts in moderate levels it actually boosts the immune system. This is much like the research that short term oxidative stress is actually good for the body, compared to long term oxidative stress which is harmful. Chocolate also contains Cocoa, which is a powerful natural antioxidant, which fights free radicals. Chocolate also contains caffeine. Caffeine has been shown to remove the buildup of the free radical $(\bullet)\text{OCH}(3)$ (*also called Trimethyl phosphite*) which causes aging (*J.R. León-Carmona and A. Galano April 2011*). The food highest in caffeine, besides chocolate and coffee is Tea. In a study published in October 2013 titled *Tea Consumption and Mortality Among Oldest-Old Chinese*, and conducted by Rongping Ruan and colleagues, the study found that subjects that had frequent tea drinking habits at age 60 showed a 10% reduction in their mortality and a study published in May 2012 titled *Association of Coffee Drinking with Total and Cause-Specific Mortality* and conducted by Neal D. Freedman and colleagues found that coffee drinkers lived longer than non-coffee drinkers. What is also most interesting, as we show later in this book is that caffeine withdrawal is associated with increased Theta Brainwaves. Theta brainwaves are associated with enhanced creativity.

Let's look at long lived people who attribute their long lives to eating chocolate:

- As of 2014, the world's oldest lady, 127-year-old Leandra Becerra Lumbreras, attributes her long life to eating chocolate.
- Peggy Griffiths, aged 100, eats 30 bars of chocolate each week. She even had her own sweet shop in the 1930's.
- Ms. Jeanne Calment, 122 years of age as of 2014, eats one kilogram of chocolate every week and attributes this to her long lived life. Her diet also contained a lot of olive oil (*which she rubbed onto her skin*) and port wine. Wine contains numerous antioxidants as well as resveratrol.

- Besides Ms. Jeanne Calment who rubbed olive oil into her skin, in a newspaper called the San Francisco Call, Volume 114, Number 164, published an article on 22nd November 1913 titled: He's Pert and Chipper at 117 Little Fall Doesn't Bother Him. The newspaper article stated that a man known as Goddard Ezekiel Dodge Diamond born in 1797, expects to live 25 years more. 117 year old Goddard Ezekiel Dodge Diamond has been rubbing one tablespoon of extra virgin olive oil on his joints for the past 40 years at least once per day and sometimes twice. Areas he would rub the olive oil with were his elbows and other joint areas. He also would also sometimes drink the olive oil. Goddard Ezekiel Dodge died in San Francisco at the age of 118 and was never married.

Eating chocolate also helps us feel good and stimulates the mind. To look up more information on the above centenarians do an Internet search with the person's first name and the keyword. For example, **Jeanne Calment + chocolate**. This will yield more information about how including chocolate in their diet's contributed to their long lifespan.



What do the Scientific Studies Reveal about Macrobiotic diets?

The Pros

A macrobiotic diet is rich in whole grains, carbohydrates and vegetables, with zero animal fat, proteins or added sugar. It is largely a vegetarian diet. This means you must supplement your diet with vegetarian energy boosters such as Sardines, Cottage Cheese with the good fats included (not fat free cottage cheese), Vitamins B12 and B6 etc. Macrobiotic diets have been shown to help control type 2 diabetes (*Francesco Fallucca et al. April 2015*), and have been shown to reduce inflammation in cancer patients and other people with life threatening illness (*B.E. Harmon et al July 2015*).

The Cons

A study published in May 1994 by P.C. Dagnelie and W.A. Staveren titled *Macrobiotic nutrition and child health: results of a population-based, mixed-longitudinal cohort study in The Netherlands*, found that children put on a Macrobiotic diet had deficiencies of vitamin B-12, vitamin D, calcium, energy, protein and riboflavin which caused retarded growth. The study recommended including dairy and fatty fish to make up for the deficiencies. Other studies done on children fed a macrobiotic diet showed reduced bone mass (*T.J. Parsons et al. Sept 1997*) and cobalamin deficiencies (*M. Van Dusseldorp et al. April 1999*).

Summary

A Macrobiotic is recommended for adults, as long as supplements and foods that enhance the above minerals are included. Macrobiotic diets are also low in iron, and iron accumulation increases as a person grows older. Once again showing that a Macrobiotic diet is more beneficial for grown adults.

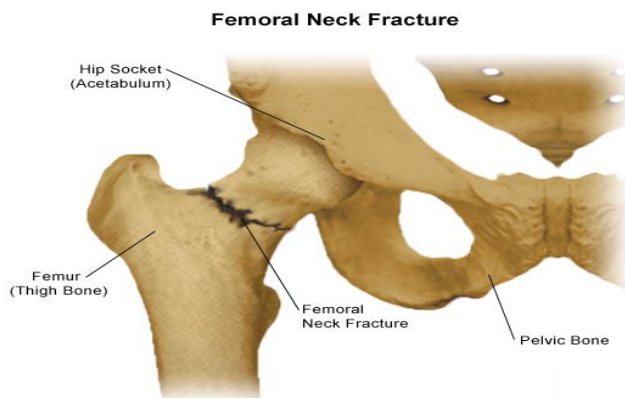


Chapter 3

Alternatives to Dairy for building Strong Bones

Why Animal and Vegetable Proteins Cause you to Lose Bone

A study published in January 2001 titled *A high ratio of dietary animal to vegetable protein increases the rate of bone loss and the risk of fracture in postmenopausal women. Study of Osteoporotic Fractures Research Group*, and conducted by D.E. Sellmeyer and colleagues found that after closely following the diets of 1,035 women for a number of years and examining their protein intake from animal and vegetable products, the study concluded that animal protein actually increases bone loss. The region most affected was the femoral neck bone region (shown in the following image).



The high animal-to-vegetable protein ratio also showed an increased risk of hip fractures. The total increase in bone loss and hip fractures was as high as four times. The fact is that excessive protein from animals and vegetables increases the body's need to neutralize acidic protein by using calcium the body already has. This destroys valuable bone during the process. This means a high-protein diet over the course of many decades gradually eats away at your bones. It is a fact that low protein vegetarian diets show significantly higher bone mineral density as I clearly outline in my 2016 book **The Vegetarian's Guide to Longevity via Gene Therapy and Raw Foods**. The following information lists the best sources of protein for strong bones.

- **Seaweeds such as Dulse and Kelp.** Take with fish oil for extra synergy. Kelp is also commonly combined with Folic Acid in a 1:1 ratio.
- **Chia Seed.** Chia Seed is extremely dense in bioavailable calcium. When it is mixed with plain organic yogurt and left to sprout for 2 hrs or more and then eaten, it reduces the pain of broken or fractured bones and speeds healing.
- **Himalayan Salt.** Himalayan salt consists of just 85 % sodium chloride. The remainder is chock full of 84 trace minerals which strengthen bones.
- **Hard Water.** This type of water usually comes from streams or creeks flowing over limestone, creating a highly bioavailable form of calcium.
- **Horsetail.** Contains lots of Silica, which is used by the body to make bone.
- **Red Marine Algae.** A study titled *A Mineral-Rich Extract from the Red Marine Algae Lithothamnion calcareum Preserves Bone Structure and Function in Female Mice on a Western-Style Diet*, that was published in February 2010 and conducted by Muhammad Nadeem Aslam and colleagues concluded that Red Marine Algae created stronger bones.
- **Celery.** Contains lots of Silica. When the body eats silica it transforms in into calcium.
- **Bone Building Qi Gong Exercises.** Some of these exercises involve “bone tapping” which creates strong bones.
- **Vitamin K.** Vitamin K helps build strong bones and keeps the arteries strong and flexible. When combined with yogurt it creates super strong bones.
- **A combination of Lysine and Arginine** has been shown to create healthy bones (*P. Torricelli et al. Dec 2002*). This can be commonly found by eating sardines and spirulina together. This could be why many people mix spirulina into their yogurt.

If you want an extra boost of calcium, you can take any of the above with plain Greek organic yogurt, Chia Seed or Kelp to create a super boost of calcium.

What is Kelp and Where does it Come From?

Kelp are brown algae that live in temperate cool, shallow waters that are close to shore. They love to grow in dense groups, like a forest. Kelp forests exist along much of the west coast of North America. If you take kelp, caution is advised as some Kelp supplements have been found to have high levels of arsenic (*Eric Amster et al. Jan 2007*).

Foods in the algae family

Arame, Brown Algae, Blue-Green Algae, Dulse, Hijiki, Kelp, Nori, Red Seaweed, Red Algae, Spirulina and Wakame.

Why Vegetarians Need more Calcium in their diet

A study published in December 2007 titled *Comparative fracture risk in vegetarians and non-vegetarians in EPIC-Oxford*, and conducted by P. Appleby and colleagues found that vegetarians are more susceptible to fractures compared to meat eaters. This means getting good amounts of calcium in the diet is essential.

Interesting Fact: Vitamins B6 and B12 are the vitamins the body uses most for recovery, especially after exercise. These vitamins also happen to be the vitamins that people who are vegetarian lack the most of. Tuna contains high levels of B6 and Salmon contains high levels of B12. Tofu is high in B12 and Oats and Paprika contain good levels of B6.

Vegetarian Dietary Guidelines According to the 5 Phases/Elements

Vegetarians should include more warming foods. This is because a vegan diet is cooling due to the majority of fruits and raw food. The stomach requires a hot environment and a lack of warming foods contributes to poor digestion. One remedy is to adapt the diet according to the season. This means eating less and lighter during the spring and heavier foods during winter. Also of particular benefit to vegetarians is to select fruits and vegetables in season. Because vegetarians are also already in harmony with nature by respecting animals, allowing nature to guide your habits of eating is a great way to stay in balance.

The powerful healing combination of Spirulina and Sardines

A combination of Sardines with Spirulina has been successfully used to treat malnourished children in Africa. This is because the ingredients are synergistic with one another. Speaking from personal experience of using this combination over the years, I have found a greater boost by adding poppy seeds and garlic powder to the mixture.

Reference

"Sardines and Spirulina to Improve Diets in Central Africa." MSN.com

The combination of Sardines and Spirulina is also a rich source of Arginine and Lysine. Sardines also contain very large amounts of Calcium, Phosphorus and Choline.

Foods highest in Arginine = Spirulina / Seaweed / Spinach

Foods highest in Lysine = Sardines

A study published in April 2007 titled *Oral treatment with L-lysine and L-arginine reduces anxiety and basal cortisol levels in healthy humans* and conducted by M. Smriga and colleagues found that a combination of lysine and arginine significantly reduced chronic anxiety in humans.

Another study published in April 2003 titled *Prolonged treatment with L-lysine and L-arginine reduces stress-induced anxiety in an elevated plus maze*, and conducted by M. Smriga and K. Toril found that the combination significantly reduced stress levels when rats were subjected to a maze test.

Further studies of this combination have also found that it produces strong, healthy bones (*P. Torricelli et al. Dec 2002*) and reduce psychosocial stress when performing public speaking. (*D. Jezova et al. June 2005*) The combination has also been shown to strengthen the immune system (*A. Azzarà et al. 1995*).

Having researched successful herbal combinations that help restore the body as quickly as possible for the previous 7 years, one very interesting consistent feature stands out. Spirulina is one of the most effective foods that will remove the metal Barium from the body. Another food with an almost identical structure to Spirulina is Chlorella (*sea algae*), and it is one of the most powerful foods to remove metallic toxins and is also a longevity food.

Arterial Stiffness and Dairy

Studies have shown that people who consume dairy products on a daily basis are not at risk of developing "stiff arteries" (*G.E. Crichton et al. May 2012*). However, when studies were done on older adults, especially those taking calcium supplements that exceeded the RDA, there was an increase in the cases of hardening of the arteries, otherwise known as "Arterial Stiffness" or "Arterial Calcification", especially in the aorta (a region of the heart). The scientific study concluded that seniors should reduce their intake of calcium supplements in order to maintain healthy arteries.

References

Risk of High Dietary Calcium for Arterial Calcification in Older Adults. John J. B. Anderson¹ and Philip J. Klemmer. October 2013.

Is calcium excess in western diet a major cause of arterial disease? S. Seely Nov 1991.

Another food scientifically proven to contribute to arterial disease is coffee.

References

Caffeine increases aortic stiffness in hypertensive patients. Vlachopoulos C, Hirata K, Stefanadis C, Toutouzas P, O'Rourke MF Am J Hypertens. 2003 Jan; 16(1):63-6.

Acute effect of caffeine on arterial stiffness and aortic pressure waveform. Mahmud A, Feely J. Hypertension. 2001 Aug; 38(2):227-31.

Foods that Create Strong, Flexible and Healthy Arteries

Besides caffeine extending lifespan, one of its side effects is increased arterial stiffness and high blood pressure (*A. Mahmud and J. Feely August 2001*). To maintain healthy arteries, we want to maintain a balance of foods that keep our arteries strong and flexible. Let's take a look at some of the very best.

Mesoglycan

The substance mesoglycan (*a substance taken from pigs' intestines*) has been shown to significantly slow the hardening of arteries (*G. Laurora et al. August 1993*), (*Antonella Tufano et al. August 2010*).

Barley Leaf

Barley leaf essence has been shown to lower cholesterol and reduce artery plaque (*A. Ri Byun et al. May 2015*). Barley Leaf has also shown Antidepressant-like effects (*Katsunori Yamaura et al. Jan 2012*).

Omega 3

A study published in August 2013 titled *Omega-3 fatty acids: mechanisms underlying 'protective effects' in atherosclerosis*, and conducted by C.L. Chang and R.J. Deckelbaum concluded that Omega 3's may prevent mortality associated with atherosclerosis.

Chelation Therapy

Other studies are showing that metal chelation therapy is an effective treatment for atherosclerosis, and that it was especially effective in patients with diabetes (*Maria D. Avila et al. August 2014*).

What is Arteriosclerosis?

Atherosclerosis is a condition where excessive plaque builds up and plugs the arteries.



Thank you for reading. You may purchase this book immediately via [Amazon](#) or [Createspace](#). It is also available in [Nook or Kindle Formats](#).

Thank you again and we at the Solar Institute wish you a long, prosperous and happy life!

Scott Rauvers

www.ez3dbiz.com

Master Anti-Aging Herbalist