“A beautiful lady is an accident of nature. A beautiful old lady is a work of art.”

Louis Nizer
ANTI-AGING STRATEGIES

This chapter summarizes over 100 specific anti-aging strategies that took over a decade to compile. Every strategy is based on scientific research backed by years of clinical experience. They are grouped according to the five pillars of anti-aging medicine:

1. diet;
2. exercise;
3. hormonal enhancement;
4. nutritional supplement; and
5. stress reduction.

Those new to this should read this daily for the first 21 days. A thorough understanding of each strategy is critical before embarking on the journey. Do not adapt any strategy unless you know the reason and the consequences. Certain strategies are uniquely suited for you while others may not be. Do what makes sense for you and you alone, as each body is different.

Do not attempt any quick transformation. Most transformations fail because of too high an expectation in too limited a time. Go slow, one step at a time. Your body has gone through a lifetime of damage. Recovery and rejuvenation is a process that works best when it is slow and steady. The path to anti-aging is a marathon and not a sprint.

While there are no absolutes in life, it should be remembered that the law of averages still apply in anti-aging.
In most cases:
1. people who smoke do not get lung cancer;
2. people who forget their seat belts do not die in traffic accidents;
3. people who have unprotected sex do not contract AIDS;
4. people who go on diets do not become anorexic; and
5. people who are sun worshippers do not get skin cancer.

Nevertheless, those who follow these anti-aging strategies will generally feel:

1. younger;
2. healthier;
3. lighter; and
4. more energetic.

Complete fulfilment of these strategies requires significant lifestyle adjustments for most. No one is expected to adopt 100 percent of the recommended strategies all the time. A successful execution of the anti-aging strategies takes generally from 1 to 3 years. Consider yourself doing well if you can follow 25% of the strategies within 90 to 180 days, 50 % of the strategies within 1 to 2 years, and 75% of the strategies within 2 to 3 years. The body is a miraculous machine. It is very forgiving and does rejuvenate, starting at the cellular level.

Expect to see some results after 30 to 90 days after you have selected those strategies you wish to embark on first. Select easy strategies first and slowly work your way into more difficult ones. Rome was not built in one day. Concentrate on learning, listening, and loving your body and it will take care of you.
Our life expectancy has already doubled in the past century, from 43 to 76 for those in developed countries. This is largely due to the discovery of antibiotics and successful execution of anti-aging strategies such as these. They have worked in the past and will continue to work in the future. Longevity is 70 percent determined by lifestyle and 30 percent related to genetics. What you can do is to work on the lifestyle related 70 percent today, since therapeutic modalities for the other genetically related 30 percent is still years away from reality.

1. DIET

VEGETABLES

DO

- **Do eat more organic vegetables** (they taste better and has three times more nutrients). The stronger the color, the higher the nutritional level.
- **Do eat kale, spinach, green and red cabbage, broccoli, red and green leaf lettuce, romaine lettuce, cauliflower, zucchini, Chinese cabbage, bok choy, and cucumbers.** These are all **vegetables grown above the ground** and are high in antioxidants, minerals, vitamins, and fiber.
- **Do rinse your vegetables well** to kill germs and spin it down well to prolong shelf life. Wash all fresh fruits and vegetables with cool tap water immediately before eating. Do not use soap on them. Scrub firm produce such as melons and cucumbers with a clean produce brush. Cut away any bruised or damaged areas before eating.
- **Do squeeze the air out** of the bag if you intend to store vegetables. Fresh produce should be refrigerated within two hours of peeling or cutting.
**DO NOT**

- **Do not eat iceberg lettuce.** It is mostly water, low in fiber and nutrition.
- **Do not eat underground vegetables** such as carrots and potatoes that are high in sugar (high glycemic index) that can trigger diabetes. Mashed potato is acceptable due to the addition of fat and milk *during* the cooking process.

**GRAINS AND SUGAR**

**DO NOT**

- **Do not take refined sugar.** Adding sugar to food is common and socially acceptable. It reduces your immune system function. Sugar in your food goes rapidly to your blood. When there is excess sugar in your blood, your liver may use it to make more triglycerides. This contributes to higher blood serum triglycerides, cholesterol, promoting obesity due to higher fatty acid storage around organs and in subcutaneous tissue folds. Over consumption of sugar is the leading cause of diabetes, heart attack, and cancer.
- **Do not take high glycemic index grains such as rice, wheat, and corn.** They cause a sugar spike increase in the blood and contribute to diabetes, obesity, and heart disease. If high glycemic food is combined with protein and fat in a meal, the glycemic index is lowered, resulting in a slower release of sugar into the bloodstream.
- **Do not take corn or corn related products** such as popcorn (hard to digest and of minimal nutritive value) and chips (high in fat). Corn is not a vegetable but a grain.
- **Do not take artificial sugar** such as aspartame and artificial flavoring such as MSG. Both contain chemicals that produce well-documented damage to your body.
PROTEIN

**DO**

- **Do get protein from beans and legumes** — make sure beans are well soaked for 48 to 72 hours prior to cooking, to help digestion and ensure that they are cooked thoroughly in a crock-pot for at least eight hours to break down harmful toxins.
- **Do get protein from raw seeds** such as sunflower, pumpkin, sesame, and flax. The consumption amount should be limited because these are also high in fat.
- **Do get protein in limited amount from raw nuts** such as Brazil nuts, cashews, and almonds. The consumption amount should be limited because these are also high in fat.
- **Do get protein from organic eggs** that come from organically fed free-range chicken. Egg white is one of the best and cheapest sources of protein.
- **Do get protein from cold and deep water fish** such as salmon and tuna. Avoid fish from coastal waters that are easily contaminated with toxins such as mercury.
- **Do get protein from lean meat from animal.** Lean meat from **grass fed cattle**, not commercially raised grain fed cattle, is preferred.

**DO NOT**

- **Do not get protein from foods derived from scavengers,** such as *pork, ham, most bacon, shellfish, shrimps, lobsters, crabs, and clams*. They are often contaminated.
- **Do not get protein from processed, cured, smoked, or dried meats**, such as bacon, sausage, ham, hot dogs, or luncheon meats.
- **Do not get protein from peanuts.** It is high in fat and often allergenic.
• Do not get protein from soy unless it is fermented such as tempeh or miso.
• Do not get protein from diary products, including milk and cheese. Pasteurization is the problem as it destroys the nutrients and changes the structure of many enzymes. Cheese in small amounts is acceptable. Yogurt from pasteurized milk should also be avoided.

FRUITS

**DO**

• Do eat whole fruits that are high in fiber and low in sugar, such as blueberries and apples, but only in moderate amounts.
• Do peel all fruits and vegetables, unless they are to be thoroughly cooked. Wash your hands afterwards. If you cannot peel them, soak them for 15 minutes in a solution made by adding one teaspoon of 3% hydrogen peroxide to two quarts of water, and then rinsing thoroughly with filtered water.

**DO NOT**

• Do not eat bananas or watermelon that are high in sugars and low in fiber.

FAT AND CHOLESTEROL

**DO**

• Do eat plenty of deep and cold water fish like tuna and salmon that contain a plentiful supply of omega-3 essential fatty acid.
• Do take flex seed, raw sunflower and pumpkin seeds.
• Do take butter. Even though a diary product, the amount of milk protein casein is small.
DO NOT

• Do not be afraid of eggs as a source of cholesterol. Choose organic eggs from organically fed chicken. Cholesterol is needed for a healthy body. Moderate consumption of one to two eggs per day does not significantly increase your blood cholesterol level if you are in good health. The best way to cook eggs is to hard-boil them. Organic eggs contain a 1:1 omega 6 to omega 3 ratio. Commercial eggs, on the other hand, contain up to 15:1 omega-6 to omega-3 ratio. Commercial eggs are not unhealthy due to cholesterol, but due to the excessive level of omega 6.

• Do not eat trans-fat. This is the worse kind of fat you can take. Trans-fat is found in margarine, doughnuts, cookies, pastries, deep-fat fried foods such as french fries, potato chips, and imitation cheeses.

FLUIDS

DO

• Do take pure filtered water only, preferably from the reverse osmosis process. Bottled water is the next best option. Take at least 10 to 12 glasses a day. Your body can process about one glass per hour. The excess is flushed out of the kidneys. Thirst is a sign of dehydration in its late stages. Keep a bottle of water with you whenever you are out during the day.

• Do take fresh vegetable juice (not fruit juice). A two-step extraction and press process is the best.

• Do store water in a glass and not plastic container.

• Do drink more water when exercising. Drink up before you work out. Take in about 16 to 20 ounces of either water or sports drink one to two hours prior to activity. This extra fluid will help offset sweat losses; any excess will be excreted as urine before you work out. Take in 5 to 12 ounces of either
water or sports drink every 15 to 20 minutes of exercise. If you work out for more than an hour, choose sports drinks.

**DO NOT**

- **Do not drink tap water**, as it is full of contaminants and chlorine. Stay away from drinks containing fluoride. If you have no choice, make sure that boiled tap water has been kept at a rolling boil for at least five minutes.
- **Do not drink distilled water**, unless for a short-term detoxification process because it can lead to de-mineralization with long-term use due to its acidic properties.
- **Do not drink coffee.** It is a stimulant and a diuretic. Heavy coffee drinkers should taper off slowly. One cup a day is acceptable.
- **Do not drink fruit juice**, especially those that have a high concentration of sugar. Each glass of juice can contain up to eight teaspoons of sugar. Take fiber-filled whole fruit in moderate quantity as an alternative.
- **Do not drink tea**, including red, black, and green tea. Tea is a stimulant. Green tea contains antioxidants, but fruits and vegetables are better sources. It also contains fluoride. Herb tea is acceptable as it is not really tea but a herbal infusion in a tea bag.
- **Do not take soda pop.** It is full of sugar and empty nutrition. Aluminum from the can is toxic.
- **Do not take milk** – not needed for adults, especially skimmed milk. Milk protein casein is the culprit, aside from the fact that milk is highly allergenic.
- **Do not over drink wine and alcohol.** Drinking too much wine – or any alcoholic beverage – has a definite downside. Numerous studies suggest that consuming more than two drinks a day over the long-term may raise blood pressure in
some people and increase the risk for strokes and other diseases.

What, When and How to Eat

- **Meals:** Breakfast – full (eggs and vegetable juice is best); Lunch – moderate; Dinner – small and early. Do take a walk immediately after a meal to promote circulation.
- **Calorie:** Eat to 70% fullness. Maintain a diet of 1500 to 1800 calories a day if you are sedentary to achieve a target anti-aging weight at or slightly below your ideal body weight (men: 106 pounds for first 5 feet in height plus 6 pounds for each addition inch above 5 feet; women: 100 pounds for the first 5 feet plus 5 pounds for each inch above 5 feet).
- **Dessert:** Only at lunch. Avoid before-bed snacks, particularly grains and sugars. This will raise blood sugar and inhibit sleep. A few hours later, reactive hypoglycemia may take place and you may wake up and not be able to get back to sleep. Late-night snacks high in sugar also promote the release of cortisol, an pro-aging hormone you can do without.
- **Microwave:** Do not use to heat food as it changes the molecular structure of the nutrients. High frequency electromagnetic waves that alternate in positive and negative directions are used, causing vibration of food molecules up to 2.5 billion times per second. Heat created as a result can destroy the structure of vitamins and enzymes.
- **Chew food thoroughly** (20 times each mouthful) before swallowing in order to aid digestion.
- **Do not take too much water** with your food, which can dilute the digestive enzymes.
Anti-Aging Strategies

• **Do not take genetically engineered food.** Available only since 1995, there is simply not enough information on the long-term heath effect. It is hard to conceive that there are no structural changes to the nutrients that have been genetically modified. The damage may be insidious, similar to smoking, and it may require many decades of ingestion to observe the effects. The risks are not worth taking.

• **Do not take irradiated food.** From a nutritional perspective, irradiation is like exposing food to the equivalent of up to 1 billion chest x-rays that depletes vitamins, often significantly. Especially vulnerable are vitamins A, B-complex, C, E, and beta-carotene. For instance, irradiation destroys up to 80% of the vitamin A in eggs, and about half of the thiamin in wheat flour. Essential fatty acids can be damaged, as can amino acids. Furthermore, beneficial micro-organisms are killed along with the harmful ones. Animals that ate irradiated food faced premature death, fatal internal bleeding, a rare form of cancer, stillbirths and other reproductive problems, genetic damage, organ malfunctions and nutritional deficiencies, to name a few. Scientists have little or no idea whether irradiated food is safe for human consumption.

**Diet Summary:** Take plenty of green leafy vegetables, moderate amounts of lean meat from grass-fed cattle, farm-raised poultry and cold-water fish as a source of protein is acceptable. Avoid grains and underground vegetables such as potatoes and carrots. Organic eggs, raw nuts, and seeds are rich sources of protein. Fat is good, especially from cold water fish that is rich in omega 3 fatty acid. Stay away from trans-fat such as french fries and cookies. Take pure filtered water only. Cook with olive oil (monounsaturated), coconut oil (already saturated), canola oil (monounsaturated and polyunsaturated) and butter. Eat a big
breakfast, moderate lunch, and early and light dinner. Avoid dessert at night. Chew your food well. Eat to 70% fullness, and do not use microwave to cook your food.

2. EXERCISE

DO

- **Do be active.** A sedentary lifestyle is twice as likely to kill you as a high cholesterol level. Long-term studies have shown that those least fit were eight times more likely to die of heart or cardiovascular disease than the most fit. Physical inactivity causes osteoporosis, the loss of calcium that makes bones brittle and fracture-prone. An individual confined to bed will lose up to 4% of bone mass within a month.

- **Do strength training exercise**, especially with the large muscle groups (chest, back, and thigh) at least **three times a week, 15 minutes each** time to increase growth hormone secretion. Strength training induces the development of additional new muscle cells and more resilient tendons, ligaments, and muscles. Added strength improves neuromuscular control, which in turn protects you from injury. Strength training is especially important for the back, since lower-back pain is often caused by weakness of the abdominal and/or back muscles.

- **Do cardiovascular exercise everyday, 30 minutes** total at 80% of maximum heart rate (maximum heart rate is equal to 220 less your age). Breaking up exercise into short bursts of activity throughout the day strengthens the heart just as well as one long workout session. You can break down the 20 minutes into two sessions of 10 minutes each. Studies show that heart disease risk was found to depend more on how many overall calories were burned. Men who burned
4,400 calories per week through exercise are nearly 40% less likely to develop heart disease than are men who use up only 1,100 calories per week. This effect holds, regardless of whether the men walked, climbed stairs, or played sports. Do not forget that golf is not an aerobic sport.

- **Do flexibility training 5 minutes before and after each exercise session** to warm up and cool down the muscles, ensure smooth joint movement, prevent accidents, and maintain good balance.

- **Do drink extra water** when you exercise to avoid dehydration. Sports drinks are acceptable. Check the label: your sports drink should provide about 50 to 80 calories per eight-ounce serving (this translates to 14g to 20g of carbohydrates per serving). After you finish an activity, drink two cups of fluid for every pound lost during your workout.

- **Do exercise in mid-afternoon**, which is the safest if you have no special preference. Often your body will tell you when the most comfortable time is. Follow your body rhythm for best results.

- **Do be consistent in your exercise program.** The is the secret of success.

- **Do create variety in your exercise program.** Cross-training is any fitness program that systematically incorporates a variety of activities to promote balanced fitness. Instead of just running, swimming, bicycling, aerobics classes or just any single activity, cross-training is participating in several different exercise activities.

- **Do exercise as far from traffic and pollution as you can.** You do not want to undo exercise’s health benefits by exposure to carbon monoxide, ozone, oxides of sulfur and nitrogen, particulate matter, and hundreds of other toxic chemicals. Increased depth and rate of breathing during
aerobic exercise magnifies the detrimental effects of polluted air.

**DO NOT**

- **Do not over-exercise.** The human body is not made to sustain the structural damage from a marathon. It is good for the ego but not for the body. Sustained over-exercising can cause damage at a rate faster than the body’s ability to heal. This will wear you out prematurely. Not only is there no upside to excessive training but by generating more free radicals than the body is prepared to scavenge, over-training actually weakens the immune system and increases susceptibility to degenerative disease. Consistency is far more important than intensity. *Expenditure over 3,500 to 4,000 calories a week is considered excessive from an anti-aging perspective. Target to spend 2000 to 3000 calories a week from exercise.*

- **Do not make exercise too complicated.** A simple exercise program that can be done anywhere is the key.

- **Do not compare yourself with others.** Each person is unique and is at a different level of fitness.

- **Do not try to get fit by being active.** You can become more active only by becoming fit.

3. **NUTRITIONAL SUPPLEMENTATION**

**DO**

- Do take a well rounded *multiple vitamin and mineral formula* cocktail in optimum anti-aging dose to prevent oxidative stress. Different vitamins and minerals work on different parts of the cell. There is no one magic bullet. The body needs about **40 different micronutrients** for optimum function.
• **Do take additional function specific nutritional supplements** for aging conditions such as memory lost, high cholesterol, high blood sugar, heart function, immunity, and cancer prevention.

• **Do take your supplements with meals** to enhance absorption.

• **Do take your supplements everyday.**

• **Do take digestive enzymes and probiotics** to enhance gastrointestinal health. Active cultures of Lactobacillus and Acidophilus promote normal flora in the gut.

• **Do take magnesium.** Eighty percent of the adult population is deficient in magnesium even by RDA standards. Magnesium, together with vitamin C and E, is a critical anti-aging mineral because it is required in optimum mitochondrial function. 500 to 1,000 mg in divided dose is preferred. If you have diarrhea, back off and stay at the dose where no diarrhea occurs.

---

**DO NOT**

• Do not use supplements as a substitute of good whole foods.

• **Do not take Iron** as part of an anti-aging supplement program unless you are anaemic.

• **Do not take supplements if they smell bad.**

---

4. **STRESS REDUCTION**

**DO**

• **Do develop a personal stress reduction program** uniquely suited to your lifestyle and likes. Doing what is relaxing to you is the key. Do not compare with others. What works for one person may not work for another.
• Do breath properly to reduce stresses and tensions of everyday life. Use your diaphragm and not your chest wall.
• Do develop a close circle of trusted friends to share your stress.
• Do take things in your stride.
• Do follow an exercise program. It is by far the best stress reducer.

**DO NOT**
• Do not avoid all stress. Some stress is necessary for a happy life.
• Do not overeat or oversleep as an escape when faced with stress.
• Do not overreact and act emotionally. Take a break when faced with stress you cannot handle.

5. **HORMONAL ENHANCEMENT**

**DO**
• Do strength training of large muscle groups such as chest, back, and thigh three times a week, 15 minutes each time to enhance endogenous growth hormone release.
• Do aerobics exercises 30 minutes each day to enhance endogenous growth hormone release.
• Do restrict calorie intake by eating to 70% fullness. This has been shown to promote growth hormone release endogenously.
• Do consider progesterone replacement and natural hormonal replacement therapy as an alternative to traditional treatments of menopausal symptoms.
• Do consider nutritional supplementation such as vitamin E and evening primrose oil to modulate hormonal cycle for women. For men, the prevention of Benign Prostate Hypertrophy and delaying the onset of andropause through vitamins, herbs, and minerals are important.

• Do take amino acids like glutamine that acts as a secretagogue to enhance endogenous release of growth hormone.

6. MISCELLANEOUS STRATEGIES

DO

• Do use a shower filter to avoid chlorine exposure from tap water during showers.

• Do keep the kitchen counter clean. Cutting boards, dishes, utensils, and counter tops should be washed with hot, soapy water and sanitized after coming in contact with fresh produce or raw meat, poultry, or seafood. Sanitize after use with a solution of one teaspoon of chlorine bleach in one quart of water. Leave your dishwashing sponge very dry and without any residue of organic material. Clean the sponge after you wash the dishes, and keep it away from the cutting board.

• Do watch out for toxic molds. Mold toxins (mycotoxins) may suppress the immune system and cause cancer. Refrigerators are a haven for mold, which loves to grow on bruised fruits and vegetables. If a hard food that is uncooked becomes moldy, cut and discard the moldy part and at least one inch of the food in each direction from the site of mold. (“Hard” foods include apples, broccoli, carrots, cauliflower, and hard cheese in chunks, garlic cloves, onions, pears, potatoes, squash and turnips.) If a soft food, juice or cooked leftover becomes moldy, throw it all away; do not attempt to salvage any of it.
• **Do** listen to your body. It will tell you far in advance what is wrong. Every body is unique and different. Accept the fact that it is far more important to listen to your body in addition to listening to your doctor.

• **Do expose your body to at least 30 minutes of direct or indirect sunlight per day.** Small amounts of daily sunshine on our skin and in our eyes are critical to good health. Apply sunscreen as needed.

• **Do avoid electromagnetic fields** such as cellular phones, electric blankets, and a home near electrical plants. Avoid wearing metals, including jewelry.

• **Do take drugs only as a last resort.** All drugs have side effects. Avoid antacids and acid lowering drugs. The body’s first line of defense against intestinal infection is the acid produced by a healthy stomach. Stomach acid kills most of the bacteria and parasites that are swallowed along with meals. Strong suppression of stomach acid increases the risk of intestinal infection. It is also important to avoid unnecessary antibiotics. The second line of defense against intestinal infection is the normal intestinal bacteria, especially Lactobacilli residing in the small intestine. Antibiotics decimate Lactobacilli. In so doing, they increase the risk of subsequent intestinal infections.

• **Do see your doctor for routine** medical checkups and to rid yourself of any toxic metals like mercury, lead, and arsenic in your body.

• **Do have daily bowel movement** that should be effortless and odorless. Stool should not sink to the bottom of the bowl.

• **Do inspect your urine.** It should be clear to very light yellow color. Dark color could mean infection and dehydration, unless you are on B vitamins.
Anti-Aging Strategies

- **Do** sleep in total darkness without night-light to maximize melatonin production. When light hits the eyes, it disrupts the circadian rhythm of the pineal gland and the production of melatonin and serotonin.

- **Do replace all silver amalgam dental fillings** (actually contain 50% mercury). Avoid ceramic and porcelain crowns as they have metal in them. Use composites. Avoid toothpaste with fluoride.

- **Do follow a** detoxification program, including regular fasting, skin brushing, colon cleansing, sauna, and steam baths.

- **Do pray in time of sickness.** Numerous studies have confirmed the power of prayer in healing with statistical significance. Clinical studies have reported that heart patients who receive prayer have 50% to 100% fewer side effects.

**DO NOT**

- **Do not initiate too fast a lifestyle change** that can act as a stressor to your body, especially if lifelong habits have been well established. Give yourself one to two years for transition to an anti-aging lifestyle, slowly and one step at a time.

- **Do not stop smoking immediately** if you have been smoking for a long time, but do stop sugar intake. Studies have shown that 65 mg of vitamin C is needed to counteract the free radical and oxidative stress damage of one cigarette.

- **Do not use antiperspirants.** Generally full of aluminum, which is a toxic substance and has been linked to Alzheimer’s disease.

- **Do not use aluminium, teflon coated, and stainless steel cookwares.** Enamel coated metal or glassware is best as they are inert and will not add toxic metal to the food.