

How to Extend your Life Through Digital Diagnosis and Anti-Aging

- Despite the fact that the US spends \$3.8 trillion dollars on healthcare, the United States ranks 172nd in infant mortality among 226 countries of the world. The US average deaths per 1000 is 5.28. The lowest rate occurred in Slovenia at 1.68 deaths/1000.
- 6 in 10 Adults in the US have a chronic disease.
- 4 in 10 Adults in the US have two or more chronic diseases.
- THE LEADING CAUSES OF DEATH AND DISABILITY are:
 1. Heart Disease
 2. Cancer
 3. Chronic lung disease
 4. Stroke
 5. Alzheimer's disease
 6. Diabetes
 7. Chronic Kidney disease

THE KEY LIFESTYLE RISKS FOR CHRONIC DISEASE are

1. Tobacco use
2. Poor nutrition: processed foods and deficient soils
3. Lack of physical exercise
4. Excessive alcohol use

THE KEY factors causing our health problems revolve around:

1. Poor quality food
2. Poor quality of water
3. Poor quality of air
4. Toxicity from dentistry: RC, mercury fillings, fluoride, post-extraction infections in the jawbone, mercury fillings, metal implants
5. Vaccinations and their toxic adjuvants
6. Chemicals: insecticides, pesticides, and herbicides

7. Prescription drugs:

- a. **Statins** (Lipitor, Crestor): cause dementia, Type II diabetes, Rhabdomyolysis, liver and kidney damage, and congestive heart failure
- b. **Opioids**: OxyContin, Vicodin, and Fentanyl
- c. **Anabolic Steroids**: Arnolds, Gym Candy, Pumpers, Roids, Stackers, Weight Trainers, Gear, Juice
- d. **Stimulants for Attention Deficit Disorder**: ritalin. U.S. poison centers reported 17,000 human exposures to ADHD medications, with 80% occurring in children under 19-years-old and 20% in adults.
- e. **Blood Pressure Meds**: Scientists at the Intermountain Medical Center Heart Institute in Salt Lake City, UT, found that individuals with hypertension who used alpha blockers and alpha-2 agonists to control their blood pressure showed an increase in blood pressure variability, which could increase mortality risk.

Alpha blockers — which include doxazosin mesylate and prazosin hydrochloride — work by dilating the blood vessels. Alpha-2 agonists, such as methyldopa, work by targeting sympathetic nervous system activity, thereby reducing blood vessel constriction.

KEY factors in reversing the aging process:

- 1. Detox the gut: liver kidneys, intestines, lymph
 - a. Gut: Liver Chi, Essiac tea, Kidney Chi, food-grade diatomaceous earth, lymph drainage, Ivermectin to kill parasites and a good pre probiotic: Prescript Assist, Kaqun Drops, Bravo yogurt.
- 2. Rebuild the cell membranes: Clinician's Preference: 11:1 omega 6 to omega 3 essential fatty acids. Skin (1000:1); Nervous System (100:1); organs and other tissues (4:1); adipose tissue (22:1); muscles (6.5:1). The body can make any fatty acid from the parent essential fatty acids: DHEA and EPA for the brain.

3. Feed the mitochondria: “powerhouse of the cell” and are responsible for creating more than 90% of cellular energy.

a. **Protein:** rich in amino acids like glutathione (avocados + almonds) that protect the mitochondria. It is important to remember with protein that quality is as important as quantity and that you are getting it from a variety of sources.

We recommend: red meat, fish (sashimi: salmon, Ahi tuna, Halibut, Yellowtail, Japanese Mackerel, poultry, beans (garbanzos, kidney, adzuki, black beans)/ lentils, nuts (almonds, cashews, pine nuts, walnuts, Pistachios, Brazil nuts, Hazelnuts), seeds (sesame, pumpkin seeds, hemp seeds, sunflower, flax, chia seeds) and eggs.

b. **Omega 6 and 3 fatty acids:** help to build up the mitochondria’s protective membranes. These membranes contain the spread of nasty free radical by-products, resulting less cell damage and more energy.

We recommend: low-mercury wild-caught fish (salmon, Oysters, sardines, Rainbow Trout, mackerel, herring, anchovies, Caviar, Albacore Tuna, Coho salmon), grass-fed meat, nuts (especially walnuts, cashews, pine nuts, almonds), seeds (sesame, chia seeds, flax), organic, cold pressed sunflower and safflower oils, and egg yolks.

c. **Bone Broth:** is believed to contribute to mitochondrial health by indirectly protecting the gut lining and delivering doses of certain types of amino acids that your cells thrive on. Add a splash of vinegar to help draw the minerals out of the bone (magnesium, calcium, zinc, boron, and others). Adding extra seaweed is an excellent source of iodine and other trace minerals.

d. **CoQ10:** to line the mitochondrial membrane, giving it a secure, defensive barrier that neutralizes free radicals, helping to protect essential energy production and prevent free radicals from escaping in the main body of the cell, where they can cause damage. We recommend: organ meats, eggs, oily fish, olive oil, an effective CoQ10 supplement.

e. **Ribose:** Enables the mitochondria to produce ATP faster; combats fatigue, muscle cramps, muscle soreness

f. **Nano minerals:** The Gift - has Fulvic and Humid acids plus 74 macro and micro minerals.

Foods that are unhealthy for your mitochondria: Sugar, pesticides, refined grains, and fructose.