



The Nine Simple Steps to a MUCH Longer and Healthier Life





*Featuring Step Three:
“Eat a Diet Tuned to
Microbiome Health”*

A Presentation for People’s Unlimited

- John Asher, CEO



What Describes Your Attitude Towards Life?

- I want to work hard, play hard and
 - Eat/drink whatever I want
 - Not worry about my health too much (my destiny is set)

- I would like to make enough money to retire, relax and fade into the sunset

- I want to live a long life with robust health, avoiding all major diseases

- I want to live a vibrant, healthy **UNLIMITED** life



Typical Pushback to Living Towards an Unlimited Life

- Natural Skepticism
- Partner Pushback
- Personal Doctor Ignorance / Hippocratic Oath (Do No Harm)
- Time Demands
- Cost
- Inconvenience
- Pain of Creating New Habits
- Discipline Required
- Lousy Taste of Some Healthy Food
- Cravings (e.g. Sugar)



The Nine Simple Steps Towards Living a Vibrant, Healthy and Unlimited Life

- **We are on the threshold of understanding advanced technologies and therapies needed to greatly extend life**
- **An unlimited life will be possible within the next several decades**



Asher Longevity Institute “WHY”

To Save a Billion Lives

Asher Longevity Institute's Mission

To describe a logical set of implementable steps towards an unlimited life

- By simplifying and summarizing the immense amount of longevity and age-reversal research, analysis, studies and trials
- By translating the cutting edge of longevity science and medical jargon into something that is genuinely understandable and will compel individuals to act

Longevity Funding is Accelerating

- Amazon/Mayo Clinic (\$116M)
 - ✓ To cure death
- Mark Zuckerberg (\$3B)
 - ✓ To cure disease
- Google/Calico (\$1.5B Research Center)
 - ✓ To cure cancer
- In 2017, \$400M invested in longevity startups
 - ✓ \$800M in 2018
 - ✓ Doubling again in 2019



The Principle Cause of Aging

“The loss of capability of tissues and organs to maintain and repair themselves.”

- Life Extension Institute

Four Principle Causes of Death

1. With age the body loses its ability to clean out dead (senescent) cells
 - Dead proteins agglomerate in the brain
 - An excess of carbohydrates create sugar cross links between dead proteins increasing the level of agglomeration
 - These dead (zombie) cells pump out inflammatory compounds throughout the body

- NIH ITP 2019-study



Four Principle Causes of Death (con't)

2. Excess signaling in our cells

- Needed to fuel rapid growth from birth to skeletal maturity (adulthood)
- It does not turn off and can fuel the rapid growth of cancer cells
- Medical term is Mammalian Target of Rapamycin (mTor)
 - It is a protein that regulates cell growth

- NIH ITP 2019-study

Four Principle Causes of Death (con't)

3. Every cell contains a co-enzyme essential for cell function, DNA repair and systemic life sustenance
 - Decreases as we age
 - Almost gone at age 80 (2% left)
 - Medical term is Nicotinamide Adenine Dinucleotide (NAD+)
4. Compromised immune system including a non-functioning thymus gland after age 70

- NIH ITP 2019-study

Six Significant Contributing Factors to Aging

1. Inflammation throughout the body; a natural defense against infection
 - Can get stuck in high gear as we age
2. Reduced stem cell activation potential and/or death
3. Loss of muscle mass
 - 50 percent of muscle is lost by age 80 without regular strength training
4. Mental/emotional/physical stress
5. Damage to the energy furnaces in every cell (Mitochondria)
6. Shortening of the end caps on chromosomes (Telomeres)

- NIH ITP 2019-study



Additional Contributing Behaviors to Premature Death



- Risky behavior of all types
- Not using seat belts when in moving vehicles
- Excessive use of alcohol and illegal drugs
- Smoking
- Obesity
- Unhealthy diet
- Heavy metal, pesticides and contaminate poisoning

The Nine Simple Steps for Living an Unlimited Life

1. Get sufficient sleep and deep sleep
2. Eat a healthy diet
3. **Eat a diet tuned for a healthy gut microbiome**
4. Keep standard biomarkers in the optimum range
5. Take appropriate supplements to ward off disease
6. Take seven prescription drugs/medications with adjuvant therapies to enhance longevity
7. Slow down the four causes of aging with a few supplements, protocols and therapies
8. Rejuvenate stem cells
9. Utilize the appropriate emerging protocols/therapies that greatly extend life

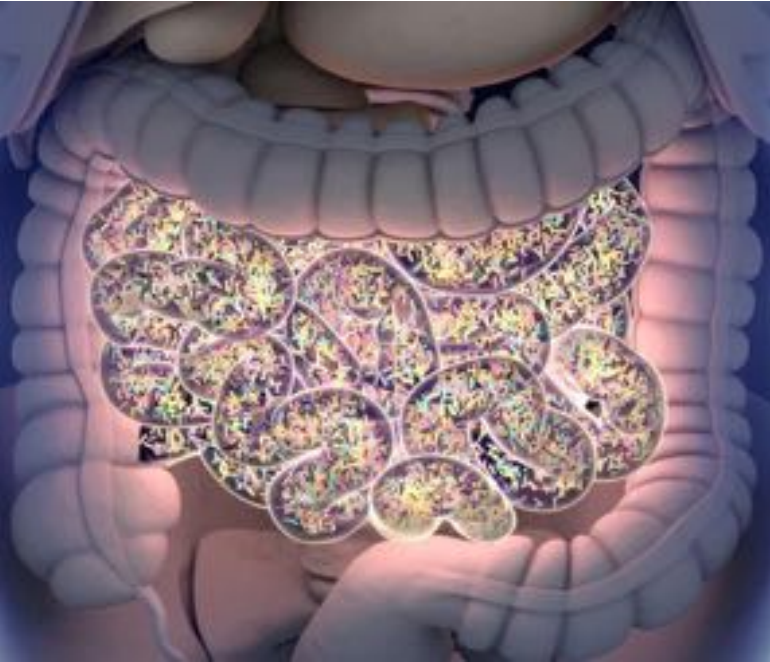


Step Three: Gut Microbiome Health

- Our gut describes our digestive systems
 - From the esophagus to the anus
- Our gut is full of trillions of bacteria, viruses, fungi and worms
 - Together they are called our microbiome
- 70% of our immune system is in our gut



Step Three: Probiotics and Prebiotics



- Our microbiome contains good and bad bacteria
- Probiotics is the totality of the good bacteria in our gut
- Prebiotics is the food our good probiotics eat
- Probiotic supplements will add good, live bacteria to our microbiome
- Having a majority of good bacteria in our microbiome will greatly increase life span

Step Three: Why Centenarians Live So Long

- Gut bacteria directly influence the health and longevity of every part of our body
- A healthy gut is a big indicator for centenarians
- The gut microbiome of centenarians is made up of three principle strains of bacteria
 - Most people lose those three with age

Nature 2018

China Study of 1000 people

Current Biology 2016



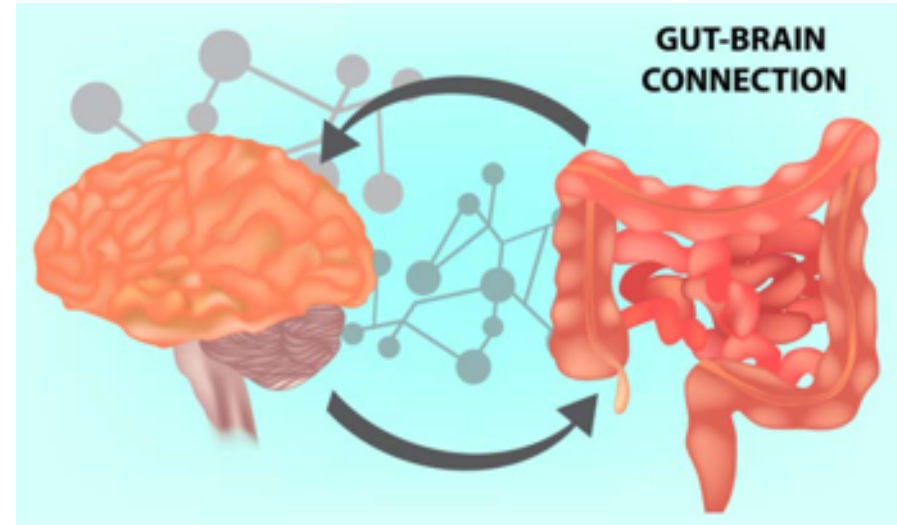
Step Three: Our Gut Microbiome Affects All Body Systems



- Digests the foods we eat and manufactures vitamins, minerals, hormones and proteins
- Keeps yeast (candida) in check
- Fights against the overgrowth of harmful bacteria

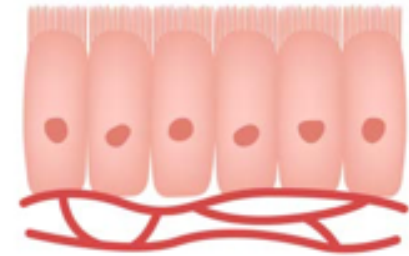
Step Three: Our Gut Microbiome Influences Our Thoughts and Actions

- The Vagus nerve connects the brain to the throat, heart, lungs and gut
 - The gut sends 8 times as many signals to the brain as compared to the opposite pathway
- The gut microbiome influences our thoughts and actions
- It is our second “brain”
- Adds new meaning to the term “gut instinct”

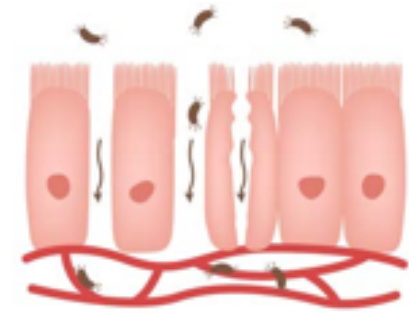


Step Three: Need a Strong Gut Lining

- Protects our gut from outside invaders
- Prevents the bacteria in our gut from getting out to our blood, lymph system and organs
- Once the bacteria pass through the lining, they ignite the immune system causing widespread inflammation
 - can result in “leaky gut” syndrome
- The lining is called our Mucosal Barrier



Normal Tight Junction



Leaky and Inflamed

Step Three: Feed Your Good Gut Bacteria the Foods They Love

- They will create compounds that support the energy furnaces in your cells (mitochondria).
- They will prune your good bacteria and all of your cells down to the strongest ones
- They will thicken your protective gut lining to keep your gut bacteria out of the rest of your body

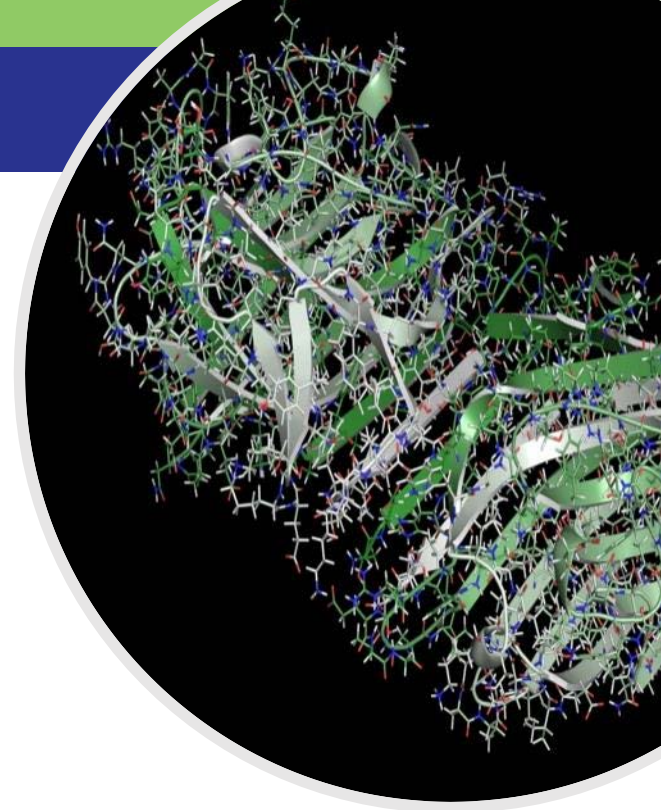
Step Three: Good Gut Bacteria Love a Modified Vegan Diet

- Bad bacteria love a Western diet
- Good bacteria love mainly a vegan diet without
 - Lectins
 - Dairy products from most Western cows
 - Sugar or sugar substitutes
 - Red Meat
 - High glycemic carbohydrates
 - Manufactured vegetable oils
- When we switch to a way of eating that feeds the “good bacteria,” overall health improves within days



Step Three: The Problem with Lectin

- A “sticky” protein that plants produce as a defense against being eaten by insects
- Humans started cultivating grain (high lectin content) only 10,000 years ago
 - Our guts cannot digest lectin well
- Lectins from wheat will break through the gut lining and invade the rest of our body



Step Three: Eat Few Lectins

- Avoid eating all grains
 - or animals, poultry or fish that are fed grains
- All legumes are full of lectin
 - Beans
 - Peas
 - Chickpeas
 - Lentils
 - Peanuts
 - Soybeans
- Get rid of the lectin in legumes by:
 - Pressure cooking them, or
 - Buying Eden brand canned beans that have already been pressure cooked



Step Three: Grain Free Products are Available (e.g. chips)



Step Three: Grain Free Products are Available (e.g. chips) (con't)



Nutrition Facts	
5 servings per container	
Serving size 1 oz (28 g) = 9 chips	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 100mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



GRAIN FREE & GLUTEN FREE
PALEO & VEGAN FRIENDLY
MADE WITH AVOCADO OIL
DAIRY FREE & SOY FREE
NO CORN, WHEAT OR RICE

Step Three: The Problem with Dairy Products from Most Cows

- 2,000 years ago a spontaneous mutation in Northern European cows changed the type of protein in their milk from Casein A2 to Casein A1
- Casein A1 causes an attack in our immune system
 - It explains why many people are lactose (sugar in milk) intolerant
 - Actually, we are all intolerant of the protein Casein A1; not lactose intolerant
- Most cows in Switzerland, France and Italy did not suffer this mutation



Step Three: Consume Dairy Products from Other Than Most USA Cows

- Instead, get dairy protein from:
 - The few USA cows without the genetic mutation (www.a2milk.com)
 - Goat and sheep dairy products
 - Buffalo mozzarella cheese
 - Aged French, Italian or Swiss cheese (from cows without the genetic mutation)



Step Three: Consume Dairy Products from Other than Most USA Cows



Step Three: The Dangers of Sugar (It is Addictive)



- Sugar is not a food; it is a food additive
 - Up until 50 years ago it was a simple condiment
- There is no biochemical reaction in any animal cell that requires sugar
- Sugar is addictive for exactly the same reasons and via the same pathway as alcohol

Step Three: The Dangers of Sugars - The Stealth Ingredient

- Study of 4,500 people who drink soft drinks daily
 - 43% higher risk of heart attack
- Unhealthy foods with lots of sugar
 - Low fat salad dressing
 - BBQ/Pasta sauce
 - Whole grain foods
 - Breakfast cereals
 - Store bought fruit juices
 - Soft drinks
 - Baked goods
 - Candy and cakes
 - Molasses, honey and maple syrup
 - Ketchup (25% sugar)
- Potatoes, bread, corn, rice and pasta are made of starch
 - Starches are long chains of glucose (sugar)



If you eat potatoes, you might
as well be eating candy

Step Three: The Problem with Sugar/Sugar Substitutes



- The bad bacteria in our microbiome thrive on simple sugar
- Sugar and sugar substitutes (except Stevia and Monk fruit) kill good gut bacteria
- Artificial sweeteners also promote weight gain
 - Our brain thinks we are getting sugar
 - When the sugar never arrives, our brain signals to our body to get more sugar
 - Sugar is addictive

Step Three: Eat Very Little Sugar or Sugar Substitutes

- Stick to fruits with low glycemic index (low sugar content) and not too many
- Limit wine consumption to 6oz of red wine only (or one shot of distilled spirits) per day
 - Beer and white wine have too much sugar
- Stick to vegetables with high nutrition and low glycemic index
 - No corn, rice, lentils or nightshade vegetables (tomatoes, peppers and eggplant)



Step Three: Why Animal Meat is Bad for Us



- mTor is the protein that regulates the cell-to-cell communications pathway
- When mTor is scanning the body for energy availability, it looks for certain amino acids
 - Methionine, cysteine and isoleucine
- When it gets them, mTor will promote the fast growth of all cells including cancer cells
- These three dangerous amino acids are prevalent in animal protein
- They are non-existent in most plant based proteins

Step Three: Dangers of Eating Meat

- Eating too much meat is correlated with advanced mortality risk
- Large study of 6,000 people over 18 years who ate a lot of animal protein
 - Four times higher risk of cancer
 - Five times higher risk of diabetes
 - Twice the risk of dying
- Vegetarians live longer
 - Vegetable protein does not increase risk of aging-related diseases



- *The Longevity Paradox*

Step Three: Organic Grass-Fed Beef is Available



Step Three: Is a “Beyond Burger” Good for You?



Step Three: Is a “Beyond Burger” Good for You?

- An Ultra Processed Food
 - According to NOVA food classification system
 - 40 ingredients including
 - Titanium dioxide (whitening agent used in paint)
 - Potato starch (candy)
 - Methylcellulose (bulking agent used in laxatives)
 - 400% more sodium than lean burger meat
- Protein provided by legumes (peas and beans)
 - Full of lectin
- Contains lots of manufactured oils (canola and sunflower)
 - Full of omega-6 fatty acids
 - Correlated to all major diseases



Step Three: Don't Eat Much Protein from Animals



- Very rarely eaten in the “blue zone” areas, (full of centenarians)
- A meta analysis of Seventh Day Adventists (vegans) shows
 - Longest living ate no animal products
 - Next longest living were vegans who ate only a few dairy products
 - Shortest lifespans were ones who occasionally ate chicken or fish
- Animal protein is not a necessary ingredient for a longer health span
 - Once the Japanese converted to a Western diet, the incidence of Alzheimer’s disease increased by 700%

- *The Longevity Paradox*

Step Three: The Dangers of Pesticides

- The pesticide Roundup contains an antibiotic
 - 93% of humans test positive for it
 - They are eating crops that have been sprayed with Roundup,
 - Or eating animals who have eaten this food
- Antibiotics kill our gut bacteria (good and bad)
- The antibiotic in Roundup is called Glyphosate
- Stick to organic food (no pesticides)



Step Three: The Dangers of Antibiotics Fed to Farm Animals



- Broad spectrum antibiotics and hormones are administered to all commercially raised animals in shocking quantities
 - To help them grow faster, larger and fatter
 - To prevent premature death of these valuable animals from any bacterial diseases
 - These antibiotics wreak havoc with our microbiome

Step Three: Eating Fish/Shellfish, Poultry and Meat



- Eat a max of 4 oz a day of fish/shellfish or poultry
- Fish/Shellfish
 - Wild caught only as farm raised are fed grain
- Poultry
 - Pasture raised (no grain)
 - Without antibiotics and hormone free
- Meat
 - Eat only 4 oz a week
 - Grass fed, without antibiotics and hormone free
- These foods can typically be found at Costco, Whole Foods, Trader Joe's and/or other organic grocers

Step Three: Wild-Caught Fish/Shellfish is Available



Step Three: Eat These Organic Compounds

- Organic compounds produced by good bacteria in our gut are called polyamines
- They decline continuously with age
- They play an important role in killing off weak, dead and abnormal cells and strengthening normal cells
- Examples of foods rich in polyamines:
 - Shell fish
 - Fermented foods
 - Aged cheeses
 - Matcha green Tea
 - Cruciferous vegetables
 - Leafy greens
 - Mushrooms
 - Nuts (walnuts, pistachios, macadamia and marcona almonds)



Step Three: Eat Compounds That Nourish Good Gut Bacteria

- Some compounds nourish good gut bacteria and stimulate the elimination of dead cells
 - Plants develop them to resist insects and prevent sunburn
 - They are called polyphenols
- Epidemiological studies show they offer protection against all major diseases
- The most powerful polyphenol is Resveratrol
 - It stimulates removal of dead/damaged cells through a different pathway than polyamines

- *The Longevity Paradox*



Step Three: Eat These Foods That Contain Polyphenols



- Grapes and berries
- Walnuts, pistachios, chestnuts
- Green tea
- Broccoli
- Extra dark chocolate
- Apple, pears, cherries
- Coffee/tea/red wine
- Spices and herbs
- Olive oil
- Seeds: flaxseed (ground only)
celery seeds, poppy seeds

Step Three: Consume Olive Oil Every Day (a Super Food)

- High in Omega-3
- High level of polyphenols
 - The good gut bacteria converts it into anti-inflammatory compounds
- Kick-starts the cellular recycling program to get rid of dead or damaged cells
- Protects your brain from the dead/damaged cells that don't get washed out at night
 - Results in growth of new neurons (brain cells)



Step Three: Eat Walnuts (a Super Food) Everyday

- High in Omega-3
- Combats cognitive decline, heart disease and cancer
- Increases the creation of new brain cells
- Lowers total cholesterol, LDL cholesterol and triglycerides
- Reduces the incidence of breast, prostate and kidney cancers and Alzheimer's



Step Three: Food That Our Good Gut Bacteria Love to Eat

Prebiotics

FRUIT

- Raspberries
- Apples
- Mangos
- Papaya
- Avocado
- Cranberries

VEGETABLES

- Asparagus/Okra
- Jerusalem Artichokes
- Flaxseed (Ground)
- Shallots/Leeks
- Seaweed/Leafy Green Vegetables
- Yams/Parsnips
- Sweet Potatoes
- Mushrooms

Step Three: Summary – What Foods Not to Feed Your Gut Microbiome



- Lectin (grains/processed foods)
- Dairy from most USA cows
- Sugar and most sugar substitutes
- High glycemic fruits and vegetables (high sugar content)
- Poultry and red meat fed grains, antibiotics and/or hormones
- Fish/shellfish farm raised (fed grains)
- Industrial oils

Step Three: A New Way of Eating is Urgently Needed for a Healthy Gut Microbiome

Results from eating a Western diet:

- 40% of US adults are obese
 - Live an average of 13 years less than expected (JAMA)
 - 20 “healthy” years are lost
- Another 32% are overweight
- 10% have Type II diabetes
 - Typically lose 10 years of life expectancy (diabetes UK)
- 46% have high blood pressure
 - 27% higher overall mortality from all causes (SPRINT clinical trial)



- WSJ article 6/24/19

Step Three: Summary - What to Eat for a Healthy Gut Microbiome

- Protein from nuts, mushrooms and vegetables
- Vegetables and fruit with a low glycemic index (low sugar content)
- Dairy from sources other than most USA cows
- Fish/shellfish in limited amounts (wild caught)
- Poultry in limited amounts (pasture raised and with no antibiotics or hormones)
- Organic food (no pesticides)
- Red wine (6 oz max per day)
- Very little red meat (grass fed with no antibiotics or hormones)
- Natural oils (olive, avocado, palm, coconut)



Step Three: A Healthy Gut Microbiome Tuned Diet Day (Example #1)



- **Breakfast**

- A closed fistful (3) of walnuts and macadamia nuts
- A cup of mixed berries

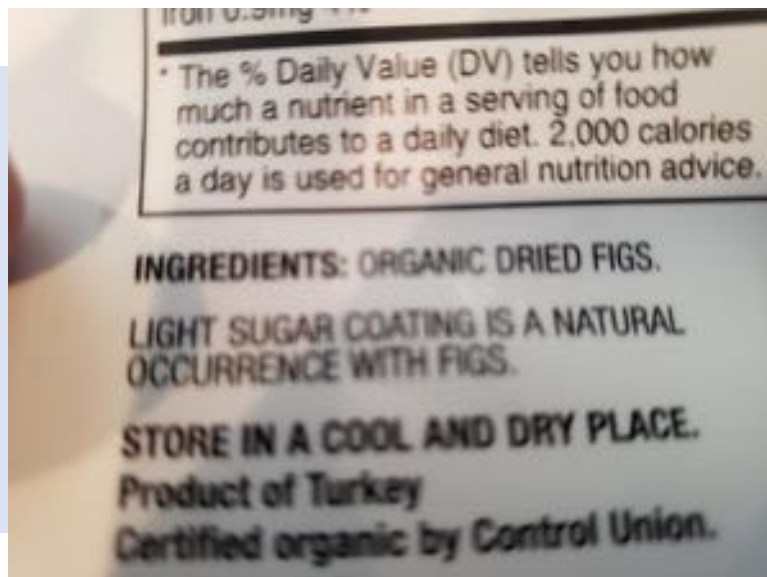
- **Lunch**

- A “smoothie” (use a blender) consisting of:
 - ✓ 8 different leafy green vegetables
 - ✓ A half avocado
 - ✓ A half green banana (low sugar)
 - ✓ 6 oz goat yogurt
 - ✓ A teaspoon each of hemp hearts and flax seed (ground)
 - ✓ Sauerkraut
 - ✓ Olive Oil (2 tablespoons)
 - ✓ Hemp, coconut or almond milk (unsweetened) (as the liquid)
 - ✓ Spices (oregano, ginger, turmeric, garlic, rosemary, parsley, basil and thyme)

- **Dinner**

- 4 oz of fish, poultry or red meat (once a week) cooked with low heat
- Steamed or roasted vegetables and mushrooms with olive oil
- 2 Figs (fresh or dried)

Step Three: A Healthy Dessert with No Added Sugar



Step Three: A Healthy Gut Microbiome Tuned Diet Day (Example #2)



Breakfast

- Two eggs cooked in olive oil/low heat
- Cup of fruit (orange/apple/tart cherries)

Lunch

- Large salad with mushrooms, multiple leafy greens and other low glycemic vegetables
- Olive oil and vinegar dressing

Dinner

- 4 oz of fish, poultry or red meat (once a week) cooked with low heat
- Steamed broccoli, cauliflower and fennel
- Almond milk or coconut milk ice cream bar

Step Three: Another Healthy Dessert



Nutrition Facts
Serving Size 1 Bar (54g)
Servings Per Container 4

Amount Per Serving	
Calories 180	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 10%

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: NON-DAIRY FROZEN DESSERT (ALMONDMILK, FILTERED WATER, ALMONDS), CANE SUGAR, FUDGE SAUCE (CANE SUGAR, WATER, ORGANIC COCOA, TAPIOCA STARCH, NATURAL FLAVOR), ORGANIC COCONUT OIL, ORGANIC TAPIOCA SYRUP, PEA PROTEIN, NATURAL FLAVOR, LOCUST BEAN GUM, COFFEE, SEA SALT, GUAR GUM, CHOCOLATE COATING (CANE SUGAR, COCONUT OIL, CHOCOLATE LIQUOR, ORGANIC SUNFLOWER OIL, COCOA (PROCESSED WITH ALKALI), COCOA BUTTER), ALMONDS.



Strategy for a Healthier Gut Microbiome

(Just Take One Step a Month)

1 Eat less processed foods



2 Consume less sugar and most sugar substitutes

3 Eat red meat only once a week only grass fed with no antibiotics or hormones



4 Eat fish/shellfish daily only wild caught with no antibiotics or hormones

5 Eat poultry infrequently only pasture raised with no antibiotics or hormones



6 Increase consumption of protein from nuts, mushrooms and leafy green vegetables

Strategy for a Healthier Gut Microbiome

(Just Take One Step a Month)

7 Buy mainly organic no pesticides



8 Cut out all grains and legumes (unless pressure cooked)

9 Eat high glycemic fruits and vegetables infrequently



10 Substitute goat/sheep products for cow products milk, cheese, yogurt

11 Do not use/eat industrial (manufactured) oils use only natural oils (olive, avocado, palm, coconut)



12 Shift drinking habits only one glass of red wine per day

Recent Longevity Studies by Prestigious Research Organizations in Peer Reviewed Periodicals

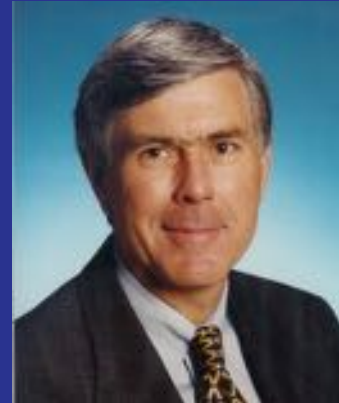
- ***“Healthy human life span may increase by 20 years.”***
 - Journal of the American Medical Assn (JAMA) 9/17/2018
- ***“Senolytics have the potential to transform geriatric medicine.”***
 - The American Geriatrics Society (2017)
- ***“Aging is beginning to look more and more like a disease and a treatable one at that.”***
 - Studies at Mayo clinic and Scripps Research Institute - LA Times 7/10/18
- ***“The largest overall longevity increase has been found using a combination of Rapamycin and Metformin.”***
 - Life Extension Institute (2018)

Synergistic Application of Technologies to Longevity

- Big data
- Machine learning
- AI
- Nanotechnology
- Biotechnology
- Genetics
- Internet based researcher collaboration & learning

A Mega Revolutionary Technology Tidal Wave for Longevity

Asher Longevity Institute Founders



Chief Executive Officer
John Asher

Chief Operating Officer
debra Borchardt

Chief Medical Officer
Jeffrey L. Boone,
M.D., M.S.

Chief Marketing Officer
Hube Hopkins

Chief Revenue Officer
John Edwards

Principle References

The Blue Zones

9 lessons for living longer

Dan Buettner

Fast Food Genocide

How processed food is killing us and what we can do about it

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Grain Brain

*The surprising truth about wheat, carbs and sugar --
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Jamie Metzl, PHD, JD

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Robert Lustig, M.D.

The Longevity Code

Secrets to a long life from the front lines of science

Kris Verburgh, M.D.

The Longevity Paradox

How to die young at a ripe old age

Steven Gundry, M.D.

The Longevity Diet

The science behind stem cell activation and rejuvenation

Valter Longo, PHD

The Longevity Solutions

Centuries old secrets to a healthy life

James DiNicolantonio, M.D.

Jason Fung, M.D.