Maintaining a Healthy Body and Mindset

- Get 8 hours of sleep
- Walk every day (30 minutes)
- Get fresh air every day
- Strength training twice a week
- Eat less
- Eat healthier
- Slow dance with partner (one love song every night)

- Be present
- Be authentic
- Be vulnerable
- Be positive
- Zoom remotely with family
- Talk to team 3x a week
- Think about America 2.0

ALIve
ASHER LONGEVITY INSTITUTE

The Nine Simple Steps Toward an Unlimited Life

Asher Longevity Institute - The Problem

- **Lifespan** for seventy percent of people in the USA is limited by five diseases (deaths per year in USA)
  - Atherosclerosis (heart attack/stroke) (800,000)
  - Cancer (600,000)
  - Alzheimer's (120,000)
  - Diabetes (85,000)
  - Respiratory Diseases (flu/pneumonia/COVID-19) (55,000)
- Many people in the USA have an even shorter **health span** caused by unhealthy lifestyle choices
- **Fifty percent of all deaths and shortened health spans are related to chronic inflammation**

- Advisory Board; CDC National Vital Statistics Report

Asher Longevity Institute - The Problem (con't)

- One in five dollars spent in the USA is spent on healthcare
  - **$3.5 trillion (18% of GNP)**
  - **70% spent on the elderly** (age over 65)
  - **15% spent in last three years before passing**
- Life expectancy is stalled in most developed countries
  - 80 (men)
  - 85 (women)
- **Maximum known lifespan is 117 (women) and 112 (men)**

- Health Care Expenditures in US

USA Results From Eating a Western Diet – The Problem

- **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)
  - Also lose 15 years of health span (JAMA)
- **46% have high blood pressure**
  - 27% higher overall mortality from all causes (SPRINT clinical trial)
- All of these conditions lead to **chronic inflammation**

- *WSJ article 6/24/19*
- *National Center for Health Statistics*
- *JAMA*
- *Diabetes UK*

Asher Longevity Institute - The Solution

Asher Longevity Institute's
Nine Steps Towards an Unlimited Life

Principle References

The Hacking of the American Mind
The science behind the corporate takeover of our bodies and brains — *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.

Principle References

The Blue Zones — *Dan Buettner*
9 lessons for living longer

Fast Food Genocide
How processed food is killing us and what we can do about it — *Joel Fuhrman*

The Plant Paradox
The hidden dangers in healthy foods — *Steven Gundry, M.D.*

Grain Brain
The surprising truth about wheat, carbs and sugar -- your brain's silent killers — *David Perlmutter, M.D.*

Hacking Darwin
Genetic engineering and the future of humanity — *Jamie Metzl, PHD, JD*

Asher Longevity Institute - What We Do

We translate the cutting edge of longevity and age-reversal science

into a set of steps that are genuinely understandable, and will

compel people to immediately take action.

- Asher Longevity Institute

Asher Longevity Institute - How We Do It

We continuously

analyze

summarize

organize

the immense amount of longevity and age-reversal research into

the nine steps towards an unlimited life.

- Asher Longevity Institute

Asher Longevity Institute's "WHY"

To Enable Billions of People To Live Towards An Unlimited Life

Asher Longevity Institute Unique Selling Proposition

The only company that distills all Longevity information into nine actionable steps towards an unlimited life.

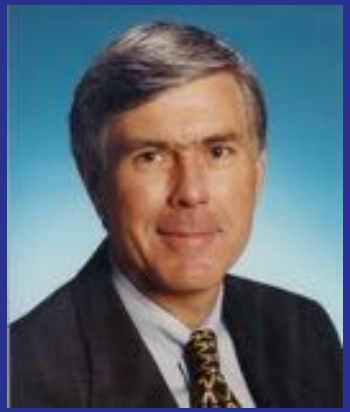
- Asher Longevity Institute

Asher Longevity Institute Founders

Chief Executive Officer
John Asher

Chief Operating Officer
debra Borchardt

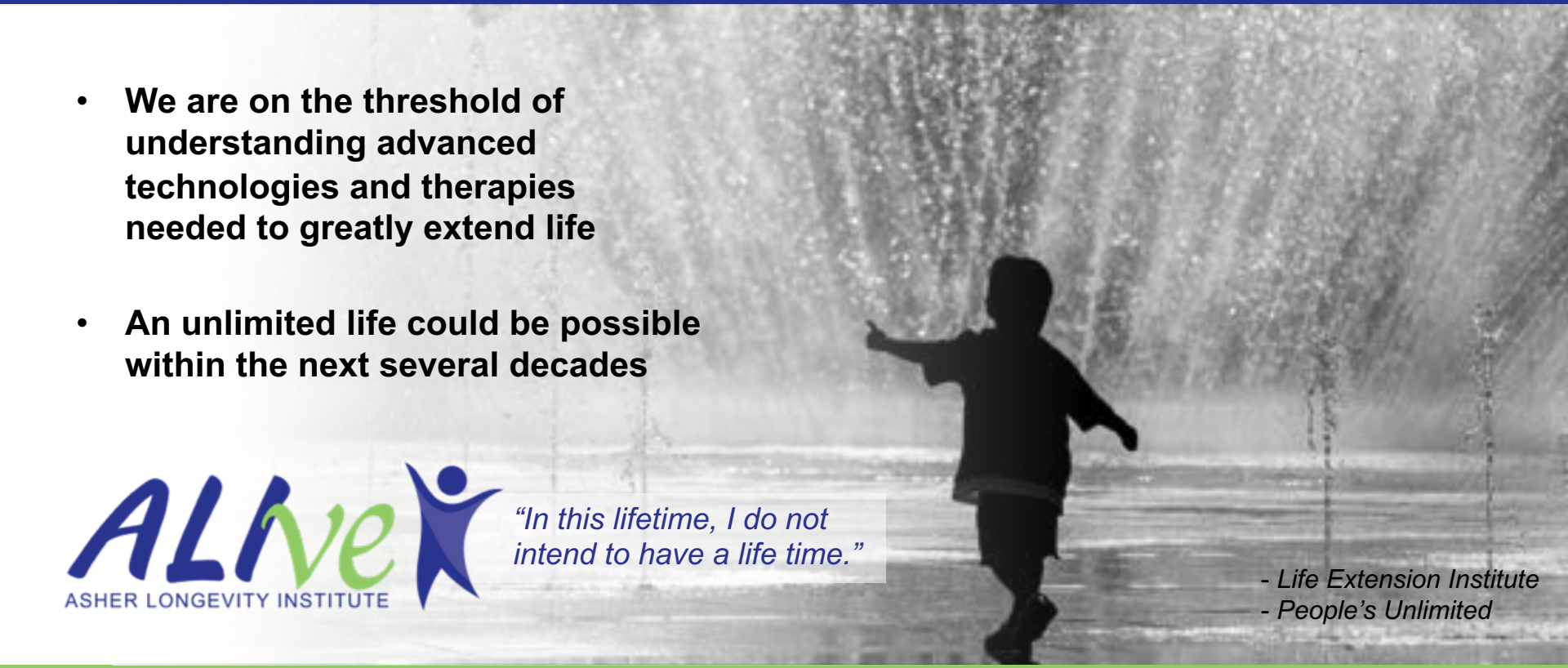
Chief Medical Officer
Jeffrey L. Boone, M.D., M.S.



Chief Marketing Officer
Hube Hopkins

Chief Revenue Officer
John Edwards

Progress 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 could be possible within the next several decades**

ALIVE
ASHER LONGEVITY INSTITUTE

"In this lifetime, I do not intend to have a life time."

- Life Extension Institute
- People's Unlimited

Longevity Technologies Growing at an Exponential Rate

Other technologies that support longevity research are also growing quickly

- Nanotechnology
- Biotechnology
- Artificial Intelligence
- Machine learning
- Big Data
- CRISPR
- Worldwide sharing forum of longevity researchers

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)

There is An Explosion Of Longevity Related Investment

- **Amazon/Mayo Clinic ($116M)**
  - ✓ To cure death
- **Gates Foundation**
  - ✓ $54B to date
- **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
  - ✓ $1.6B in 2019
  - ✓ Doubling again in 2020

The Principle Cause of Aging and Death

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

- Life Extension Institute

Four Contributing Causes of Aging and Death

1. **With age the body loses its ability to clean out dead (senescent) cells**
    - Dead proteins accumulate and stick together in the brain
    - An excess of carbohydrates (sugars) creates links between dead proteins increasing the level of accumulation
    - These dead (zombie) cells pump out inflammatory compounds throughout the body
        - Contributing to **chronic inflammation**

- NIH ITP 2019-study

Four Contributing Causes of Aging and Death (con't)

2. **Signaling in our cells that causes fast growth**
   - 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
     - Contributing to **chronic inflammation**
   - Medical term is Mammalian Target of Rapamycin **(mTor)**
     - It is a large, complex protein that regulates cell growth

- NIH ITP 2019-study

Four Contributing Causes of Aging and Death (con't)

3. **Every cell contains a co-enzyme essential for cell function, DNA repair and systemic life sustenance**
    - Decreases rapidly as we age
    - Almost gone at age 80 (2% left)
    - Strong correlation to the average male lifespan (80)
    - Medical term is Nicotinamide Adenine Dinucleotide (NAD+)

- NIH ITP 2019-study

Four Contributing Causes of Aging and Death (con't)

4. **At about age 70, the Thymus Gland has shriveled up leading to a compromised immune system**
    - Explains why so many elderly people die from flu, pneumonia and other viruses (e.g. COVID-19)

- NIH ITP 2019-study

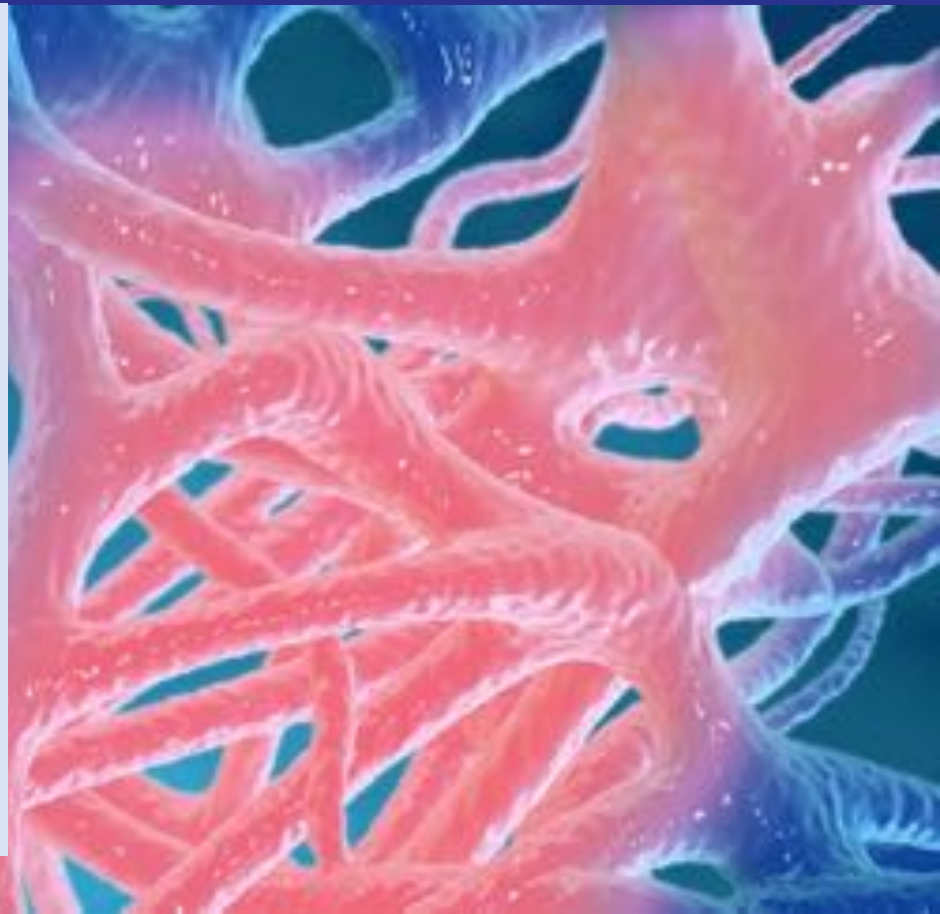
Five Additional Contributing Factors to Aging

1. **Chronic inflammation** throughout the body
2. Shortening of the end caps on chromosomes (Telomeres)
3. Reduced stem cell inventory (down to 2% at age 65)
4. By age 80, 50% of muscle mass lost without regular strength training
5. Damage to the energy furnaces (Mitochondria) in every cell

- NIH ITP 2019-study

Acute Inflammation (Good)

- Inflammation is the body's response to disease, illness or injury
  - e.g. Acute inflammation is needed to fight the flu or repair a sprained ankle
- The immune system sends white blood cells to flood the scene
  - They eat up bad bacteria, viruses and damaged cells from the infection or injury
- If the damage is severe (e.g. COVID-19), the immune system calls in back up cells (neutrophils)
  - They blow up everything in sight, healthy cells or not



Chronic Inflammation (Bad)

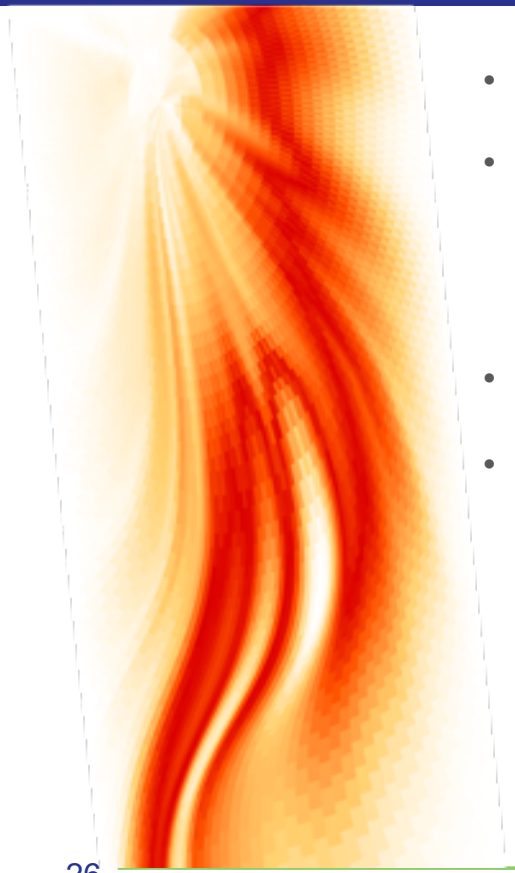
- The neutrophil immune cells continue to be sent in after the real threat is gone
  - Causing damage to the healthy cells that remain
  - Resulting in **chronic inflammation**

- The **chronic inflammation** will start attacking
  - Artery linings
  - Intestinal linings
  - The cells in the liver and brain
  - The tissues in muscles and joints

- This **chronic inflammation** causes cellular damage and will trigger diseases/conditions such as:
  - Diabetes
  - Cancer
  - Frailty
  - Atherosclerosis
  - Arthritis
  - Depression
  - Neurodegenerative disorders
  - Persistent pain in joints

- Life Extension Institute

The Principle Causes of Chronic (Bad) Inflammation



- Low level infections that last a long time (e.g. Hepatitis C and Lyme disease)
- Bad genetics (a predisposition to certain diseases)
  - Diabetes
  - MS
  - Lupus
  - Rheumatoid Arthritis
  - Certain cancers
  - Endometriosis
- Environmental factors (pollution, bad air/water quality and/or pesticide exposure)
- Poor lifestyle choices
  - Obesity
  - Frequent acute stress
  - Excessive Advanced Glycation End Products (AGE)
  - Tobacco use
  - Alcohol abuse
  - Poor diet
  - Chronic stress
  - Lack of exercise
  - Poor sleep
  - Insufficient fiber
  - Upset gut microbiome

- Life Extension Institute

Four Contributing Causes of Aging and Death (con't)

To learn more about the four principle causes of aging, visit our website at:
http://www.asherlongevity.com/what-causes-aging/

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

1. Get sufficient sleep and deep sleep
2. Eat a healthy diet to preclude disease, infection, fatigue and poor performance
3. Eat a diet tuned for a healthy gut microbiome to avoid ten diseases and three conditions
4. Keep standard biomarkers in the optimum range
5. Take appropriate supplements to ward off disease
6. Take seven prescription drugs/medications to ward off cancer and enhance longevity with additional (off-label) benefits
7. Slow down the four causes of aging with seven supplements, fasting, calorie restriction, exercise and fresh air
8. Rejuvenate stem cells in our entire body
9. Utilize new and emerging protocols/therapies that greatly extend life

- Asher Longevity Institute

Step One

Get Sufficient Sleep and Deep Sleep

- Enjoy 13 Known Benefits

Step One: Importance of Sleep

If there was an amazing breakthrough that would result in the following 13 benefits:

1. Makes you live longer
2. Enhances your memory
3. Makes you more creative
4. Makes you look more attractive
5. Keeps you slim
6. Lowers food cravings
7. Makes you feel happier
8. Protects you from cancer
9. Protects you from Alzheimer's
10. Wards off colds, the flu, and COVID-19
11. Lowers risk of heart attack
12. Lowers risk of a stroke
13. Makes you less depressed

- Why We Sleep

Would you be interested?

Step One: Importance of Sleep

Answer: Consistently getting a full night's sleep

- Documented in more than **17,000** well-scrutinized scientific reports
- Evolution has spent 3,400,000 years designing our bodies to get eight hours of sleep
  - In the last 100 years, humans have gone from 8 to 6 hours of sleep per night
- Causing a catastrophic impact on:
  - Our health
  - Our life expectancy
  - The education of our children
  - Our safety
  - Our productivity

- Why We Sleep

Step One: Importance of Sleep

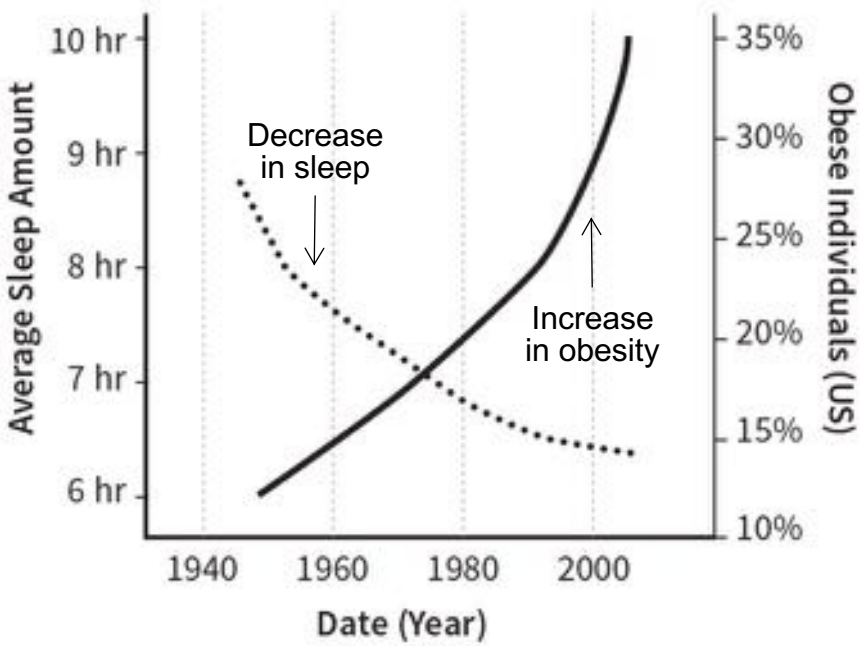
NBA Player Performance (Golden State Warriors)

MORE THAN 8 HOURS	LESS THAN 8 HOURS
12% increase in minutes played	**37% increase** in turnovers
29% increase in points/minute	**45% increase** in fouls committed

- Why We Sleep
- One of 17,000 sleep studies

Step One: Sleep Loss and Obesity

- Why We Sleep

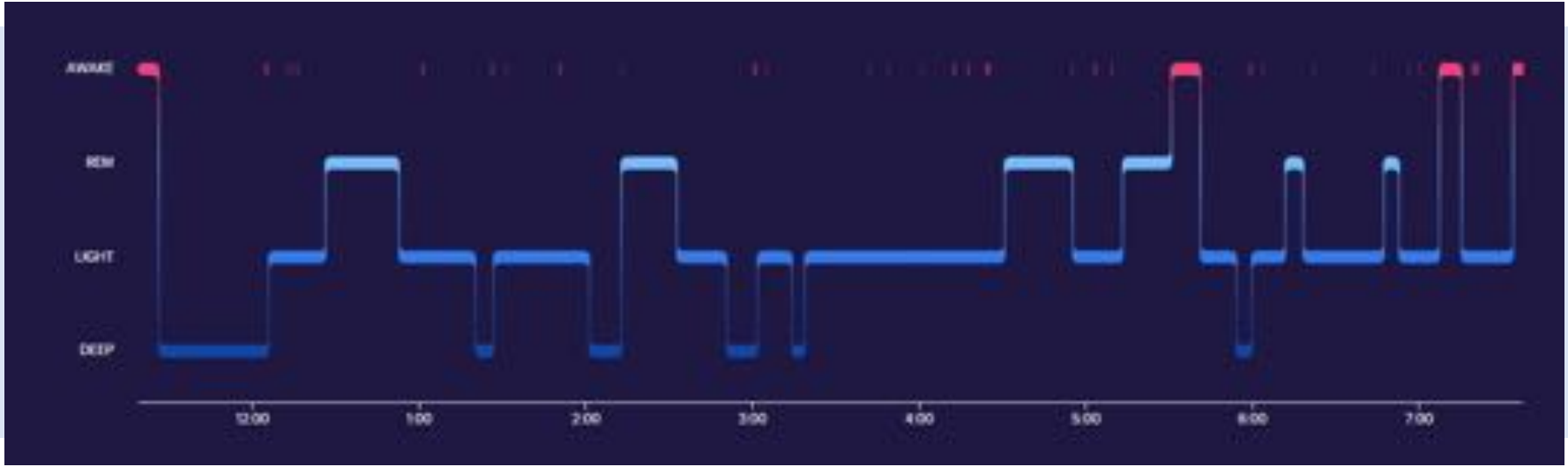


Step One: Four Stages of Sleep

Awake	2-5%
Deep	13-23%
Rapid Eye Movement (REM)	20-25%
Light	45-55%

- Why We Sleep

Step One: Sleep Stages Measured By FitBit®



Awake – 10.4% REM – 19.9% Light – 54.8% Deep – 14.9%

- FitBit Data

Step One: Rapid Eye Movement (REM) Sleep

REM sleep occurs in cycles throughout the night

- Up to an hour each
- Dreaming occurs
- Heart rate and blood pressure increase
- Breathing becomes fast, irregular, and shallow
- Information from the previous day is consolidated and preserved to store in long term memory
- Solutions to vexing problems are solved **(sleep on it!)**

- Why We Sleep

Step One: Deep Sleep

The restorative stage

- Body is motionless
- Muscles and tissues are repaired
- Growth and development are stimulated
- Immune system is stimulated
- Energy is built up for the next day
- The brain flushes out waste

- Why We Sleep

Step One: Importance of Deep Sleep

- Dead proteins can accumulate in the brain leading to Alzheimer's
- In the brain, the **space between cells must be regularly washed clean** of these weak, dead and abnormal cells
- This is the job of the glymphatic system
- The **brain cells only shrink in size** to let the glymphatic fluid through **when we are in deep sleep** (20 times faster)

- Why We Sleep

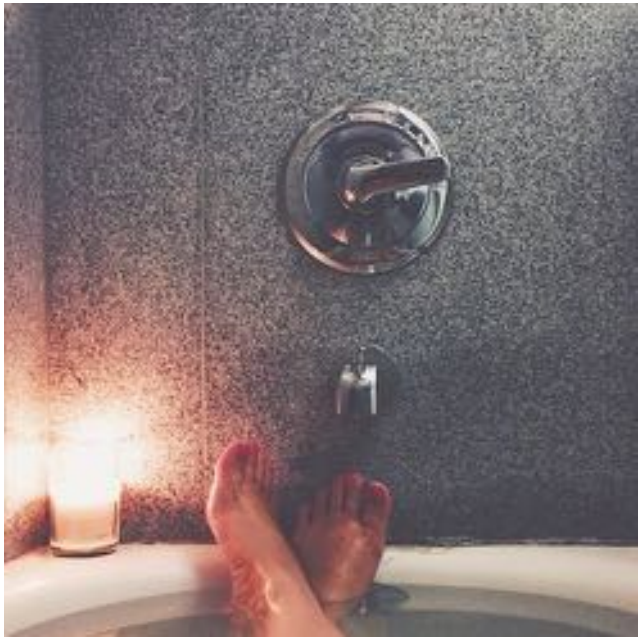
Step One: To Increase Percentage of Deep Sleep

- ✓ Go to bed at a consistent time each night
- ✓ Sleep 8 to 9 hours per night
- ✓ Sleep in a cool environment
- ✓ Darken the bedroom (or use a sleep mask)
- ✓ Use a white noise generator
  - To avoid being awakened by external noises

- Why We Sleep

Step One: To Increase Percentage of Deep Sleep (con't)

- ✓ De-stress by reading for a bit before falling asleep
- ✓ Take a hot bath before bedtime
- ✓ Turn off TV/computer/phone screens (blue light) an hour before bedtime (or wear blue light blocking lens in eyeglasses)
- ✓ Wear loose fitting socks while sleeping results in:
  - Prolonged sleep time
  - Less awakening
  - Better thermo regulation (consistent 98.6°)
  - Increased body blood flow



- Why We Sleep

Step One: Activities to Avoid Before Bedtime

- ✓ Don’t exercise within three hours of bedtime
- ✓ Avoid caffeine drinks and nicotine within eight hours of bedtime
    - Coffee, certain teas, sodas, chocolate
- ✓ Avoid alcoholic drinks within two hours of bedtime
- ✓ Avoid large meals within four hours of bedtime
- ✓ Don’t take naps after 3pm
- ✓ Don’t lie in bed awake
    - Get up and read for a while until sleepy

- Why We Sleep

Step Two

Eat a Healthy Diet To Preclude:

- Disease
- Infection (e.g. COVID-19)
- Fatigue
- Poor Performance

Step Two: Eat a Healthy Diet

- Eat a balance of protein, good carbohydrates (low glycemic index) and unsaturated fats
- Eat lots of vegetables (except starches) and only some fruit (too much sugar)
- Eat fatty fish (salmon, sardines, mackerel, trout) twice a week

- Fast Food Genocide

Step Two: Dangers of Cooking at High Temperatures

- The bonding of a sugar molecule with a fat or protein molecule is called glycation
- Glycation causes harmful compounds (end products) to be formed
  - Advanced Glycation End Products (AGEs)
- AGEs can also form in food that has been cooked with high temperatures
  - Grilling
  - Broiling
  - Toasting
  - Baking
  - Frying
  - Barbecuing
- Animal foods (high in fat and protein) are most susceptible to AGE formation during cooking at high heat
- Almost all processed food has been cooked at high temperatures

- The Longevity Code

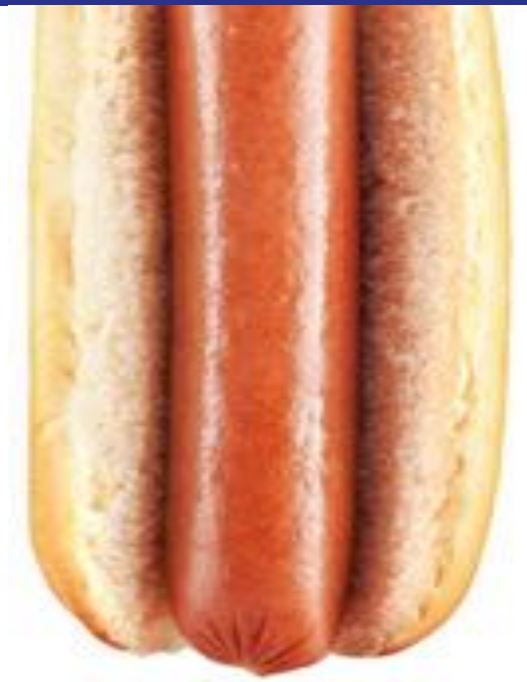
Step Two: Dangers of AGEs

- The body will naturally eliminate AGEs to a point
- If there are too many AGEs, they will accumulate causing oxidative stress and **chronic inflammation**
- A1c measures the buildup of AGEs in the body
- Eating foods containing more than 5000 KM units of AGE will build up in tissues
  - increasing risk of all major diseases

- *Journal of American Diet Assoc.*

Step Two: Foods with High Amounts of AGEs (KM Units)

Big Mac	7,800
Fried Chicken Nuggets	7,000
Broiled Hot Dog	10,000
Thin Crust Pizza	6,825
One Slice American Cheese	2,600
Chicken Thigh with skin roasted and BBQed	16,000
Two Fried Eggs	2,500
3 oz Grilled Chicken	5,200
3 oz Broiled Steak	6,600
Beef, Steak, pan fried	9,000
Bacon (no added oil)	12,000



- 60,000 papers and academic articles

Step Two: The Dangers of Cooking at High Temperatures

- See the bacon sizzle in the pan
- Eat the bacon
- **Imagine your internal tissues sizzling from the AGE generated inflammation!**
- **Get major diseases FASTER**
- **Die sooner**

- The Longevity Diet

Step Two: Bottom Lines for Avoiding AGE Formation

- Don’t eat an excessive amount of sugar
  - Less than six teaspoons a day
- Don’t cook food at high temperatures
  - Cook with moist heat at lower temperatures
- Cooking meat with acidic ingredients can reduce AGE production by 50%
  - Vinegar
  - Tomato juice
  - Lemon juice
- Processed foods are typically cooked at high temperatures
  - Limit intake

- The Longevity Diet

Step Two: Ratio of Omega-6 to Omega-3 Fatty Acids

- **Desired Ration is 4:1** (Omega 6 to Omega 3)
  - **The typical American diet is 16:1**
- To cut down on Omega-6 consumption, eat less:
  - Processed and prepackaged foods
  - Fatty and/or cured meats
  - Manufactured vegetable oils
- To boost Omega-3 levels, eat/take more:
  - Olive oil
  - Oily fish (salmon, sardines, mackerel, trout)
  - Fish oil supplements

- The Longevity Solutions

Step Two: Foods High in Omega-6 Fatty Acid (Bad)

Food	Source	Omega-6 (mg)
Onion Rings	Applebee's	31,000 mg
Fried Fast Food Chicken Sandwich	Chick-Fil-A	12,000 mg
French Fries	TGI Fridays	12,000 mg
Fried Fish Fillet	Denny's	12,000 mg
Mac and Cheese	Cracker Barrel	6,000 mg
Salad w/ vegetable oil based dressing		7,200 mg
Edamame (1 cup)		3,000 mg
Pound Cake (1 serving)		4,500 mg
Poultry Leg		1,800 mg

- The Hacking of the American Mind

Step Two: Fatty Fish High in Omega-3 (per serving) (Good)

• Mackerel	2,600 mg
• Herring	2,500 mg
• Salmon (wild caught)	2,000 mg
• Tuna (line caught)	2,000 mg (but high in mercury)
• Sardines	1,700 mg
• Anchovies	1,500 mg
• Trout	1,000 mg
• Catfish	500 mg
• Shrimp	500 mg

"The Hacking of the American Mind"

Step Two: Omega-6/Omega-3 Ratio (Nuts and Seeds)

Optimum is 4:1

• Almonds	2000:1
• Brazil Nuts	1300:1
• Peanuts	330:1
• Cashews	125:1
• Pistachios	50:1
• Pecans	20:1
• Macadamia Nuts	6:1
• Walnuts	4:1
• Flax Seeds	1:4
• Chia Seeds	1:3

- The Hacking of the American Mind

Step Two: Eat Walnuts (a Super Food) Everyday

- Very high in Omega-3
- Combats cognitive decline, heart disease and cancer
- Decreases **chronic inflammation**
- Lowers total cholesterol, LDL cholesterol and triglycerides
- Reduces the incidence of breast, prostate and kidney cancers and Alzheimer's

- The Plant Paradox

Step Two: The Amazing Benefit of Seeds (grams/tablespoon)

Seed	Protein	Fiber	Omega-3
Hemp	5	8	yes
Flax	2	3	yes
Pumpkin	3	1	yes
Sunflower	2	7	yes
Sesame	2	1	yes
Poppy	2	1	yes
Wild Rice	6 (grams/cup)	3 (grams/cup)	yes
Note: Chia seeds and Quinoa are whole grains			

- The Blue Zones

Step Two: Good Fats

A diet with healthy fats reduces the risk of all aging related diseases

- **Healthy fats are found in:**
  - Nuts
  - Seeds
  - Olives
  - Avocados
  - Fatty fish
  - Natural oils
- **Healthy natural oils (Mainly Omega-3)**
  - Olive
  - Walnut
  - Flaxseed
  - Palm
  - Avocado
  - Coconut
  - Hemp

- Grain Brain

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

- High in Omega-3 and Omega-9
- Central ingredient in the Mediterranean diet
- High level of polyphenols
  - The good gut bacteria reduce **chronic inflammation**
- Gets rid of dead and damaged cells
- Protects your brain from the dead/damaged cells that don't get washed out at night

- The Plant Paradox

Step Two: When Buying Olive Oil

- Olives picked by hand, not by machine
  - Machines can include olives that are flawed (bruised, deseeded or over ripe)
- First cold pressed
  - Not heated
  - From the initial (first) "press" of the olive crop
- Extra virgin (unrefined, not treated with chemicals or altered by temperature)
  - Highest-quality olive oil
- Organic
  - Non-GMO/no pesticides

Step Two: Bad Fats

Unhealthy manufactured oils in food factories are called "vegetable" oils

- Canola oil
- Corn oil
- Sunflower oil
- Cotton Seed oil
- Sesame Oil
- Grapeseed Oil
- Peanut Oil
- Safflower Oil

Doesn't "vegetable" oil sound healthy? (Yes! But…very unhealthy!)

Trans fats from industrially prepared foods

- Baked goods
- Snack bars
- Candy
- Chips
- Deep Fat Fried Food
- Cookies, Cakes & Pies

- Grain Brain

ALL high in Omega-6 fatty acids

Step Two: The Dangers of Manufactured “Vegetable” Oils

- They have been extracted from seeds
  - e.g. Rapeseed (Canola oil)
  - Treated with pesticides
- They contain a very high level of Omega-6
  - and a very low amount of Omega-3

- The Hacking of the American Mind

Image Credit Seattle Times

Step Two: Manufacturing Process for “Vegetable” Oils

- Heat the seeds to very high temperatures
  - They oxidize and turn rancid
- Process them with petroleum solvent to extract the oil
- Heat again and add another acid to remove waxy solids
- Treat the oil with more chemicals to improve the color
- Deodorize the oil to mask the smell from the chemical processing
- Ship it to food factories in tanker trucks
- Bottle it and sell it to grocers

- The Hacking of the American Mind

Step Two: Highly Refined Industrial Oils Are in All Processed Foods

Is this a food manufacturer that makes canola oil or uses it?
Answer: Uses it!

Step Two: Typical Ingredients in Salad Dressing

INGREDIENTS:

1. **Water**
2. **Soybean Oil**
3. **Balsamic Vinegar**

INGREDIENTS:

1. **Water**
2. **Soybean Oil**
3. **Distilled Vinegar**
4. **Olive Oil**

Step Two: Typical Ingredients in Salad Dressing

Step Two: Eat a Healthy Diet (cont.)

For a list of healthy protein, carbohydrate, and unsaturated fat food choices, including the aging-related dangers of eating improperly cooked meats, and foods cooked with manufactured “vegetable” oils, etc. visit our website at:
http://www.asherlongevity.com/science-technology/eating-the-asher-longevity-way/

Step Three

Eat a Diet Tuned for a Healthy Microbiome

- Precludes/reduces symptoms from 13 diseases/conditions in the gut

Diseases

- Celiac
- Crohn's
- NAFLD
- Hepatitis
- Colitis
- Multiple Sclerosis
- Type 2 Diabetes
- Lupus
- IBD
- Rheumatoid Arthritis

Conditions

- SIBO
- SIFO
- IBS

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

- Lectin (grains/processed foods)
- Dairy from most USA cows
- Sugar and artificial 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

- Grain Brain

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)
- Very little red meat (grass finished with no antibiotics or hormones)
- Natural oils (olive, avocado, palm, walnut, flaxseed, hemp, coconut)
- Fermented foods (adds good bacteria to gut)
- Organic food (no pesticides)

- The Longevity Paradox

Step Four

Keep Standard Biomarkers in the Optimum Range

- Do periodic testing
- Take action when out of optimum range

Step Five

Take Appropriate Supplements To Ward Off Disease

Step Six

Take Seven Prescription Drugs/Medications with Additional (off-label) Therapies to Significantly Increase Lifespan

Step Seven

Slow Down the Four Causes of Aging with

- Seven Supplements
- Calorie Restriction
- Fasting
- Exercise
- Fresh Air

Step Eight

Rejuvenate Stem Cells in Our Entire Body

Step Nine

Utilize New and Emerging Protocols and Therapies that Greatly Extend Life