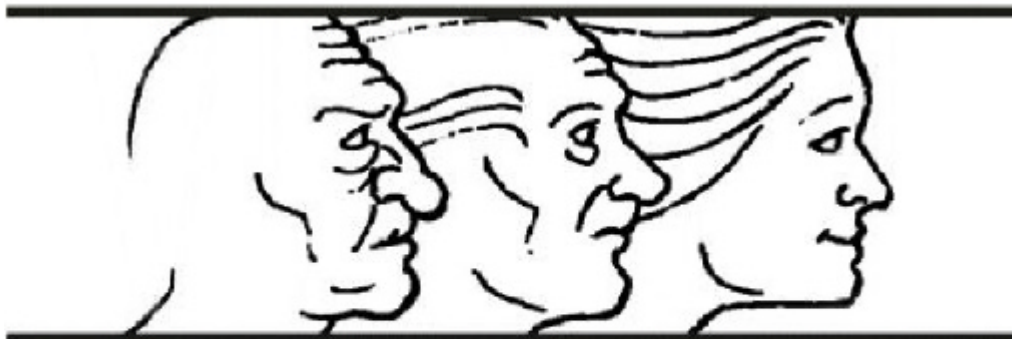


“SALADS™”
THE OWNER'S
MANUAL
FOR THE HUMAN
BODY

An Anti-Aging Guide Produced By:



MAXIMUM LIFE FOUNDATION

“SALADS™”

THE OWNER'S MANUAL

FOR THE HUMAN BODY

By David A. Kekich and Peter A. Passaro

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Introduction

Only 100 years ago, the average lifespan in the US was 47 years. Today it's nearly 80. Technology is advancing so rapidly that you will be amazed at the progress we are making to extend our own healthy life spans.

This booklet will show you how you can add up to 20 quality years to your life, depending on your current age, condition and health habits. This could be critical, because adding a few years to your life now could keep you alive until extreme life extending technologies are developed.

The next ten to twenty years will see a revolution in medicine and the life sciences that can only be compared to the current explosion of computing power and communication. There is no lack of good biomedical science out there, but practitioners are typically slow to adopt new ideas.

This is for a good reason though. First and foremost, physicians strive to do no harm. But it is a fine line between being too conservative or too ready to try an experimental drug or technique.

With the volumes of new information produced by scientists everyday, it becomes a Herculean effort to keep up with even the narrowest fields. So increasingly the burden of staying informed on advances in a particular field will fall to those with the most self-interest in finding the correct information (i.e. the patients). Meanwhile, a support system is quickly developing. The medical specialty of "anti-aging medicine" is growing by leaps and bounds. The ranks of qualified practitioners are swelling, and the quality and quantity of longevity information is becoming more readily available through print media as well as the Internet.

If you're motivated to improve the quality and quantity of your life, you can use www.maxlife.org to be pointed to some of the most cutting-edge longevity information in the world.

This guide then is intended to inform you of the state of anti-aging medicine, and the current interventions that are possible to slow the aging process and alleviate some of the symptoms of the aging processes' degenerative diseases.

We're going to start with...

SALADS™

No, these aren't the salads you'll find at salad bars, although those are part of the formula. SALADS™ stands for: Supplementation, Activity, Lifestyle, Anti-Aging Medicine, Diet and Stress Management.

This guide is intended to let you know that you do indeed have a great deal of control of your body's health and maintenance. Through SALADS™, you can greatly increase your chances of living well into the 21st century and possibly the following if biomedical science continues to advance at its current exponential pace.

This volume will continually expand as our knowledge of preventative medicine increases. Catching damage before it is done is vastly more productive than trying to piece back together a damaged system that we don't completely understand yet.

If you are one of those people who just can't get enough of all life has to offer and wants to squeeze every possible moment you can out of it, then I hope this guide will provide you with the tools to go out and get it.

Long Life,

David A. Kekich
President, Maximum Life Foundation

What is Aging and What Can You Do About It Now?

Before discussing the possible ways of slowing the aging process, we at Maximum Life Foundation first want to address what the aging process actually is. In humans, aging is a process that begins at approximately 25 years of age in women and 28 years of age in men. Some think it begins much earlier in life. There has been a long debate in the annals of medicine over whether aging is a disease or a natural process. Aging can be construed as natural only in so much as it happens to all humans. But what is happening is a collection of one or more degenerative processes that eventually lead to death.

The top four causes of death (1 - heart disease, 2 - cancer, 3 - stroke, and 4 - arterial blockages) are directly linked to the process of aging. Of the top 15 causes of death, only four are not related to aging (accidents, HIV, suicide, and murder). Collectively then, the group of degenerative diseases we term "aging" are directly responsible for the deaths of roughly 75% of the population of the United States (see figure below).

Are these deaths preventable, and should we stop them if we can? Our opinion is an emphatic "yes!" on both counts.

If a loved one (or yourself) has a major medical condition such as cancer, heart disease, etc., would you ask that they not receive the very best medical care for those conditions?

If there were treatments that could reverse Alzheimer's, Parkinson's, osteoporosis, atherosclerosis and diabetes, who in their right mind would turn them down? What ties these diseases together is the underlying processes of aging.

Leading Causes of Death in the U.S. (2002)

| | Disease Category | Number of deaths |
|----|--|------------------|
| | All causes | 2,443,387 |
| 1 | Diseases of heart | 696,947 |
| | Malignant neoplasms | 557,271 |
| 3 | Cerebrovascular diseases | 162,672 |
| 4 | Chronic lower respiratory diseases | 124,816 |
| 5 | Unintentional injuries | 106,742 |
| | Diabetes mellitus | 73,249 |
| | Influenza and pneumonia | 65,681 |
| 8 | Alzheimer's disease | 58,866 |
| 9 | Nephritis, nephrotic syndrome, and nephrosis | 40,974 |
| 10 | Septicemia | 33,865 |

SOURCE: National Vital Statistics Reports, Deaths: Leading Causes for 2002, October 2004

Can we cure each of these diseases then? Each of these processes has a definable cause. All of the causes are not yet known, but many of them are. For example, for a few years now, scientists have had a very good understanding of the basic mechanisms behind cancer.

Cancer is caused by physical, chemical, or viral damage to a cell's DNA, which in turn short-circuits that cell's ability to control its own growth and act as part of an organism. It becomes a group of rogue cells reproducing as fast as they can, stealing the resources of the rest of the organism they are a part of.

If you ask any physician if cancer is preventable, the answer should be a resounding "yes". Of course genetics can contribute to the likelihood of having cancer, but it is primarily the result of our environment imposing constant damage on the body. By controlling what radiation you are experiencing (primarily from the sun) and what chemicals you expose yourself to in the air you breathe, the water you drink, and the food you eat - you can drastically reduce the amount of damage you accumulate in your DNA over the course of your lifespan.

Many of the techniques we discuss in this booklet may seem like common sense at first glance. Many people know that they should be eating a healthier diet, exercising, not smoking, and not drinking as much. Why though?

We view the human body as a wonderfully complex machine. This machine is designed to repair itself in the event of damage. For the most part, it does a terrific job. For reasons we don't completely understand yet though, many of these repair systems break down as we age, and we suffer **damage**.

Mutations to our DNA occur when cells divide and mistakes accumulate; in turn cells become dysfunctional, cancerous or outright die. Other cells, including stem cells, can take the place of many errant cells but these are limited in number and also eventually age and/or are depleted.

☞☞ Inadequate mechanisms are likely many and probably include:

☞☞ DNA damage and breaks both in the mitochondrial and nuclear genomes.

☞☞ Drift in control of gene expression and maintenance of chromosome structure. This includes drift in DNA methylation and other epigenetic mechanisms.

☞☞ Accumulation of damaged proteins, lipofuscin (“age pigment”) and other waste products in our cells that are not excreted expeditiously from the cells or the body.

☞☞ Oxidative damage including damage to cell membranes, mitochondria, DNA, enzymes etc.

☞☞ Glycation and other types of damage to proteins and other long-lived molecules.

(We will define some of these terms as you read on.)

It is also clear that the more you abuse your body by insulting it with toxic substances, the more likely one of your repair systems will undergo an early breakdown.

One of the most prevalent types of damage to our bodies is caused a type of molecule referred to as a **free radical** or a **reactive oxygen species** (ROS) that causes oxidative damage, or oxidative stress. These are molecules that are produced on a regular basis in the energy generation part of our cells - the mitochondria. These tiny power plants are the final step in converting the food we eat into a useable form of energy for our cells. In the process, oxygen is used to produce highly reactive molecules that are normally well contained in the mitochondria, which has multiple **antioxidant** systems for cleaning them up and making them less reactive.

As we age, and in times of stress or extreme exertion, these systems can not always keep up with the amount of ROS's being produced. These molecules, free of the mitochondria, can do tremendous amounts of damage to nearby tissues. In addition, the cells of the immune system also release ROS's for the purpose of destroying invaders. This is part of the reason why inflammation can sometimes do more harm than it does good, because it can destroy your own tissue along with the invaders.

Basically, inflammation is a defensive reaction to infections, toxins or injury. The swelling around a cut, sprain or mosquito bite are common examples. It also happens

insidiously inside our bodies. Reducing this systemic inflammation can slash your chances of heart disease and cancer in half and may be the key to Alzheimer's and more. Some ways to control inflammation are to lower your blood sugar level, lose weight, exercise more, reduce stress, avoid or cut back on red meat, egg yolks, coffee and alcohol and take a daily baby aspirin with your biggest meal.

One of the molecules most severely affected by ROS's is deoxyribonucleic acid (DNA). DNA is the material of which your genes are made or - the very storehouse of the information that makes you, you. When DNA reacts with an ROS it can change the shape of, or mutate, part of the DNA and possibly cause certain genes to be turned off, turned on, or destroyed inappropriately. If these disruptions affect critical genes, many times the result is a cancerous cell.

Another type of damage caused by ROS's is called crosslinking. This is the joining of two molecules that normally wouldn't be. The major crosslinked molecule is low-density lipoprotein (LDL). This is the bad cholesterol that everyone is worried about, because these molecules become oxidized (turn rancid) and clump to the insides of arteries and other critical places. The new molecules are now useless and can be deadly if they are allowed to build up. These types of molecules can be found in artery blocking plaques and in the plaques found in the brains of Alzheimer's patients. (Another possible cause of these plaques is the sugar glucose, whose effect is discussed in greater detail below.)

Glycation is the term used for crosslinking. Glycation is a chain reaction where sugar and protein molecules tangle up resulting in deformed or non-functioning molecules. Did you ever notice how old leather cracks? That's caused by molecular cross linking. The same thing happens to our skin. But what we can't see is the damage it does to us internally.

So, what else does free radical damage cause? The end results of free radical damage include arthritis, skin aging (wrinkles), cataracts, and blindness. This is on top of increasing the chances of heart disease, cancer stroke, and diabetes.

OK, so how do we stop this damage from occurring? Diet, exercise, and supplementation can alleviate much of the damage caused by free radicals. Diet can help you control the damage by eating foods that are high in anti-oxidant molecules, and by eating lower calorie diets. This keeps the mitochondria from working as hard, and reduces the amount of free glucose in your bloodstream. Exercise can control it by giving you greater anti-oxidant potential and better elimination of wastes from your system. Supplementation can control it by giving you additional anti-oxidant molecules, many of which cannot be obtained in sufficient quantities from diet alone.

Other sources of damage to the molecules in your body include smoking, alcohol, and air and water pollution. The amount of damage to the human body caused by cigarettes and alcohol is truly amazing and a testament to how good our repair systems actually are. Environmental damage from airborne and waterborne chemicals is also a significant concern. And if you are constantly exposed to occupational hazards on the job, you should take all safety precautions necessary to protect yourself. Air and water filters in both your home and business are always a great idea considering the levels of environmental toxins we are exposed to.

There are most likely other causes of degenerative diseases and aging itself. There are genetic clocks ticking called telomeres in our cells that may cause some of our systems to shut down as we age. The systems that repair damage and keep our metabolism regulated have a drastic effect once removed from action. Some of these keys systems include our endocrine system (which regulates hormone release), the immune system. In addition there are some things once damaged just can't be repaired well yet (certain organs and joints for example).

These other problems and how to control their effects aren't completely understood yet though, so we will have to wait for scientists and physicians to make sense of the aging process.

We will not have to wait long though. Biomedical knowledge is advancing exponentially. Every week another stunning breakthrough is announced. This booklet is a practical guide to what you can do now to slow your aging. This might be critical, because the cure for what ails you could be literally right around the corner.

So make SALADS™ a routine part of your life. Let's start with the first **S** which stands for Supplementation.

Supplementation

Just twenty years ago, vitamin popping was still held by the mainstream medical community as a worthless fad. Today, you would be hard pressed to find a physician who would disagree with the tremendous potential health benefits vitamins can provide.

In fact, according to Dr. Bruce Ames at Cal State Berkley, Over 50 genetic diseases have already been identified that can be corrected by aggressive nutritional supplementation. Diet alone and RDA's will never do it for optimal health. In fact, optimal health is not possible without supplementation. Thousands of studies support supplementation.

Recently, there has also been an explosion in alternative medicine and herbal remedies.

Many of these products and services have tremendous potential benefits, but many of them are completely worthless. We will try to make some sense of this burgeoning industry and cover the most common vitamins, herbs, drugs and other supplements available to the consumer.

Supplementation can help you avoid heart disease, stroke, cancer, diabetes, arthritis, macular degeneration, Alzheimer's and much more. The bare basics include a daily high potency multi vitamin tablet and essential fatty acids. 97 randomized trials involving over 275,000 subjects showed Omega 3 fatty acids, like fish oil reduced cardiac mortality risk by 32% and overall mortality by 23%. If you don't learn anything else today, go out and buy some high quality fish oil capsules, and take two with each meal.

You can and should feed your brain as well with many of the supplements above plus ginkgo biloba; A-L carnitine; PS (phosphatidylserine); PC (phosphatidylcholine); DMAE and EPA/DHA.

Some of these supplements, along with folic acid, some of the B vitamins and others enhance methylation.

Methylation is a chemical reaction, taking place millions of times a day, in every cell in your body. Your body depends on this biochemical exchange for some of its most critical functions such as; detoxifying carcinogens and other poisons, repairing damaged DNA, forming new cells and manufacturing anti-aging hormones. If your body doesn't

methylate properly, you will travel the path headed for accelerated aging, heart disease, Alzheimer's, cancer, diabetes and others.

Fortunately, it's easy to improve your methylation with supplementation. In fact, taking methylation-promoting nutrients is one of the primary preventable causes of aging and disease.

The supplements that have by far the most amounts of clinical data going for them are six key antioxidants. These six substances are vitamin C, vitamin E, Coenzyme Q-10 (CoQ10), Glutathione and Lipoic Acid and carnisine. Dr. Lester Packer of the University of California at Berkeley, one of the world's most renowned experts on antioxidants, has found the first five to act as an **antioxidant network** in your body.

One problem with antioxidants is that once they detoxify a free radical (discussed in the first chapter) they themselves become a free radical. In fact vitamin C, which is a great antioxidant, can actually become a **prooxidant** (a free radical) and cause damage if it is not supported by other antioxidants. This where the antioxidant network comes in.

The combination of vitamins C and E, Glutathione, CoQ10, and Lipoic Acid form a mutually supporting network. This allows each of the members of the network to recycle each other and prevent any formation of more free radicals. By detoxifying each other, they keep your ability to eliminate free radicals robust and healthy.

Reactive oxygen species (free radicals) play a direct role in heart disease, cancer, type II diabetes, strokes, Alzheimer's, Parkinson's, cataracts and arthritis. The advantages of having a great antioxidant system are many:

- ☞☞Antioxidants, especially vitamin E and CoQ10, have been shown to be effective in preventing heart disease.
- ☞☞Antioxidants, both oral and topical, prevent skin damage and rejuvenate older looking skin.
- ☞☞Antioxidants enhance the effectiveness of your immune system.
- ☞☞Antioxidants reduce all types of inflammation, and arthritis in particular.
- ☞☞Antioxidants will slow brain-aging, prevent memory loss, and mental problems later in life.
- ☞☞Antioxidants have been shown to improve concentration and focus.

The daily requirements for each of these antioxidants as established by the USDA are far too low by the accounts of a large number of scientists and physicians. There is still a heated debate as to what the correct dosages should be and will vary from person-to-person. This booklet leans heavily on the general recommendations of At present, the guidelines we would suggest following are based on the general recommendations of Dr. Lester Packer, a leading expert on antioxidants.

Vitamin C, according to Dr. Packer, should be taken in doses of 250 mg, twice daily. According to the results from his work, any more is not going to do any harm if you have a well supported antioxidant network. Above this amount though, much of it is just excreted in the urine without being used. Some people advocate taking megadoses of vitamin C based on the reasoning that animals that produce it naturally make two to three times as much under conditions of stress.

The USDA recommended daily allowance (RDA) for vitamin E is woefully low. Vitamin E is one of the front line defense systems against antioxidants. Dr. Packer and many other sources recommend a total of 500 mg of vitamin E per day, and higher dosages for people with cancer or heart disease. Some of these recommendations are for alpha tocopherol (vitamin E) alone. Some, including Dr. Packer, recommend mixed natural tocopherols and tocotrienols, members of the vitamin E family.

CoQ10 is found in high concentrations at the source of most of your free radical production, the mitochondria. It directly recycles vitamin E and is one of the primary molecules in the energy production system of cells. As we age, the production of CoQ10 declines, and this may be a factor in heart disease. Dr. Packer's recommendation for CoQ10 is 50 mg daily. Those with heart disease and the elderly may want to consider higher dosages. Some sources recommend up to 400 mg per day.

Low levels of glutathione are one of the key indicators for premature death. Unfortunately, the body breaks down glutathione in the digestive tract, so supplementing this antioxidant won't do you much good. The upside is that lipoic acid supplementation will keep your naturally produced glutathione levels high. The other ways to keep your glutathione levels up is to avoid smoking, alcohol and nitrates found in processed lunchmeats.

In addition to the five key antioxidants found in your body, there are other compounds that can boost your antioxidant activity. One group of these molecules that has gotten a lot of attention as of late is the flavonoids. These antioxidants are found in tea, berries, red wine and many fruits.

From recent studies, flavonoids seem to act as free radical scavengers, mainly recycling vitamin C. This appears to have a very positive overall effect on the antioxidant system. Two of the most powerful flavonoid antioxidant extracts are those from pycnogenol (pine bark) and ginkgo biloba.

Most of the mental boosting and sex enhancement effects on people taking ginkgo are probably from the ability of flavonoids to improve circulation and allow better chemical signaling to occur. In addition to these benefits, the antioxidant effects mentioned above are enhanced. Dr. Packer's recommendation for ginkgo biloba is 30 mg daily and for pycnogenol is 20 mg daily.

Another group of antioxidants available from plant, algae, and fungi is the carotenoids. The best source of carotenoids is from the diet. Brightly colored fruits and vegetables all contain high levels of these compounds (see the Diet chapter below). These molecules are available in capsule form. Conventional wisdom says if you are eating a diet with 5-7 servings of vegetables and 1-3 servings of fruit a day, this is probably not necessary (one serving equals ½ cup).

However, conventional wisdom is wrong. The fruits and vegetables we eat today may only contain a fraction of the nutrients they contained 50 years ago. Soils have been depleted of minerals and in their attempt to sell food that looks and tastes good and keeps from spoiling too early, the industry has adulterated much of our produce. We recommend you eat as much organically grown food as possible for those reasons, and because organic foods generally contain far less toxins. Conventional wisdom also leads to “normal” health. For optimal health, you need supplementation.

There are two more compounds worth mentioning in this discussion: selenium and melatonin. Selenium is an element that has a synergistic effect on the antioxidant network. The way it works is not completely clear yet, but it is well known that selenium deficiencies are responsible for higher levels of heart disease and cancer. In fact, people who live in areas in which the soil is selenium deficient are much more likely to die of heart disease. Dr. Packer recommends taking 200 mcg (micrograms) per day.

Melatonin is technically a hormone, so it might actually belong in the Anti-Aging Medicine section. But one of its most powerful uses is as a general antioxidant. This molecule has the ability to cross the blood-brain barrier, the membrane that prevents most molecules from entering the brain itself. So this might be one of the brain's key defenses against oxidation.

In addition to these effects, melatonin has a role in regulating the sleep cycles of some animals, and may have similar effects in humans. Melatonin production declines with

age in humans and so it has been suggested that increased dosages may be necessary as one ages. The most commonly recommended dosage is 3 mg or less at night before bed, but this is an unusually benign substance. Dosages up to 1000 mg have been taken by humans in experiments with the only noticeable side effect being it is hard to wake in the morning.

We feel uncomfortable suggesting dosages for various supplements however. We're all physiologically unique. One size does not fit all. For optimal health, We suggest you see a qualified anti-aging physician. It could be the best investment you ever made or will make.

If you wish to find further information about any of the supplements we have discussed here as well as others, please look to the following source.

Life Extension Foundation - www.lef.org - A not for profit organization which donates proceeds of the sale of its supplements to anti-aging research. This group is a highly reliable producer of low-priced and high-potency pharmaceutical grade supplements and a terrific source of current health and research information.

Activity – Exercise

There was a time when physicians would advise people to take it easy as they grew older. It has now been definitively shown that lack of activity at any age is extremely detrimental to your health. People who are inactive show many signs of accelerated aging including: bone loss, poor cardiovascular tone, and increased incidence of heart disease, cancer and diabetes as compared to physically active people.

Exercise reduces disease and death dramatically for all major progressive diseases.

According to a study involving over 13,000 participants, the overall death rate for moderate exercisers was 60% less than the sedentary group... and the high fitness group scored much better than that.

One concern over exercise used to be that it produces bursts of free radicals. This is due to the increased use of oxygen by cells in the body in response to greater exertion. As your metabolic rate goes up, you produce greater amounts of free radicals.

In the short term this has been shown to be detrimental. But in the long term those people who practice a regular routine of exercise (3-7 times for 20 minutes or more per week) have a much greater capacity to eliminate free radicals than someone who does not exercise regularly. This greater ability to handle oxidative stress extends to all other potential free radical producing activities - disease, stress, dietary and environmentally source of free radicals. If you'd like to protect yourself from the increase in free radicals produced during exercise, you could take antioxidants before working out.

In addition to greater ability to handle oxidative stress, exercise has very positive effects on bone density, and tendon, ligament and joint strength. Strength training (weightlifting) has been shown to have dramatic effects in preventing osteoporosis and connective tissue damage in both men and women of all ages. This effect is enhanced by hormone supplementation in men and especially in women (who experience a faster rate of hormonal decline than men - see Anti-Aging Medicine below).

Regular exercise also seems to maintain the levels of hormones that typically decline with age. This is great for your appearance, attitude and your sex drive. Some of the other general effects of exercise include increased metabolism and increased lymph flow.

Another benefit of exercise is increased health of your cardiovascular system. This benefit comes primarily from aerobic exercise and has extremely beneficial effects on overall lifespan. If you recall from above - heart disease is by far our number one killer in the United States.

OK, so what type of exercise should you be doing to get these benefits? Ideally, you should be exercising six to seven days a week for 20 to 45 minutes a session. A good mix of strength training and aerobic activity will provide the best combination of all the aforementioned health enhancements.

If you are over 40 years of age, have a chronic disease or any of the following conditions below, you should check with a doctor before beginning your program of exercise.

- ✂✂any new, undiagnosed symptom
- ✂✂chest pain
- ✂✂irregular, rapid or fluttery heart beat
- ✂✂severe shortness of breath
- ✂✂significant, ongoing weight loss that hasn't been diagnosed
- ✂✂infections, such as pneumonia, accompanied by fever
- ✂✂fever itself, which can cause dehydration and a rapid heart beat
- ✂✂acute deep-vein thrombosis (blood clot)
- ✂✂a hernia that is causing symptoms
- ✂✂foot or ankle sores that won't heal
- ✂✂joint swelling
- ✂✂persistent pain or a disturbance in walking after you have fallen. You might have a fracture and not know it, and exercise could cause further injury.

For certain eye conditions, such as bleeding in the retina or detached retina. Before you exercise after a cataract or lens implant, or after laser treatment or other eye surgery, check with your physician.

You should always begin your exercise session with at least five minutes of a warm up exercise which will bring your heart rate up to fifty percent of your maximum (see target heart rate below). At the end of your workout you should also make sure you cool down by walking or continuing to perform your activity at a reduced rate. Finally you should stretch at the end of your workout.

Your aerobic exercise should be activities such as jogging, brisk walking, swimming, etc. It must be an activity that significantly raises your heart rate for at least twenty minutes to get the maximal effect. Also note that extremely long periods of aerobic activity do not result in greatly enhanced cardiovascular health. We're not saying you should go quit long distance running if you enjoy it, just that it is not necessary for you to be in excellent health and may be detrimental if you do intense sustained exercise for over 45 minutes.

Rather than a long, steady low to medium intensity effort, consider interval training for 20 minutes or more. Interval training can burn up to 9 times as much fat than sustained medium intensity exercise. Studies also show it promotes greater cardiac fitness.

Warm-up for 2-5 minutes. Then do 1-2 minute spurts at 80-90% of your capacity. Then go through a recovery of 1-2 minutes at 40-50% of your capacity, and continue this cycle for 20 minutes. Do this for 3-6 days per week. If you prefer longer drawn-out aerobic exercises, by all means, do those. The important thing is to get moving.

Doing your aerobic exercise first thing in the morning on an empty stomach is a very effective way to burn fat. Your body is already depleted of its energy stores from the night before, so it must reach into its reserves (fat) to fuel aerobic activity. So if you are looking to lose a few pounds, first thing in the morning is the time when you should be working out. (there was no period here)

If you happen to be a die-hard weight lifter and don't enjoy any of the above activities, you can still get some benefit of aerobic training by lowering the rest time between each of your sets to 60 seconds or less. This will keep your heart rate high enough to get some of the same effects as aerobic exercise.

To gauge if you are getting the correct level of activity, there are two common scales currently in use. Target heart rate (THR) is the rate at 50-85 percent of your maximum

ability. This range is where the maximum aerobic advantage is gained from the exercise. The chart below lists the desired target rates for different age groups for well-conditioned individuals who can work at 70-85% of their THR. A simple way to calculate your target heart rate is to subtract your age from 220, and multiply by the desired percentage.

The other method of judging the effectiveness of your workout is a subjective scale, known as the Borg Scale. Using this method you would determine the amount of work you are doing by the effort you feel from performing the exercise. For aerobic exercise, you should be in the moderate difficulty range. For strength training you should feel the exercise is in the high difficulty range.

Target Heart Rates (70-85%)

| Age | Desired Range for Heart Rate During Endurance Exercise (<i>beats per minute</i>) |
|-----|--|
| 40 | 126-153 |
| 50 | 119-145 |
| 60 | 112-136 |
| 70 | 105-128 |
| 80 | 98-119 |
| 90 | 91-111 |
| 100 | 84-102 |

Borg Scale



(Source: *Exercise: A Guide by the National Institute on Aging*)

Resistance training with heavy weight and long rest periods in between sets will only give you the strength and bone density benefits and not the cardiovascular benefits. In fact, there is some evidence that weight training without aerobic activity can actually increase your chances of a heart attack or a stroke. So if you are lifting weights, make sure you are getting some aerobic activity too.

Physical fitness doesn't have to be overly difficult to perform. All you really need is 2basic strength and aerobic exercises to be in great shape. You don't need any fancy equipment - just a good set of dumbbells can do wonders (but good equipment can make it easier and more fun). There are many excellent books on physical fitness if you need some suggestions on setting up a routine.

Even if you are looking for maximum growth, a good workout should not exceed 45 minutes, and you should not work the same body part to failure more than every three days. Over-training can be very damaging to your system, and muscles need rest to grow. So don't over do it!

The best health benefits have been shown to come not from doing a tremendous number of exercises, but from the intensity of the sets you are doing. In other words, always try and work to your peak performance. Quality, not quantity of your exercises is what will get you the most out of your workouts.

Finally, did you know one pound of muscle takes as much space as five pounds of fat? Resistance training can let you enjoy optimal health and look fantastic without losing weight – or even by gaining weight.

Don't Forget Your Brain

Exercising your brain is just as important as your body. Play chess or other challenging games; do crossword puzzles; read and participate in problem solving.

Lifestyle

There is a strong correlation between the longevity of a person's teeth and their longevity in general.

Dental health can have wide-reaching effects on overall health. Poor oral health can make you susceptible to other health conditions.

A clean mouth contains several hundred billion bacteria, and this number increases tenfold when the mouth is not sufficiently cleaned.

Periodontitis is a chronic inflammatory oral disease that affects approximately 75% of US adults. Periodontitis has harmful effects on overall health. It predisposes people to diabetes, insulin resistance, respiratory diseases, rheumatoid arthritis, obesity, osteoporosis, complications of pregnancy, and cardiovascular diseases such as atherosclerosis, heart attack, congestive heart failure, and coronary artery disease.

If you are planning to live a long time it would be nice if you still had your own teeth. Here we have included a few suggestions for the care of your teeth and gums.

One of the best things you can do for the health of your mouth is to gargle, or even better, WaterPik®, with warm salt water. The salt water will kill many of the bacteria that inhabit your teeth and gums and do a more effective job of removing and dissolving food debris than water alone.

Brushing and flossing are of course absolutely necessary but cannot always reach all the food particles in your mouth. That's why we suggest using a WaterPik® as part of your oral hygiene routine. Any bacteria you have in your mouth are there because they have a food source. A WaterPik® can remove nearly all the remaining food particles in your mouth.

If you are really curious about how you are doing with your oral hygiene, you can buy plaque staining tablets at most pharmacies. The plaque will be temporarily dyed red on your teeth. Once you know what your problem areas are, you can better focus on them.

If you already are experiencing difficulties with your teeth or gums we suggest you be very wary of dentists who are overly eager to drill or perform a root canal. Gum abscesses for instance, are often mistaken for nerve abscesses, which require a root canal.

Infections of the gum can be cured without any surgery, simply by the patient or by using antibiotics.

Even your annual dental checkup may be damaging to your teeth. When you have teeth scraped free of tartar, there is a risk of scraping some of your enamel off as well. It is much more effective to simply dissolve away tartar than to scrape it.

It may also not be true that you can not regenerate your teeth if damage has occurred to them. You may be able to remineralize your teeth with a highly concentrated solution of calcium and phosphorus.

For more information on these subjects, you should look to the work of Dr. Robert O. Nara, the founder of a program of oral hygiene called Oramedics. He wrote a book on the subject: [Money by the Mouthful: Everything That You Need to Know, About the Health of your Mouth and Body That No Doctor's Going to Tell You.](#)

Common Sense and Safety

It would tragic if you followed all of the advice in this booklet and then managed to electrocute yourself by sticking your finger in an electric socket to see if it was working. As we mentioned in the first section, accidents are the number five cause of death in the U.S. Half of those deaths are automobile fatalities. If biomedical science succeeds as we at the Maximum Life Foundation believe it will, twenty years from now, accidents will be the number one killer.

Advancing technology always comes with a price. If you were able to go back in time and tell the leading developers of the automobile that their invention would be responsible for the deaths of hundreds of thousands of people, would they still have continued? Here are some general notes on driving with safety:

⚠️ Never drive incapacitated. Do not drive under the influence of any mind-altering substance and do not drive when overtired. Recent studies indicate that a sleepy driver is just as dangerous as a drunken one.

⚠️ Be aware of the conditions you are driving in and drive accordingly.

⚠️ Maintain your car as if your life depended on it. It does. Brakes and tires should be inspected regularly.

☞☞ Always be aware of where vehicles are around you in all directions. (i.e. check your mirrors and blind spot frequently)

☞☞ Always drive defensively. The other guys are usually not looking out for you, so look out for them.

Household accidents also rank highly on the list of accidental causes of death. A good idea for anyone would be to survey their house for potential sources of accidents. Walk from room to room. Make immediate corrections if possible, and make a list of those things you can't do right away. Where are those sharp corners in your house? Those slippery floors? Dangerous items? Many people die each year from slip and falls in their own bathroom. Below are some other safety considerations for you to be aware of.

☞☞ A fire extinguisher should be easily available in the kitchen.

☞☞ Every room should have a smoke detector.

☞☞ All of your emergency numbers should be next to a phone.

☞☞ Always read labels of household chemicals before using. Are they flammable? Poisonous?

☞☞ Be careful mixing household chemicals as they can sometimes produce toxic fumes (ammonia and bleach for example)

☞☞ Use products that give off fumes in a well ventilated area.

☞☞ Don't store household chemicals near an open flame or a heat source.

☞☞ Don't use or store toxic substances around food.

☞☞ Never take or administer medication in the dark.

☞☞ Never use medicine that is out of date, or that has crumbled, changed color, etc.

☞☞ Always read the instructions for household appliances and especially for power tools.

☞☞ Be aware of unsafe electrical connections.

☞☞Use ladders with great care.

☞☞All firearms should be locked and safely stored.

☞☞At least one person in the household should be first aid and CPR certified.

In general, simply be aware of your situation at all times. The most avoidable deaths are the ones caused by downright stupidity. You can be vigilant without being paranoid. We hope these suggestions will make your life a little safer.

Environmental Concerns

After the food in our diet, the next largest sources of damage to our bodies are the air we breathe, the water we drink, and exposure to radiation (the sun!). In this section we will briefly outline ways you can make sure you minimize your exposure to these sources of damage.

If you are a smoker, I'm sure you are sick and tired of hearing about how dangerous smoking is. Well we're going to tell you one more time. Smoking is *the* largest preventable underlying cause of death in the world. Smoke from cigarettes has over two hundred individual carcinogens. So if you have read this booklet, but continue to smoke, forget everything else we have told you, because it won't do you any good unless you quit immediately.

Study after study proves smokers die 8 years sooner than non-smokers on average. In fact, 50% of smokers are eventually killed by their habit.

Another common source of airborne damage to the human body is exhaust fumes from automobiles and their associated chemicals. If you exercise outdoors, try to stay away from busy streets. Because of increased respiration during exercise, you are even more likely to inhale noxious chemicals. Be aware that some of the additives that can be found in gasoline (especially the one that causes that particular odor at the gas station) are known carcinogens.

The second largest cause of lung cancer in the U.S. is a radioactive gas that is found in many households throughout the country - radon. Radon is a colorless, odorless gas that can be deadly in high concentrations. It seeps up from the ground and sometimes becomes trapped in houses. You should make sure your house is tested yearly for radon, and possibly consider installing radon detectors and vents in your household.

Another simple way of maintaining air quality in your house is by installing air filtration units. People with allergies will certainly appreciate the difference in air quality in a filtered home. By reducing the amount of particles in your air, you also reduce the chances of spreading bacteria and viruses.

Many municipal water utilities do not go to great lengths to provide you with very pure water. Water filtration systems have become very inexpensive and are well worth the cheap health insurance they provide for you. There are several sink top models available, but the healthiest water is produced by "selective filtration", products that have the ability to remove contaminants and not minerals. If you have a reverse osmosis unit, make sure you take a good mineral supplement. Some experts advocate water ionizers that alkalize your water.

One of the biggest factors in apparent external age is how much sun you have been exposed to over the course of your lifetime. Any suntan is actually a response by your skin cells to their DNA being damaged. Repeated, long term exposure to direct sunlight has a direct effect on the appearance of your skin and the likelihood that you will get skin cancer as you age. If you have to be out in the sun for long periods, or during peak hours between 10 am and 2 pm, then find a good sunblock with a very high SPF number. Also make sure that the block protects against both types of solar rays - UVA and UVB.

If you want to live to your fullest potential, you must minimize the damage you do to your body on a daily basis. Take a good, hard look at the environment you spend your days in, and see if you can eliminate frequent sources of molecular damage. You'll thank yourself in the long run!

Obesity

Most obesity is a direct result of lifestyle choices.

Nearly 1/3 of American adults are obese, and a 52 year-long study tells us, on average, obese people die 7 years earlier than normal weight adults. More recent studies show that the more people weigh, the older their cells appear on a molecular level, with obesity adding the equivalent of nearly 9 years of age to a person's body.

Did you know being overweight is also a cancer risk factor? It accounts for 20% of the cancer deaths in women and 14% in men.

Obesity is a RISK. Following SALAD™ steps 1, 2 and 5 will optimize your weight and extend your life and well-being.

Anti-Aging Medicine

Most doctors are simply mechanics. They do their best to fix you when something goes wrong (if it's not too late). Anti-aging medicine may fix you too. But more importantly, it helps insure something doesn't go wrong in the first place. A good anti-aging specialist will keep you from needing a mechanic. (Did you ever notice most people take better care of their cars than they do of their own bodies?)

A good anti-aging doctor will start with an extensive blood panel to evaluate your present condition and to establish a baseline for you, will recommend colonoscopies every 5-10 years after the age of 50 or sooner (this alone would reduce your colon cancer death chance by 90%), will schedule other important tests and will monitor your health and progress.

We think the best place to start this topic is the use of hormones as a treatment for aging. After reviewing all the data that is available, we currently feel that a properly managed treatment of hormone replacement can be extremely beneficial to those over the age of fifty, who are experiencing declines in their hormone levels.

Let us explain our rationale for coming to this conclusion. We mentioned in the introduction that, as we age, we have certain control systems that begin to break down. One set of these key systems are those parts of the brain (the endocrine system) that controls the level of hormones circulating in your body.

For reasons that aren't completely clear yet, these systems start to go out of balance in middle age, resulting in a steady decline or sometimes an abrupt shutoff in production of particular hormones. Since medical science has yet to come up with a way of turning these systems back on in humans, the next best thing is to try to manually regulate our hormonal levels.

One of the major concerns with hormone replacement therapy, and especially estrogen, was that it might increase a person's chance of having cancer. In the case of breast cancer, this idea has been greatly exaggerated. There is little or no data in human beings that shows that "natural" estrogen increases the chances of cancer. There are studies that show evidence of serious health problems caused by "synthetic" forms of estrogen. .

But natural estrogen has so many benefits for aging women; it should be worth taking it. Consider this: approximately half of all women die from heart disease, less than 10%

die from breast cancer. Natural estrogen has been shown to be very protective against almost all forms of heart disease and provides terrific protection against osteoporosis. So if you are a woman, you have a 1 in 2 chance of dying of heart disease, or a 1 in 10 chance of dying of breast cancer.

For men, there also happens to be very little data to support the idea that testosterone will cause prostate cancer. In fact in some studies it has been shown to possibly be protective against it...that's not the problem. The problem is that if you DO have prostate cancer there are two kinds - one that is made worse by testosterone and the type that isn't affected for better or worse by it. So If you have a blood test and discover that your testosterone levels are low, we suggest supplementing with testosterone under a qualified physician's guidance, but ONLY after testing for prostate cancer (with a PSA test and a digital rectal exam). If the PSA is at all questionable, we might even suggest a transrectal ultrasound guided biopsy.

Once again, the potential benefits of hormone replacement far outweigh the negative consequences. These benefits include increased muscle tone, more active sex drive, better skin and hair condition and better immune system function.

The important thing to keep in mind though is, if you proceed, you should do so only under the guidance of an intelligent anti-aging physician. He or she should test your hormonal levels and monitor your health before and during supplementation of hormones to make sure you aren't receiving too much. As with any biologic molecule, too much can be just as problematic as too little. The idea here is to bring your system back into balance, not to overwhelm it.

There are many anti-aging clinics popping up around the country, and more and more, you will start to see physicians who specialize in anti-aging medicine. One of the primary treatments these physicians prescribe is hormone therapy. Most of these people are reputable, but there are a few who aren't. Make sure your physician is making every effort to track your progress through frequent lab tests and not just prescribing hormones at random.

The most commonly physician supplemented hormones are estrogen and progesterone in women, testosterone in men and growth hormone in both sexes. In addition to these hormones the majority of people also experience a decline in the hormones melatonin and DHEA. These too are available as over the counter supplements at any health food store. As with the physician supplement hormones, the dosage will vary with the person.

A final word of advice about hormone replacement is that there are many people selling what they claim to be human growth hormone or human growth hormone releasing drugs. The majority of these people are snake oil salesmen. Be very wary before purchasing any of these products. Many of them are completely unproven, and the companies that sell them usually can't be trusted.

Unconventional Therapies for Cancer

We at the Maximum Life Foundation predict that in just a few years, our current medical technologies of drugs and surgery will seem very barbaric. There are hundreds of different broad-based technologies and thousands of exciting breakthroughs being developed while you're reading this.

For example, using strands of genetic material, Purdue University scientists have constructed tiny delivery vehicles that can carry anticancer therapeutic agents directly to infected cells, offering a potential wealth of new treatments for chronic diseases.

Or imagine a Trojan Horse-like cancer drug that can burrow into a tumor, seal the exits and detonate a lethal dose of anti-cancer toxins, all while leaving healthy cells untouched. MIT researchers have designed a nanoparticle to do just that.

The way in which medical science currently treats many life threatening diseases is similar to trying to rid your house of cockroaches with a hand grenade. For a long time, physicians have relied on these tried and true "brute force" techniques to battle cancer, heart disease, diabetes, etc.

Slowly but surely though, biomedical scientists are beginning to give doctors the tools to intelligently combat these diseases. It is no longer good enough just to fight the symptoms of a disease. Now we have the tools to understand how and why a disease works the way it does.

Therapy for cancer patients has actually changed very little in the past thirty years. The most commonly prescribed treatments are still to cut it out, burn it with radiation, or kill it with chemicals. The problem with this idea is that cancer cells are a part of the patient, so these therapies often cause tremendous collateral damage to the patient.

Newer techniques are being developed and applied which specifically target cancer cells where they live and breathe - in the very molecules that allow them to grow with such great speed.

There is an enzyme cyclooxygenase II (COX-2) which many types of cancer cells produce in great quantities. Cancer cells use this enzyme to greatly speed up their metabolism, which in turn allows tumors to grow faster. Luckily COX-2 is also involved in rheumatoid arthritis, so drugs that have been developed for those patients may have great benefit for cancer patients. These drugs are called COX-2 inhibitors. To get these drugs you will most likely have to have your physician prescribe them. Some of the brand names of these products are Celebrex, Vioxx, Lodine XL, and a European drug nimesulide that is not yet approved by the FDA but is safer than any of those currently prescribed in the U.S. Both Celebrex and Vioxx have been linked to patient deaths. We prefer a natural COX-2 inhibitor, the supplement Curcumin.

Another type of proteins that are typically over expressed in cancer cells is a group collectively known as the RAS oncogene family. These proteins are part of the normal signaling mechanism that cells use to control their reproduction. When there is too much of this type of signaling, cells divide too rapidly, growing out of control.

There is a group of cholesterol lowering drugs that have been shown to stop the RAS proteins from signaling. This class of drugs is known as the "statins". One of these drugs is called lovastatin and has shown to be very effective in slowing the growth and spread of cancer cells.

A new type of drug that is still in clinical testing is also showing tremendous progress in fighting cancer growth. In order to grow, cancer cells need a blood supply just like any other cell type. Tumors have the ability to grow new blood vessels in order to feed themselves. This new class of drug stops the formation of new blood vessels, essentially starving the tumor. The two drugs currently undergoing testing are named angiostatin and endostatin.

Diet

Where does the largest volume of chemicals your internal organs are exposed to come from? Your food. The most powerful weapon you currently have for fighting the ravages of aging is a healthy diet.

Of all the techniques that have been tried on mammals in an attempt to slow the process of aging, the only one that works definitively is caloric restriction. This is a technique that has been used on mice, rats, and most recently monkeys. It consists of reducing the total number of calories ingested by an animal by thirty percent. This technique has resulted in an average of a fifteen percent (and as high as a thirty percent) increase in the maximum lifespan of rodents (the monkey studies are underway, but because of their longer lifespans the data isn't back yet).

In addition, there is some evidence humans experience the exact same type of effects from caloric restriction as animals do. Both animals and humans show lower blood glucose, lower cholesterol and decreased blood pressure while undergoing caloric restriction. These factors may be the prime mechanisms of life extension in animals and could very possibly lead to longer lifespans in humans.

Okay, so are we saying we should all go out and reduce our calories by thirty percent? Well this only works if it is started in young animals. DO NOT reduce the number of calories you eat if you are over the age of seventy and close to your ideal weight, (if you are overweight you should be reducing your caloric intake anyway) as elderly people have difficulty absorbing enough of their food as it is.

If you are serious about proceeding with caloric restriction, We suggest you follow the advice of Dr. Roy Walford, one of the pioneers in this field. He has an excellent book on the subject ("The Anti-Aging Plan"). His website, www.walford.com, contains excellent diet software. This is a Spartan diet though, and takes some discipline to adhere to it.

As Dr. Walford and others have pointed out, what type of food you eat is also very important in caloric restriction. You must still eat a fully nutritionally balanced meal. This means you should be eating foods that are low in calories and high in essential vitamins, minerals and nutrients.

There has also been a group of scientists and physicians who have been very vocal in advocating what the mainstream media and the medical establishment calls a "high

protein diet". This group includes Dr. Robert Atkins, *Atkins Diet*; Dr. Barry Sears, *Zone Diet*; Drs. Andrews, Balart, and Bethea, *Sugar Busters*; and Drs. Mary and Michael Eades, *Protein Power*.

None of these diets is really extremely high in protein; they are just lower in carbohydrates than what the USDA has been recommending for the past 30 years. This group and Dr. Walford are essentially all saying the same thing - carbohydrates can KILL! After a thorough review of the literature, it becomes clear that these people are right, and anyone who is saying 60%+ of your diet should be carbohydrates is dead wrong (pun intended). A high carbohydrate diet has been implicated as being a factor in heart disease, cancer, diabetes and a whole host of other problems.

One of the most damaging groups of substances we are exposed to on a daily basis is refined sugars and starches. Our metabolism was just not designed to handle the tremendous amount of nutrient free calories (i.e. sugar, starches, and to some degree fat) that the typical American diet has in it. The majority of those calories are coming from refined sugar (sweets, soft drinks, etc.) and starches (bread and pasta).

Excess sugar and starch is a nasty triple whammy to your system. First off, high blood sugar causes excess insulin release. There are two hormones that control the amount of sugar in your blood stream - insulin and glucagon. Insulin causes sugar to be taken into the cells, while glucagon causes it to be released. By eating excess carbs, you put your blood sugar control system into a dangerous roller coaster type of action. Up, down, up, down... after repeated bouts of this, the system will crash. The result is type II diabetes, which is becoming more and more prevalent among the elderly in this country. These people are unable to take up sugar efficiently, because their cells no longer respond to insulin. A nasty side effect of this process is that your body will begin producing way too much insulin to try and overcome the unresponsiveness of the cells. So now you have high insulin and high blood sugar which causes all kinds of damage to your arteries. This includes higher cholesterol in your blood, more useless molecules being made by sticking to the excess sugar (crosslinking) which clogs your arteries, production of oxidized molecules, and release of the hormone cortisol, which causes tissue breakdown.

Insulin also causes excess sugar to be converted to fat. Want to lose weight? Stay away from white flour and sugar.

To replace those high calorie, low nutrient carbohydrates you were consuming before, eat lots of fruit and vegetables. Some fruits that have been discovered to be particularly good for their anti-aging properties are blueberries, bilberries, strawberries, purple grapes, and tomatoes (yes tomatoes are technically fruits, not vegetables). Fruits with deep blue or purple colors (blueberries, bilberries, and purple grapes) tend to have high

concentrations of anthocyanins, which are powerful antioxidants. Strawberries have high concentrations of ellagic acid, another antioxidant which has been shown to protect rats against many age related defects. The molecule lycopene in tomatoes is yet another powerful antioxidant.

Increasing vegetables and fruits from 2 to only 5 servings a day can cut the incidence of many cancers in half.

So the final message on dietary content is - lower your carbohydrate intake by replacing high calorie, low nutrient carbs (white bread, pasta, rice, table sugar, soda, candy) with low calorie, high nutrient carbs (brightly colored fruits and vegetables, sweet potatoes, whole grain breads and brown rice).

In addition to changing what you eat, you should consider changing when you eat. The fluctuations in your insulin levels, which are so damaging to your system, can also be controlled by eating smaller, more frequent meals. This will also boost your metabolism, causing calories to be burned faster, and raise your energy level

In a nutshell, here are the Maximum Life Foundation dietary recommendations:

- ✍️✍️ Reduce your intake of carbohydrates by removing refined sugars and starches from your diet. The first things to go should be candy, cookies and soda. Large amounts of pasta, white breads, and potatoes also are problems and should be scaled back.
- ✍️✍️ Replace the above carbohydrates with at least six servings of brightly colored fresh or frozen vegetables and 1-3 servings of fruit each day. One serving equals ½ cup. Fruits and vegetables are nutrient dense sources of carbohydrates and contain loads of essential vitamins, minerals many of which are terrific antioxidants (to be discussed below in the supplements section).
- ✍️✍️ Combine fruit with protein and healthy fats to slow sugar absorption.
- ✍️✍️ Eat more lean protein, mostly from plant foods if possible. Plants have 1/7 the contaminants of animal products. Eat 6 servings of quality protein per day plus soy whey and egg protein powder. One serving equals 3 ounces of meat.
- ✍️✍️ Lower your fat intake. Deep-fried foods and solid fats (butter, margarine and lard) are especially damaging to your digestive and cardiovascular system.

- ✍️✍️ Replace bad fats with good fats. You need fats to absorb many vitamins and to have cells function properly. Low fat diets trigger famine response and increased production of body fat. But get your fats from monounsaturated fats and essential fatty acids. Saturated fats (bad fats) are found in meat and dairy products. They promote heart disease, cancer, diabetes and arthritis. Trans-fatty acids are even worse. They're basically unsaturated oils treated with hydrogen to create an artificial saturated fat. A perfect example is heated French fries. Eat fresh olives, olive oil, canola oil, avocados, and nuts and supplement with fish oil.

- ✍️✍️ Increase your intake of fish. Fish oils are rich in omega-3 fatty acids (the good fat) which aid immune function, cardiovascular health and brain health. Eat fish at least 3 times per week. But limit your intake of larger fish found at the top of the food chain such as swordfish, tuna and shark because of the high toxic levels of mercury.

- ✍️✍️ Lower your intake of red meat. Red meat is high in nitrosamines, a compound that has been directly linked to some forms of cancer. It is also much higher fat than most other meat. (It is a myth that all meat causes cancer. There is no correlation between cancer and high protein intake, only red meat and cancer). Lean skinless poultry breast is a good substitute with only occasional lean red meat. We prefer ostrich as red meat choice. Ostrich is tasty and has a fraction of the fat found even in turkey. Low fat dairy products including egg whites and beans/legumes and soy products are great protein sources.

- ✍️✍️ Avoid blackened or burnt foods. Food charred to a crisp contains many toxic chemicals and has been implicated in some forms of cancer.

- ✍️✍️ For a 2,000 calorie a day diet we recommend a 40% carbohydrate, 40% protein, 20% fat diet (percentage of calories). Maybe go slightly higher in protein and a little lower in fat and carbohydrates. This ratio will shift toward more complex carbohydrates (fruits and vegetables) if you are observing a strict reduced calorie diet.

- ✍️✍️ Eat smaller meals that are more spaced out through the day. Five to six smaller meals is much healthier than three.

- ✍️✍️ Consume plenty of filtered water (at least ½ ounce for each pound of body weight), and eliminate soda and coffee from your diet.

- ✍️✍️ Inflammation and glycation damage your immune system and promote disease. So, stay away from refined foods. Low fat varieties are usually high in sugar.

Whole grain foods and fresh fruit have more fiber and are converted to sugars more gradually. Fiber also prevents carcinogens from entering your bloodstream

You can follow these guidelines and still enjoy eating. In fact, if you like to eat, you should have extra incentive to live longer. Just think, if you add only 5 years to your life - that means you get to eat at least 5500 more meals.

You will live a long healthy life to the extent you can prevent oxidation; reduce inflammation; prevent glycation and enhance methylation. So start SALADS™ today. You'll never have a chance to relive it.

Stress Management

Another factor, which can do large amounts of damage to your body and cause you to prematurely age, is stress. Physical and emotional stress causes the release of cortisol and the catecholamines (adrenaline and nor-adrenaline), hormones that keep the body performing under high stress situations. These hormones are good in short bursts, such as in emergency situations, but damaging after long periods of exposure.

Catecholamines are also known as the fight or flight hormones, because they "rev up" your system (increase blood pressure and heart rate) in response to stress. Cortisol suppresses normal inflammatory responses and immune function to allow you to continue to be able to function in an emergency. Long term exposure to cortisol and the catecholamines though, is linked to a whole host of physiological problems, including memory loss, immune system inhibition, disruption of the endocrine system, increased production of free radicals, chronic increased blood pressure and chronic increased heart rate.

In our modern day world we are exposed to many situations which our bodies perceive as stressful. Work, traffic jams, family problems, and on and on, all cause this system to become active. The system that is designed to help us in an emergency becomes dangerous to our health if it is left running all the time.

There are several things you can do to control your stress and lessen the detrimental effects associated with it. One of the first things you can do is to eliminate any artificial chemical stress your might be putting on your body. The body has a hard enough time managing stress without its stress management system turned on by external chemicals.

Caffeine has been shown to release excess cortisol and catecholamines (adrenaline and nor-adrenaline), so it mimics the effect of stress. High blood sugar, caused by consuming high levels of carbohydrates (especially food high in refined sugar) can also mimic the effects of stress by causing large doses of insulin to be released into your blood stream. High insulin levels then cause release of cortisol, suppressing your immune system. Salt is one other chemical stressor, because it can unnaturally raise your blood pressure.

From the mental standpoint, you are responsible for all the emotional stress placed on your body. If you perceive a situation as stressful, your body will react. If you can manage difficult situations without overreacting, you save your body from unnecessary chemical damage.

There is a strong correlation between stressful situations and illness. Drs. T. H. Holmes and R. H. Rahe have researched this and put together a *Social Readjustment Scale*. To see whether you are in danger of illness, look at the chart below, and add up the number of Life Crisis Units (LCU's) you have received in the past two years. If you are in danger, you should take immediate steps to alleviate your stress and return to a more healthy condition.

| LCUs | Probability of Illness |
|---------|------------------------|
| 300 | 80%+ |
| 200-299 | 50% |
| 150-199 | 33% |

| <u>EVENT</u> | <u>LCUs</u> | <u>EVENT</u> | <u>LCUs</u> |
|---|-------------|--|-------------|
| Death of spouse | 100 | Son or daughter leaving home | 29 |
| Divorce | 73 | Trouble with in-laws | 29 |
| Separation | 65 | Outstanding personal achievement | 28 |
| Jail term | 63 | Spouse begins or stops work | 26 |
| Death of close family member | 63 | Begin or end of school or college | 26 |
| Personal illness or injury | 53 | Change in living conditions | 25 |
| Marriage | 50 | Change in personal habits | 24 |
| Fired at work | 47 | Trouble with boss | 23 |
| Marital reconciliation | 45 | Change in work hours or conditions | 20 |
| Retirement | 45 | Change in residence | 20 |
| Change in health of family member | 44 | Change in school or college | 20 |
| Pregnancy | 40 | Change in recreation | 19 |
| Sex difficulties | 39 | Change in church activities | 19 |
| Gain of new family member | 39 | Change in social activities | 18 |
| Business readjustment | 38 | A moderate loan or mortgage | 17 |
| Change in financial state | 38 | Change in sleeping habits | 16 |
| Death of close friend | 37 | Change in number of family get-togethers | 15 |
| Change to a different line of work | 36 | Change in eating habits | 15 |
| Change in number of arguments with spouse | 35 | Holiday | 13 |
| A large mortgage or loan | 30 | Christmas | 12 |
| Foreclosure of mortgage or loan | 30 | Minor violations of law | 11 |

Taking care of your body will go a long way towards helping you cope with these situations. The diet, exercise and supplementation routines mentioned above will better equip you to deal with the stresses placed on the human body in times of stress. A good diet and supplementation will help you cope with the increased production of free radicals caused by stress. Exercise will increase your cardiovascular ability to handle stress and also increases your antioxidant potential. In addition, if are faced with difficult situations, make sure you are getting enough rest. Fatigue can definitely reduce your immune function and healing ability.

In addition to exercise, there are many physical relaxation techniques you can do to reduce the effects of stress. One of the best types is meditation and deep breathing techniques. Meditation doesn't just have to be for eastern mystics. Its health benefits have been shown in many different studies.

All meditation really is, is focusing on one thing for an extended period of time. This allows your mind to reset itself and stop the vicious cycle of thinking about things that are causing you stress. Your brain, just like your muscles, can be overworked and needs recovery time

Meditation has all of the following beneficial effects:

- ✍✍ slows your breathing
- ✍✍ reduces your blood pressure
- ✍✍ relaxes your muscles
- ✍✍ reduces blood pressure
- ✍✍ helps muscles relax
- ✍✍ gives the body time to eliminate lactic acid and other waste products
- ✍✍ reduces anxiety
- ✍✍ eliminates stressful thoughts
- ✍✍ helps with clear thinking
- ✍✍ helps with focus and concentration
- ✍✍ reduces irritability
- ✍✍ reduces stress headaches

The essence of meditation is to quiet your thoughts by focusing completely on just one thing. Unlike hypnosis, which is more of a passive experience, meditation is an active process that seeks to exclude outside distractions by concentrating all your thoughts on the subject of meditation.

In all cases, it helps if your body is relaxed. It should be in a position that you can comfortably sustain for a period of time (20 - 30 minutes is ideal). If you choose, and if you are sufficiently supple, then the lotus position may be appropriate. Otherwise, sitting in a comfortable chair or lying on a bed may be equally effective.

A number of different focuses of concentration may be used. Which one you choose is a matter of personal taste. Some of these are detailed below:

☞ *Breathing*: Focus on each breath in and out, breathing in through your nose on a count of four, hold for a count of 16, and out through your mouth on a count of 8. Inhale and exhale completely, totally filling and emptying your lungs.

☞ *Focusing on an object*: Completely focus on one object. Choose something pleasant and interesting to look at, and then examine it in detail. Observe its color, shape, texture, etc.

☞ *Focus on a sound*: Some people like to focus on sounds. The classic example is the Sanskrit word 'Om', meaning 'perfection'.

☞ *Imagery*: Create a mental image of a pleasant and relaxing place in your mind. Involve all your senses in the imagery: see the place, hear the sounds, smell the aromas, feel the temperature and the movement of the wind.

In all cases, it is important to keep your attention focused. If external thoughts or distractions wander in, let them drift out. If necessary, visualize attaching the thoughts to objects and then move the objects out of your attention.

In addition to all the above suggestions, we also suggest looking into how well you manage your life. One of the primary reasons for stress is the feeling of being out of control. Techniques such as personal goal setting and time management can help you feel like you have a better handle on your life.

Other stress reducers include supplementing with DHEA; ingesting certain herbs like green tea; getting 8 hours of sleep; exercise and taking regular vacations.

Unfortunately, the old wives' tale about stress turning your hair gray is in many respects true. Because of the damage to multiple systems in your body people who are constantly exposed to stress are much more likely to appear and feel older. So use all these techniques to your advantage and maintain your youth

Life in General

The rest of this book isn't about life extension at all, at least not directly. However, in my humble opinion, it's by far the most important. In fact, the ideas you'll get in this chapter actually led me directly to my life's passion... life extension pursuits.

This section has a little to do with philosophy. If you can truly master this short chapter, and when I finally manage to learn all the lessons that follow, good health should be routine - both physical and mental.

We at the Maximum Life Foundation look at life through holistic glasses. Longer life could be a curse if you're not getting out of life what you should. More time magnifies deficiencies, unhappiness, boredom and stress. But it also enhances all the good things you deserve and experience in life. That's why, if you plan on living for a very long time, it's even more important to master the life habits that contribute to your over all well being.

This chapter points you in that direction. It contains a summary of just about every meaningful thing I ever learned about life.

Hopefully, you'll profit from some of these ideas.

Long life!

David A. Kekich

KEKICH'S CREDO

KEKICH'S CREDO

1. People will do almost anything to stay in their comfort zones. If you want to accomplish anything, get out of your comfort zone. Strive to increase order and discipline in your life. Discipline usually means doing the opposite of what you feel like doing. The easy roads to discipline are 1) setting deadlines, 2) discovering and doing what you do best and what's important and enjoyable to you and 3) focusing on habits by replacing your bad habits and thought patterns, one-by-one, over time, with good habits and thought patterns.
2. Cherish time, your most valuable resource. You can never make up the time you lose. It's the most important value for any productive happy individual and is the only limitation to all accomplishment. To waste time is to waste your life. The most important choices you'll ever make are how you use your time.
3. Think carefully before making any offers, commitments or promises, no matter how seemingly trivial. These are all contracts and must be honored. These also include self-resolutions.
4. Real regrets only come from not doing your best. All else is out of your control. You're measured by results only. Trade excuses and "trying" for results, and expect half-hearted results from half-hearted efforts. Do more than is expected of you. Life's easy when you live it the hard way... and hard if you try to live it the easy way.
5. Always show gratitude when earned, monetarily when possible.
6. Produce for wealth creation and accumulation. Invest profits for wealth preservation and growth. Produce more than you consume and save a minimum of 20% of all earnings. Pay yourself first.
7. You're successful when you like who and what you are. Success includes achievement... while choosing and directing your own activities. It means enjoying intimate relationships and loving what you do in life.
8. Learn from the giants.
9. A little caution avoids great regrets. Hope for the best and prepare for the worst. Keep fully insured physically and materially and keep hedged emotionally. Insurance is not for sale when you need it.
10. Learn the other side's needs, offer as little information as possible, never underestimate your opposition, and never show weakness when negotiating.
11. Never enter into nor invest in a business without a solid, well-researched and well thought-out written plan. Execute the plan with passion and precision. Plan and manage your life the same way.

12. Success comes quickly to those whom develop great powers of intense sustained concentration. The first rule is to get involved by asking focused questions.
13. Protect your downside. The upside will take care of itself. Cut your losses short - and let your profits run. This takes tremendous discipline.
14. The primary purpose of business is to create and keep customers. Marketing and innovation produce results. All other business functions are costs. Prospecting and increasing the average value and frequency of sales are the bedrock of marketing and business.
15. If it's not proprietary, it won't work. Pay only on performance. Proprietary interest is one of the most powerful forces ever known. Whatever you reinforce or reward, you get more of.
16. Competence starts with guaranteeing your work.
17. Life operates in reverse action to entropy. Therefore the universe is hostile to life. Progress is a continued effort to swim against the stream.
18. Find out what works, and then do more of it. Focus first on doing the right things, and then on doing things right by mastering details. A few basic moves produce most results and income.
19. Use leverage with ideas (the ability to generalize is the key to intellectual leverage), work, money, time and people. To maximize profits, replicate yourself. Earning potentials become geometric rather than linear.
20. Rationalizations are generally convenient evasions of reality and are used as excuses for dishonest behavior, mistakes and/or laziness.
21. Always have lofty explicit goals and visualize them intensely. Assume the attitude that if you don't reach your goals, you will literally die! This type of gun-to-your-head forced focus... survival pressure mindset, no matter how briefly used, stimulates your mind, forces you to use your time effectively... and illuminates new ways of getting things done.
22. The value of any service you have to offer diminishes rapidly once it's provided. Protect your compensation before performing.
23. Incalculable effort and hardship over countless generations evolved into the life, values and happiness we take for granted today. Every day should be a celebration of existence. You are a masterpiece of life and should feel and appreciate this all the way down to your bones. Aspire to create, achieve and build onto the great value momentum taking place all around you.
24. Enthusiasm covers many deficiencies - and will make others want to associate with you.
25. Working for someone else gives you little chance to make a fortune. By owning your own business, you only have to be good to become wealthy.
26. Religiously nourish your body with proper nutrition, exercise, recreation, sleep and relaxation techniques.
27. The choice to exert integrated effort or to default to camouflaged laziness is the key choice that determines your character, competence and future. That critical choice must be made

- continually - throughout life. The most meaningful thing to live for is reaching your full potential.
28. Keep an active mind, and continue to grow intellectually. You either grow or regress. Nothing stands still.
 29. Most accomplishment (and problem avoidance) is built on clear persuasive communication. That includes knowing each other's definitions, careful listening, thinking before talking, focused questioning and observing your feedback. Become a communications expert.
 30. Power comes from stripping away appearances and seeing things as they really are. Socialism appeals to psychological and intellectual weaklings. Identify and replace all external authorities with internal strength and competence. Take full control of, and responsibility for, your conscious mind and every aspect of your life. Being incompetent or depend
 31. If there is not a conscious struggle to be honest in difficult situations, you are probably being dishonest. Characters aren't really tested until things aren't going well or until the stakes are high.
 32. Do not compromise if you are right. Hold your ground, show no fear, ask for what you want, and the opposition will usually agree.
 33. If the situation is not right in the long term, walk away from it. Maintain a long term outlook in all endeavors. Live like you don't have much time left... but plan as if you'll live for centuries.
 34. Invest only after strict and complete due diligence. Don't allow yourself to be rushed. Make important decisions carefully, consider your gut feelings... then pull the trigger.
 35. Stress kills. No matter how painful in the short-term, remove all chronically stressful situations, environments and people from your life.
 36. Keep your overhead to a minimum. Rely more on brains, wit and talent... and less on money.
 37. Business is the highest evolution of consciousness and morality. The essences of business are: honesty, effort, responsibility, integration, creativity, objectivity, long-range planning, intensity, effectiveness, discipline, thought and control. Business is life on all levels at all times.
 38. That which is most satisfying is that which is earned. Anything received free of charge is seldom valued. You can't get something for (from) nothing. The price is too high.
 39. By adhering to a strong honest philosophy, you will remain guiltless, blameless, independent, and maintain control over your life. Without a sound philosophy, your life will eventually crumble.
 40. No dream is too big. It takes almost the same amount of time and energy to manage tiny projects or businesses as it does to manage massive ones... and the massive ones carry with them - proportional rewards.
 41. There is no such thing as "just a little theft" or "just a little dishonesty".

42. Lead by example.
43. Take full responsibility for your actions or lack of action. He who errs must pay. This is an easy concept to grasp from the recipient's end.
44. An hour of effective, precise, hard, disciplined - and integrated thinking can be worth a month of hard work. Thinking is the very essence of, and the most difficult thing to do in business and in life. Empire builders spend hour-after-hour on mental work... while others party. If you're not consciously aware of putting forth the effort to exert self-guided integrated thinking... if you don't act beyond your feelings and take the path of least resistance, then you give in to laziness, make bad decisions and no longer control your life.
45. Out-think, out-innovate and out-hustle the competition, and vividly visualize yourself as winning before entering into every deal or competitive situation. Maintain a blood-smelling, fighter pilot life-or-death attitude when any deal gets near to a close.
46. First impressions are lasting impressions. Put your best foot forward. People treat you like you teach them to treat you. A success key is positioning yourself at the top of their agenda.
47. The right thing is usually not the easy thing to do. You may sacrifice popularity for rightness, but you'll lose self-esteem for wrongness. Don't be afraid to say "no".
48. If someone lies to you once, he'll lie to you a thousand times. Lying is for thieves and cowards.
49. Have strict and total respect for other people's property.
50. Producing results is more important than proving you're right. To get things done, try to understand others' frames of references, points of view, needs and wants. Then determine what is honest, fair, effective and rational... and act accordingly.
51. Long term success is built on credibility and on establishing enduring loving relationships with quality people based on mutually earned trust. Cut all ties with dishonest, negative or lazy people, and associate with people who share your values. You become whom you associate with.
52. Don't be preoccupied with things over which you have no control, and don't take things personally.
53. Spend more time working "on" your business than "in" your business.
54. Don't enter into a business relationship with anyone unknown to you without being furnished with references dating back at least 10 years. If he doesn't have good enduring relationships, stay away. Check all representations on which you will rely made by everyone.
55. Enjoy life. Treat it as an adventure. Care passionately about the outcome, but keep it in perspective. Things are seldom as bleak as they seem when they are going wrong - or as good as they seem when they are going well. Lighten up. You'll live longer.
56. Identify exactly what it is you want. This takes a lot of thought. Then don't let anything stand in your way of getting it.

57. You can get any job done through the sheer force of will when combined with uncompromising integrity and competence. Strong leadership is the key.
58. You are responsible for exactly who, what and where you are in life. That will be just as true this time next year. Situations aren't important. How you react to them is. You have to play it where it lies.
59. The foundation of achievement is intense desire. The world's highest achievers have the highest levels of dissatisfaction. Those with the lowest levels are the failures. The best way to build desire is to make resolute choices for the future.
60. Integrate every aspect of your life (body, mind, spirit, relationships, business) and each within itself. Integrating means understanding and digesting a process... and seeing relationships among seemingly unrelated phenomena. It's a sign of innovative genius.
61. Never be deceptive when trying to achieve a personal gain. Shortchanging others results in loss of self-esteem.
62. If your purpose of life is security, you will be a failure. Security is the lowest form of happiness.
63. Never enter into a contract unless all parties benefit. But no partnership is ever 50/50. There will always be inequities.
64. Review the basics of your profession at least once per year.
65. Bitterness, jealousy and anger empower your enemies and enslave you. Negative thinking results in the destruction of property. It is anti-property, therefore anti-capitalistic and anti-life. It also erodes your health. Forgive, learn your lessons, and get on with your life.
66. Most people spend 90% of their time on what they're not best at and what they don't like doing - and only 10% of their time on their best and most enjoyable ability. Geniuses delegate the 90%... and spend all their time on their "unique ability".
67. High self-esteem can only come from moral productivity and achievement.
68. There are an infinite number of new opportunities. Actively seek them out, and position yourself to recognize and take advantage of them.
69. There is no such thing as a good idea unless it is developed and utilized.
70. For maximum profits, identify and market universal needs, wants and trends. Creating desire, satisfying needs and wants and replacing problems with creative innovations are the essence of profit generation.
71. To maximize opportunities, seek and master the complicated. The major solutions you find will be surprisingly simple, and the competition is minimal.
72. Always have options. Options are a primary source of power. Power also comes from stripping away appearances and seeing things as they really are.
73. Nothing wins more often than superior preparation. Genius is usually preparation.

74. Patience is profitable. Achievement comes from the sum of consistent small efforts, repeated daily.
75. Persistence is a sure path to success with quality activities. Never, ever, ever give up.
76. "I will do this" is the only attitude that works. "I'll try" or "I think" doesn't work.
77. Always work on increasing the size of the pie, rather than just your portion.
78. Rewards are rare without risks, but take only carefully calculated risks. Make sure the odds are on your side.
79. The "how" you get it (with integrity) is more important than the "what".
80. Be explicit and semantically precise in all communications, agreements and dealings. Summarize and write down important discussions... and make sure all sides agree. Putting agreements in writing avoids misunderstandings. Memories are fallible, and death is inevitable (so far).
81. The best way to get started is to get started. Life rewards action... not reaction. Wait for nothing. Attack life. Don't plan to death or ask for permission... but act now... and apologize later.
82. Question everything. Don't believe it's true or right just because it's conventional. Strip all limits from your imagination on every deal and look for an unconventional creative opportunity in every mistake, crisis or problem. Be flexible, and be willing to turn on a dime when advantageous.
83. Have fun. The single key to a successful happy life is finding a vocation you enjoy - one that excites you the most.
84. Nobody gets old by surprise.
85. When it's a matter of producing or starving, people don't starve.
86. You get what you expect, not what you want. Fill your life with positive expectations. Demand the best. Attitude and desire contribute to 90% of your achievement. Anyone can learn the physical mechanics.
87. The surest way to accomplish your business goals is making service to others your primary goal. The key to success is adding value to others' lives.
88. The source of lasting happiness can never come from outside yourself through consuming values - but only from within yourself by creating values. Producing more than you consume is the only justification for existence.
89. Unattended problems will not go away, but will usually get worse. Anticipate and avoid problems - or meet them head on at the outset. Overcome fear by attacking it.
90. Find an excuse to laugh every chance you get, especially when you least feel like it.

91. When someone makes a big issue about his honesty or achievements, he is probably dishonest or a failure.
92. Put the magic power of compound interest to work with every available dollar.
93. The best investment you will ever make is your steady increase of knowledge. Invest in yourself. Thirty minutes of study per day eventually makes you an expert in any subject - but only if you apply that knowledge. Study alone is no substitute for experience. Education is always painfully slow.
94. For each important action you take, ask yourself if you would be embarrassed if it were published. It takes a lifetime of effort to build a good reputation but only a moment of stupidity to destroy it.
95. You are exactly what you believe and think about all day long. Constantly monitor your thoughts.
96. Skepticism is a key to rational thinking. Be especially skeptical of your own cherished beliefs. You might be wrong... and things change.
97. Anxiety is usually caused by lack of control, organization, preparation and action.
98. The first rule of sharpening your mind is to be an alert and sensitive observer. Assume nothing. If it can't be observed, it's not true. Never act on blind faith. Whenever something sounds too good to be true, it almost always is. Refuse to be swayed by emotion when it conflicts with reason. Observation is the genesis of all knowledge and progress... and is the first and last step of every thinking man's tool - The Scientific Method. All science and most progress is built on the Scientific Method (most non-scientists use it by accident). The steps are 1) OBSERVATION. Gathering and rationally organizing facts. This is where most people fail. 2) INDUCTIVE REASONING. Forming a hypothesis - or a generalization of facts held to be true. 3) EXTRAPOLATION. Making a projection or prediction based on the hypothesis in areas you didn't yet observe. 4) OBSERVATION. A test for the hypothesis to see if it works.
99. Experience is not what happens to you. It's what you do with what happens to you. It takes a wise man to learn from his own mistakes... and a genius to learn and profit from the mistakes and experiences of others.
100. The purpose of life is to delay, avoid and eventually reverse death.

Special Gratitude to:

Dr. Andrew J. Galambos

Dr. Wallace Ward

Frederick Mann

Dr. Craig C. McGraw

Daniel Sullivan

George S. Clason

Gary C. Halbert

Sir Isaac Newton

Michael Gerber
Winston Churchill
Napoleon Hill
Bobby Jones
Joe Paterno
Dr. Yul Brown
Patrick Malloy
Vince Lombardi
Thomas J. Peters
Harry Stottle

Anonymous (all those wonderful insightful heroes who influenced me one way or another, either consciously or unconsciously, but whose names I can't attach to any particular Credo.)

Afterward

Our ultimate goal at the Maximum Life Foundation is to preserve human life. Yours, ours, everybody's. In keeping with that mission, we will continue to seek out all the latest ground breaking research on each of the topics covered in this booklet and provide that information to you in an easy to read format.

As we mentioned in the introduction this will be a continually evolving document. We expect there will be regular updates. The research on many fields mentioned here moves quickly, and we have plans to greatly expand the scope and detail of the material. Updates to this information can be found at the Maximum Life Foundation website, www.maxlife.org.

If there are topics of interest to you that you think should be covered in the next edition of the document, or if you have comments or questions about this version, please feel free to contact us by email at info@maxlife.org. We are determined to find the best methods to keep you alive, young, and terrifically healthy until our research program halts the aging process.

Here's to your life!

