**Longevity – Follow the Science**

**Principles & Practices of Life-Extension: The State of the Art**

**Oliver Woods**

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**LONGEVITY - FOLLOW THE SCIENCE**

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Kings Way Classical Academy Press

Dedicated to those who have

made poor health choices in the past

and now want to tap their body’s

recuperative power for a longer life expectancy

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## Introduction and Disclaimer

Knowledge is power and the knowledge in this book can empower and transform your life. We’ve drawn on the research of a broad range of experts in the field of health and longevity to compile this unique book. Their advice is based on their own in-depth review of the related literature and/or clinical research they themselves have conducted in the field. Most of the books available focus on just one piece of the puzzle.

This report is simply an attempt to pull it all together, to connect the dots in such a way that a coherent picture emerges related to the art and science of health and longevity. With this “20,000 ft. view” in mind you may set health and longevity goals based on your unique body type and nutritional type -- with no critical oversights.

All the information presented in this meta-review of the literature is for educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated or approved by the FDA. If you are suffering from any disease symptoms, you should consult your physician.

No recommendations are offered other than those of the experts themselves. It remains your responsibility to evaluate the information and use it as you see fit under the supervision of your health care provider or coach. You may choose to enroll in the 60-Day Longevity Challenge App at LongevityChallenge.us to set and achieve your goals in each category. This book is the offline, stand-alone, User’s Manual for the free App.

If you need help or more information just refer to the corresponding section in this report for a summary of recent findings. Codes in the text refer to references in the Appendices. There you’ll find links to in-depth information and references to relevant research studies. Or you may connect and confer with other Challengers on the blog.

What if 15 minutes a day could give you 15 extra years of vibrant living? Is it worth it? You must decide. In this book you’ll get:

* Latest findings of Health and life-expectancy experts worldwide.
* How to live to 100 and not regret it.
* What’s your Longevity Score? Get it: take easy steps to improve.
* One-stop destination for science-based, long-life solutions.
* An optional free App based on the 8 life-extension secrets.
* One-page “Cheat Sheet” of the most important 32 bio-hacks
* The 8-point model for longevity that connects all the dots.

If you find this meta-study helpful, you may sign up for the latest news and developments in the emerging field of human health and longevity. When critical breakthroughs occur that are of vital importance to your quest for longevity you deserve to know. Add years to your life and life to your years. You *can’t* get this comprehensive summary anywhere else: <https://www.boomers-alive.com/> .

**Preface – An Hypothesis Proposed**

This book presents an hypothesis in the first phase of a scientific investigation related to the practical model on the next page. Those who wish to participate in this study exploring the validity of the model are invited to browse the home page at http://www.LongevityChallenge.us.

There you may Log-in, complete the 32-question Longevity Assessment as a benchmark and begin the 60-Day Challenge. Those who complete the 60-Day challenge will be included in the experimental group. Some will not complete for a variety of reasons and they will serve as the control group. Together we will “follow the science.”

With your co-operation, we will present short-term findings as the sample size grows, and long-term, longitudinal results based on your actual life-span. You may opt-in to the optional, longitudinal phase of the study by providing some additional contact information.

The word “meta” carries many connotations. This report is not yet a “meta-analysis” in the sense of rigorous, advanced, statistical analysis applied to collected data relating to the model. It is however a “meta” study in the sense of an overarching or transcendent theory.

On November 15, 2021, a BBC article by Nathan Dufour Oglesby explored the meaning of the term “meta” in light of Facebook’s rebranding that same year. Oglesby defined the expanding conception of the word “meta” as referring to a “conceptual layer of something that is beyond or transcendent of the thing itself…Meta has become an adjective associated with transcending, comprehending, and encompassing.” So one thing we’re considering is the extent to which the whole is greater than the sum of its parts. And which of the parts makes the greatest contribution to the whole, if any.

To this point we’ve conducted a broad-based literature review to arrive at 32 data points. This involved review of articles, scientific journals, PubMed research, and interviews with doctors and scientists. The 32 data points are all practical in nature. Simple things like water consumed, cold showers, and steady-state versus intermittent exercise.

In other words, to what extent do individual actions or habits that we know have a positive effect on health and wellness contribute to a longer lifespan? And how well does our assessment instrument predict the desired outcome? And by how many years may the human lifespan be extended beyond the norm?

If you don’t care to participate in the research, that is completely OK. What you have in your hands is a practical tool that if applied with common-sense, professional advice, and diligence is very likely to change your life for the better. We believe it is unique as a compilation, in one easy-to-understand report, of a broad spectrum of the latest research findings.

All of this has given us one of the most practical life expectancy calculators in existence. Instead of a meaningless number allegedly predicting your life span our free index gives you an expected life index or grade – A, B, C, D, F – based on 32 science-based, health/fitness actions. These may be translated into simple fitness goals or habits that we help you build into your life over a 60-day period as you watch your fitness index rise from “F” or lower on a 100-point scale, up into a passing longevity grade that you can take pride in. Most people fail initially.

**The Hypothesized Ideal** **Model**

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**The** **Reality**



**Chapter 1 – Water/Hydration\***



(wat1) **Eight glasses of water** a day? It’s better to drink when your body tells you to (thirst and other body signals: headache, constipation), instead of when Gatorade tells you to. Other sources of liquid like herbal tea and organic coffee count s, as does the 50%+ water content in your food. Take a humor break with “Adam Ruins Everything.” You may not agree, but you’ll enjoy the slapstick [[INT1](https://www.youtube.com/watch?v=OWASUMMQjj8)].

Race horses that drink too much water before a race are severely handicapped. Prior to the sports drink marketing blitzes of the 1970s, human distance runners likewise understood the importance of moderate water consumption before and during a race. But times have changed. These sustained marketing campaigns have proven to be deadly. At least 12 athletes have died of hyponatremia during an event by drinking too much water, with hundreds if not thousands of other close calls [[INT2](https://www.youtube.com/watch?v=t3QzrgnZ3hA)].

Hydration has little to do with the amount of water you “pump” through your system. It has more to do with the electrolyte balance which allows water to enter your cells and perform vital cellular functions, especially contributing to ATP energy production. This is measured by cellular phase angle. According to Dr. Eric Berg, drinking excess water dilutes the electrolyte level in your fluids. This in turn lowers the Phase Angle measurement over time. He drinks 2 or 3 cups of water a day, including Pellegrino natural mineral water [[INT3](https://drberghelp.zendesk.com/hc/en-us/articles/360020491553-The-Drink-8-Glasses-of-Water-Per-Day-Lie)].

Rather than gorging yourself with water, hydration researchers say you should focus on how to improve the electrolyte balance in your fluids and increase your phase angle, which is a measurement of electrical resistance and therefore the ability of water to traverse your cell membranes (1). See the discussion of potassium in the Stress section of this Report.

This can include things as simple as adding lemon slices to your water, drinking a bottle of high-electrolyte bottled water in addition to regular free water or tea and coffee. Food you eat also contributes water. You can also improve electrolyte balance with Magnesium Chloride and Silica in horsetail, according to Dr. Zach Bush [[INT4](https://www.youtube.com/watch?v=FBZfdmvn2aA)]. AND taking steps to reduce the EMF assault on your mitochondria -- your brain especially is vulnerable during sleep.

Dr. Dana Cohen, author of “Quench,” notes that people in desert cultures achieve hydration on far less than 8 glasses of water a day. This is due in part to ultra-violet radiation from the sun which helps to structure water in the body. She also refers to a 4th “state” of water, called “gel,” or structured water found in plants, which leads to the expression, “eat your water.” Certain foods are especially helpful for hydration, including chia seed pudding, cactus, prickly pear and aloe drinks [[INT5](https://www.youtube.com/watch?v=dKhJpLUzr_0)].

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(wat2) We’ve all heard the rumors of Coke dissolving nails, teeth, etc. Although the nail theory has been debunked, drinking “soft” drink does have some very serious health risks (2). Numerous studies have shown the negative health effects of **drinking soda** on your waistline and your teeth. Regular consumption of sugary drinks is linked to a variety of health problems including heart disease, diabetes, asthma, COPD (Chronic Obstructive Pulmonary Disease) and obesity, and others. Twenty-one others to be precise, according to this article [[ART1](https://foodrevolution.org/blog/soda-health-risks/)]: You may also be wondering, what happens to your body one hour after drinking a can of Coke [[ART2](https://therenegadepharmacist.com/what-happens-one-hour-after-drinking-a-can-of-coke/)]. Sugary fruit-drinks are almost as bad because the fiber has been removed.

Coke’s misleading attempt to obscure these effects and stem its declining market share is packaged in the form of its 2013 “Coming Together,” anti-obesity campaign. In it they attempt to portray Coke’s calories as no different than any other and offer “helpful” meal-planning tips to cut total calories*: “All calories count no matter where they come from, including Coca-Cola and everything else with calories. And if you drink and eat more calories than you burn off, you’ll gain weight”* [[ART3](https://www.triplepundit.com/story/2013/behind-coca-colas-new-anti-obesity-campaign/54746)].

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(wat3) Most are aware of the dangers of drinking unfiltered tap water. We’ve all been reminded that most municipal water systems “fortify” tap water with toxic chlorine and fluoride. In addition, bacteria and viruses such as e-Coli and Hepatitis A can seep into the system. Heavy metals are also a threat. For example, deterioration of old lead pipes in your own home can result in lead poisoning. Here’s a guide to some of the best low priced home **water filter systems** (3): Top-10 charcoal filters [[ART4](https://www.toptenthebest.com/top-10-best-water-filter-systems/)]. Also recommended are plastic bottle filters [[ART5](https://everydropwater.com/?cmp=sem&gclid=EAIaIQobChMI4N_KrMyf5AIVR18NCh3sNwN-EAAYASAAEgJVlfD_BwE)].

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(wat4) Considering all the alleged health benefits of **green tea** the claim of enthusiasts that “green tea is the healthiest beverage on the planet” may not be so far-fetched after all (4). But if you’re struggling with insomnia, make sure your tea is all-natural with no caffeine and avoid evening consumption. Check out this article listing ten alleged benefits that range from weight loss to reducing the risk of heart disease and reducing risk factors that could lead to some types of cancer.

For example, the article claims that green tea boosts your body’s ability to detox poisons and heavy metals that are released during the fat burning process [[ART6](https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-green-tea)]. And according to Dr. Al Sears, green tea supports resveratrol in arresting or reversing the length of the telomeres that keep your DNA chromosomes from unraveling. This is an important longevity marker.

## Chapter 2 – Sleep/Recovery\*



**(Sl1) For adults,** experts recommend **7-8 hours of sleep,** but it will of course vary with the individual (5). The best gauge of whether you’re getting enough sleep or not is how you feel during the day. More important than quantity of sleep is quality of sleep, so it’s important to focus on ways to improve how well you sleep and when you sleep. This will include how long it takes to get to sleep, how often you wake up, and length of time in deep and REM sleep. When you wake without an alarm do you feel refreshed and ready to go? Besides daily sleep, the Bible recommends you rest weekly, one day out of seven [[ART1](https://www.healthline.com/nutrition/how-much-sleep-you-need)].

If you find it difficult to sleep for the recommended 7-8 hours it may be that a biphasic or multi-phasic sleep pattern works best for you. This would involve a short or long nap in the middle of the day, depending on how much sleep you got the night before [[ART2](https://www.healthline.com/health/biphasic-sleep)]. The terms diurnal or polyurnal means sleeping in two or more segments during a 24-hour period.

Dr. Michael Breus has taken this to a whole new level in which he theorizes that every person belongs to 1 of 4 natural sleep patterns, such as night owl or early bird. According to Dr. Breus, the belief that everybody needs 8 hours of sleep is a myth. He calls the 4 sleep categories *chronotypes,* labeled according to the specific type of animal that best characterizes each one. Knowing your specific sleep category is important because it dictates the hours of sleep you need, your ideal sleep pattern, and the time of day in which you can achieve the greatest productivity. It varies because everybody is wired with different internal rhythms that are biologically set. This has practical applications ranging from weight loss to the best time of day to do certain things. He has a 4-week program in which you can identify and adapt to your ideal sleep pattern.

Likewise, Dr. Don Posner draws a distinction between “sleep hygiene” and Cognitive Behavioral Therapy (CBT) – a professional program lasting 4-6 weeks. “Sleep hygiene” includes the plethora of often-conflicting advice we typically hear about sleep problems. Things like take a warm bath; make sure the bedroom is dark, quiet, and cool; drink tea; take a pill. You can also wear an inexpensive blindfold and review Bible memory verses.

These things are helpful says Dr. Posner, but chronic insomnia that has developed over several months (e.g., like the arrival of a new baby) requires a structured program to break and build habits related to ([INT1](https://www.youtube.com/watch?v=nU6FXWwLS-w&t=2091s)) :

* Circadian rhythm
* Sleep drive,
* Conditioned arousal,
* Restless, racing mind, and
* Sleep hygiene.

Our main concern with Dr. Breus is that he recommends not going to bed hungry, which runs counter to the benefits of intermittent fasting – restricted caloric intake during about 2/3 of each 24-hour period, including especially your sleep period. You don’t want digestion interfering with rejuvenation.

To quantify your sleep quality, requires a sleep tracker. According to reviewer Ethan Green, *“the Fitbit Versa is the most reliable of the many sleep trackers I’ve tried over the years and is currently my personal favorite. [Note: The Aura Ring is another option that minimizes the EMF threat]. It’s [FitBit] generally accurate when it comes to the measurements I can verify myself. For example, it can tell if I’m lying in bed reading or sleeping, how often I wake up in the night, and what time I finally wake up. And when it comes to fitness tracking, it also seems impressively reliable. The step count is decent, as is my pulse at different intensity levels of training, and automatic movement tracking. So the accuracy of the basic sleep data, heart rate, and movement provide some optimism that the sleep stage tracking is a decent enough estimate.”*[[ART3](https://www.techradar.com/news/best-sleep-tracker)]

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(Sl2) If you exercise in the evening during your fasting period, use the shower for more than just rinsing off. Think of it as a mitochondrial battery charger. It’s called **mitochondrial biogenesis,** and according to Dr. Rhonda Patrick (FoundMyFitness.com), here’s how it works.

When you expose your body to extremes of temperature – both hot and cold – you stimulate your mitochondria for maximum performance, replication and growth. She explains that *“Hormesis is the exposure of the body to short bursts of stress that rejuvenate pathways of stress response, activate genes by repairing protein degeneration*.”

This is one of 4 primary mechanisms for mitochondrial biogenesis, including also Resveratrol supplementation, high intensity interval training, and intermittent fasting. Make sure you finish with the cold cycle because that will leave your body core cool in preparation for better sleep [[INT2](https://www.youtube.com/watch?v=6vJQ_m32UAM)].

Adapting to your natural sleep pattern can also keep you off of drugs. The risks of pharmaceutical sleep aids include accidental falls, grogginess, addiction, and daytime sleepiness. Most of these are in the anticholinergic drug category, which can cause dementia and Alzheimer’s with long-term, heavy use. Learn more about risks of drug use here [[ART4](https://www.health.harvard.edu/staying-healthy/drugstore-sleep-aids-may-bring-more-risks-than-benefits)].

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(Sl3) According to Dr. Joseph Mercola, there’s a “magic” benefit that occurs if you don’t eat for at least three or even up to six hours before bedtime. A cofactor called NADPH functions like a battery in your cells to recharge antioxidants as you sleep. Free radicals increase oxidative damage to vital cellular parts, like DNA, cell membranes, protein stem cells, and mitochondria. Antioxidants neutralize the free radicals.

But, when you **eat before bedtime,** you can’t use those calories, so your body absorbs them, digests them, metabolizes, and stores them as fats [[INT3](https://www.theholisticnavigator.com/blog/2019/5/8/my-conversation-with-dr-mercola)] . *“The only way it can store as a fat is to create a fatty acid,” he stated, “and that is the single biggest consumer of NADPH. So when you eat before bed, you suck down your NADPH levels and radically reduce your body’s ability to reduce oxidative stress while you sleep in your most important regenerating window. So you’re self-sabotaging if you eat less than three hours before bed”* (7).

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(Sl4) According to *MySnoringSoluton.com*, we tend to associate “sawing logs” with the ultimate in restful sleep, but would you believe it’s the exact opposite. If you’re not careful, **snoring can be deadly** (8). Snoring is caused by the tongue falling down into the throat and blocking the airway, repeatedly waking you up and preventing deep sleep and REM sleep.

The result is irritability, daytime fatigue, poor concentration, chronic sleepiness and sleep apnea. This can lead to memory problems, heartburn, depression, ADHD symptoms, loss of motivation and loss of motor skills. If snoring is a big issue you may want to be tested for sleep Apnea. For many, a special mouthpiece or a simple chin strap worn over the head will hold the lower jaw in position to prevent snoring [[ART5](https://www.mysnoringsolution.com/)].

## Chapter 3 – Exercise/Movement\*



(E1) More and more doctors are warning **against lengthy aerobic** sessions, or at least questioning the need for this kind of *“steady state”* exercise (9). Instead, they’re recommending paced repetition of high intensity exertion (20-30 seconds) interspersed with periods of near complete rest and recovery (90 seconds). Otherwise known as the *“wind sprint.”* Besides lung capacity, the other important component of exercise is building muscle mass with isometric exercises such as push-ups, combined with Blood Flow Restriction straps on arms and legs.

Aerobic standout, Dave Scott won six triathlons and developed atrial flutter for his effort. Jim Fixx, the founder of the modern aerobics movement, died during a long-distance run. The first marathon runner, covered the 26 miles from the battlefield to Athens in record time and immediately dropped dead after uttering the immortal words, *"the victory is ours.”*

Here’s 5 scientific reasons why aerobic (cardio) exercise compromises your immune system and may actually reduce your life span. After reading this you may decide to Join the treadmill revolt [[ART1](https://myemail.constantcontact.com/The--Many--Negatives-of-Aerobic-Exercise.html?soid=1102486477018&aid=Hw_Vy_h1_Ds)].

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(E2) Numerous physicians report that the fastest way to start burning body fat is to deplete your liver of glycogen (sugar) in a fasted state with an exercise routine (10). With this **exercise while fasting** protocol, you can expect to tap into your body fat stores within 12 hours of not eating and you can lose body fat after eating at a caloric deficit for the day [[ART2](http://siimland.com/how-long-does-it-take-to-start-burning-body-fat./)].

If you cut out sugar completely, your body will soon reach a state of permanent ketosis, which can be accelerated by taking an exogenous (external) BHB Salt. ketone supplement. Intermittent Fasting also triggers autophagy, the body’s natural cleansing process. Eating non-stop, or more than 12 hours a day, is like a building that is permanently occupied with working office staff, thus preventing the janitorial crew from doing their job.

The potential danger of fasting is that toxins stored in fat are released only to be absorbed by other more vulnerable tissues in the body. This underscores the importance of detoxification. According to Dr. Bryan Walsh, there are 3 essential steps in detoxification: 1) mobilization or release of toxins, often from fat cells, 2) optimization of detox pathways, and 3) excretion.

The critical optimization of detox pathways in Phase I conjugation (attachment) in the liver is performed by specific plant foods such as broccoli, cauliflower, cabbage, Brussel sprouts, leaks, and onions. He emphasizes that the other critical factor is using sodium bicarbonate or potassium bicarbonate to raise the PH of urine to 7.5 during fasting [[INT1](https://www.youtube.com/watch?v=OOEWkCuwQUQ)]. Review the chapter on “Detox” for more details.

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(E3) A day off after exercise is generally recommended to allow for recovery, especially when rebuilding muscle fiber after resistance training (11). Your HIIT exercise regimen can take as little as **12 minutes a day, 3 days a week, according to Dr. Al Sears**. More is not necessarily better. No need for expensive and time-consuming gym memberships. You can exercise in your living room, or better yet, get out in the sun around mid-day for some free Vitamin D. Now is the time to drink your water, fortified with lemon and honey to replace the potassium electrolytes you lose by heavy sweating. There’s also an alternative known as the Nitric Oxide Dump [[ART3](https://fitness.mercola.com/sites/fitness/archive/2017/11/03/4-minute-daily-workout.aspx)].

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(E4) According to Iron Man editor, Steve Holman, *“current heavy-training trends can overstress your body, jar your joints and actually damage your immune system because of excess stress hormone release (cortisol) and free-radical proliferation.”* Instead, he recommends a moderate-weight, high-fatigue method that focuses on increasing reps rather than weight. If you’re lifting for competition – or vanity – maybe the reverse is true, but for the rest of us mortals, probably not [[ART4](https://www.goodreads.com/book/show/22569146-old-school-new-body)].

Holman concludes that *“Contrary to popular belief, heavy bone-crushing poundages are not necessary for fast results. In fact, they can be detrimental.”*

In addition, many fitness trainers are pointing to **Blood Flow Restriction (BFR)** straps for arms and legs with a lot of slow reps, for fast addition of muscle mass (12). This is especially important for women and seniors, who suffer from Sarcopenia – loss of muscle mass. When the venous blood flow is restored after no more than 15 minutes of exercise, it triggers a powerful hormone cascade that nourishes your brain and expands your capillary network throughout the body [[INT2](https://www.youtube.com/watch?v=xnJOSr_vwGU)]. You can download an eBook Special Report with all the details and more benefits for free on the internet [[ART5](https://fitness.mercola.com/sites/fitness/archive/2020/02/09/bfr-training-for-muscle-mass-maintenance.aspx)]:

If damage has already been sustained, stem cell transplant from your own bone marrow is proving to be more effective than surgery in many cases, according to Dr. James Leiber. This involves transplanting the stem cells from bone marrow to tissues around the injured joint. A health regimen of several weeks is typically required before the procedure, to fortify the bone marrow. In addition to adjustments in diet, Dr. Leiber prescribes these supplements to nourish and strengthen the stem cells: Vitamins C and D, Chondroitin, Curcumin, resveratrol, Bitter Mellon, L-Carnitine, fish oil, green tea, NAC and Melatonin [(INT3](https://www.youtube.com/watch?v=pG2sqDiFq_0)).

## Chapter 4 – Vital Energy\*



(V1) The Bible says “*A tranquil mind gives life to the flesh, but passion makes the bones rot*” (Pr. 14:30). There’s a powerful psychosomatic connection between mind and matter. Body and spirit. Attitude and ailment. Cancer patients with a positive, recovery-oriented mindset are – surprise! – more likely to recover. Write down a goal for each of the Basic-8 points in the longevity matrix and review them daily. You can also install a free app on your computer for subliminal programming of affirmations and Scripture.

Many people include **prayer** in their schedule. A Biblical worldview suggests that disease entered the world as part of the curse when Adam and Eve rebelled against God. Only when that relationship is restored by the Redeemer can the power of disease be fully throttled. God of course, won’t force your hand. He simply sends you an invitation: *“Whosoever shall call on the name of the Lord shall be saved”* (Rom. 10:13). The root of salvation is “salve,” a healing balm, or *“the balm of Gilead,”* as the Bible puts it (13).

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(V2) So what is Vital Energy? The Human Body Field (HBF) controls and optimizes biochemistry in the body’s organs and organ systems via quantum energy signals. The HBF emanates from the body core and can actually be observed with specialized Kirlian photography. According to Nutri-Energetic Systems (NES), a healthy profile follows the natural contours of the body.

The new science of information as medicine was discovered fairly recently (last half century), although well- known in Chinese medicine as “Chi.” Co-inventor, Harry Massey now leads the *Institute of Bio-energetic and Informational Healthcare*, the group responsible for training practitioners. The underlying assumption is that healing relies on energy and information, not only the molecules and atoms of biochemistry. This is more foundational and comprehensive than a blood test, but does not necessarily replace it. The HBF may become distorted by any number of assaults, including insect bites, pollution, physical shock, poor diet, drug usage, etc. When the HBF is disrupted, communication is blocked because energy flow is distorted, a condition that will lead eventually to disease. One thing it effects is utilization of vitamins and minerals (14).

Your computer scans your **Human Body Field** with a small “pad” that looks like a “mouse” and hooks up to a USB port. Nutri-Energetic System (NES) provides a complete read-out of your state of health. Results are immediately emailed to an NES coach for interpretation.

The NES combines the best of Chinese/Eastern medicine with Western technology. As reported by Nexus News Times Magazine, Vol. 15, No. 4, *“It’s like homoeopathy, but more high-tech and better targeted, and it also utilizes the meridian system of Chinese medicine”.*

NES claims to reveal hidden, subclinical problems at the underlying, energetic level. An optimized flow of energy in the body augments the absorbability and effectiveness of your supplements.

The system prioritizes problem areas in 12 meridian-like channels that process and coordinate information throughout the body. The client then takes proprietary, info-ceutical drops for 2 weeks to clear communication blockages, redirect energy flow and release trigger points. The drops are an imprinted colloid suspended in distilled water. The process may be repeated to reveal a new set of prioritized issues, like peeling an onion until an optimized state of health is achieved. For more information and/or team up with a longevity coach, visit their website.

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(V3) But, not all energy is healthy. Household wiring and EMF signals emitted by digital devices slowly disrupt cellular function, especially during sleep. The **EMF Kill Switch** is “*a remote cut-off device for selectively turning off the electric circuits in your home that surround your sleeping areas. The evidence that electric fields decrease melatonin and disturb sleep is well established. Sleep is the foundation of good health*. *All forms of EMF (wireless, magnetic, electric) impact human physiology similarly and that the effects are cumulative*”[[ART1](https://www.emfkillswitch.com/)]

This is a tough one because you can’t see or feel the immediate effects – but hundreds, if not thousands of independent research studies confirm that they are bad. Like smoking cigarettes, the damage may not show up for 50 years.

Some expert suggestions include don’t sleep with your Smart Phone. Cover all sources of blue light with duct tape. Adjust your desktop computer for brightness and airplane mode. Get a Faraday cage or other shield around your Wi-Fi router. The best strategy is to get all electronic equipment out of your bedroom. Reserve it as a sanctuary for sleep and a hotspot for other activities, not the internet.

Dr. Joseph Mercola also suggests setting your phone to airplane mode except for a couple of short periods during the day. Tell your friends that’s when you’re available for text – otherwise email or land line. If your phone is in your pocket, it’s sterilizing you – or disrupting your heart rhythm. Kick the habit or it will eventually kill you, as it has already killed two U.S. Senators. One of the primary inventors of the smart phone confesses that he won’t let his own kids near one.

Experts recommend turning off your wi-fi modem at night or disabling the electrical circuit in your bedroom at the circuit box. Unless the breakers are labeled *“switch capacity”* you should install an *“EMF Kill Switch”* beside the panel and disable all circuits in your bedrooms every night. Put aluminum foil tape over all the little red and blue lights blinking at you in your bedroom, especially the blue ones. Ideally, no electronics in your bedroom – period. It needs to be as close to pitch black as possible or you can’t get the deep sleep and REM sleep that you need for rejuvenation (15).

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(V4) *“New research has found a link between regular concert attendance and longevity.”* The study out of Goldsmiths, University of London, claims that *‘regularly experiencing* ***live music*** *is the key to building a long- standing improvement to well-being.’* After evaluating the findings, researchers concluded that those who enjoyed a concert once every two weeks or more experienced such high levels of happiness that it could lead a person to live up to nine years longer [[ART2](https://www.aarp.org/health/healthy-living/info-2018/live-music-longevity-happiness-fd.html)].”

According to Dr. Leonard Horowitz, 528 Hertz is a frequency that is central to the *“musical mathematical matrix of creation.”* More than any sound previously discovered, the “LOVE frequency” resonates at the heart of everything. It connects your heart, your spiritual essence, to the spiraling reality of heaven and earth. You can Google *“Energy Enhancing Music”* and start adding years to your life span right now!

On the other hand, we shudder to think how many years you lose at a heavy metal concert. Renaissance musicians recognized that various instruments stimulate a variety of emotions. This was known as the *Doctrine of Affect*. Plants grow away from the source of rock music and eventually wither and die in its presence.

But today a vast literature has grown up justifying the allegedly neutral, tonal qualities of Rock music for worship. Since God created all things, He is supposedly indifferent to music style in worship.

However, Rock music resonates in frequencies of dissonance, illicit desire, rebellion, and antisocial violence. In times past choir and instruments were in a loft behind, and reinforcing congregational singing to God. But today Church services have devolved into entertainment-oriented Rock concerts with on-stage performers to tickle the ears of an audience. During the 20th Century, Rock has been used to drive and animate philosophies of social Marxism, atheism and revolution. To make Rock music the tonal vehicle of a worship service stretches the boundaries of impiety (16).

## Chapter 5 -- Nutrition\*



(N1) Forget the government’s 4 food groups, which over-emphasize meat and dairy. It’s not so much what you eat, but what you don’t eat that eventually kills you. The food groups might work if our soils weren’t depleted. The only nutrients farmers fertilize are NPK – Nitrogen, Phosphorus, Potassium. That’s what produces volume and profit. According to Dr. Joel Wallach of *“Dead Doctors Don’t Lie”* fame, there’s over 90 vitamins and minerals whose absence will hurt you long-term. Get an NES scan of your human body field to learn what’s missing or not utilized. This will guide your nutritional supplement program, with the oversight of a trained coach/practitioner.

The Engage-Global nutritional formulators appear by all accounts to have made some unique breakthroughs in **micronutrient bio-form** and absorbability with consequent ability to repair DNA damage resulting from oxidative stress. They tend to use the term micronutrient as synonymous with being tiny enough to easily pass through the cell membrane, especially the blood-brain barrier. The claims are backed up by 14 clinical trials and some impressive anecdotal testimonies of recovery from severe cases of multiple sclerosis, diabetes, heart disease, Parkinson’s and other chronic disease.

The story starts after 9-11 with a request from the Marines for the Department of Defense (DOD) to develop a substance that would alleviate symptoms of war toxins such as nerve gas, diesel and Agent Orange. Ultimately $24 million in private and public money was invested in research, led by Dr. Kedar Prasad, a pioneering micro- biologist.

The company claims that the formulation has a unique ability to traverse the cell membrane and repair DNA due to its proprietary CQF template. CQF refers to Combination, Quantity and iso-Format of the ingredients. The DOD was fascinated by its range of positive effects due to the DNA repair capability. Whatever symptom was manifesting due to the DNA malfunction tended to resolve.

Originally limited to the military, after funding was cut, the private-sector science team fought for the patent and rights to market the product to the public. Research Director Prasad has an impressive resume, including 25 books, 250+ peer-reviewed articles, the world’s first PhD in Radiation Biology, and membership on the Nobel Prize nominating committee in medicine (19).

There’s more information at [[ART1](http://geneticshield.engage-global.com/)]. As noted above, the claims are impressive, but it’s hard to discern from the website exactly how or why the product differs so dramatically from competitive multi-vitamin and mineral products. It takes a little digging to ferret out the details, but the DNA repair feature is impressive.

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(N2) The negative effect of **tobacco or recreational drugs** on longevity is well-known. On average, smokers live 10 years less than non-smokers. But, there’s hope. Smokers who quit before age 40 are 90% less likely to die of smoking related diseases.

Daily users of cocaine, meth, methadone, or heroin likewise lose an average of 10 years, although once-a-day use of heroin reduces lifespan an average 30 years. Help is available at American Addiction Centers [[ART2](https://americanaddictioncenters.org/learn/long-term-effects-drug-abuse/)].

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(N3) It is commonly believed that enzymes are quite fragile and that over-cooking destroys them. A temperature of 118 degrees Fahrenheit is typically presented as the maximum limit, not to be exceeded even for a short period of time without compromising food integrity. Although raw food and **minimal cooking** is ideal, some scientists point out that the enzymes destroyed by cooking are designed to benefit the plant, not the human [[ART3](https://www.healthline.com/nutrition/raw-food-vs-cooked-food)]. But, it’s common knowledge that overcooking meats causes adverse chemical reactions between protein, creatine and sugars to produce carcinogens and mutagens that can damage your DNA.

Even with raw, natural foods, some supplementation is essential due to our depleted soils. Special care must be given to combinations of nutrients, and proportions. For example, sodium and potassium should be maintained in delicate balance for adequate hydration of the cells and normal blood pressure. Most of us tend to be low on potassium.

Another such nutritional matrix – especially important for life extension -- is the complex interaction of calcium, Magnesium, Vitamin D3, AND Vitamin K2. Dr. Kate Rheaume-Bleue has written a book describing this matrix: *“Vitamin K2 and the Calcium Paradox.”* Most people are aware of the importance of calcium for bone and heart health. According to the author’s extensive literature review, Vitamin K2 is even more important than Magnesium and D3 for proper calcium absorption. That’s because Vitamin K2 is the overlooked partner that is vital for ensuring that calcium ends up where you want it (bones or teeth} and not where you don’t want it (arteries or joints). The author claims it is the body’s natural, nutritional chelator [[INT1](https://www.youtube.com/watch?v=fYMExQNosTQ&t=35s)].

Without grass fed beef or certain fermented foods, you can assume you are deficient in Vitamin K2, claims Dr Rheaume-Bleue (17). Fermented cheeses high in K2 include Brie, Gouda, Natta, and curd cheese (possibly cottage cheese). The book reports on many studies of the correlation between Vitamin K2 for preventing and even reversing heart disease. She says that K2 also activates an enzyme that inhibits abnormal cell growth, which defines most forms of cancer.

When it comes to proportions, 200 micrograms of K2 in the MK7 form is suggested for every 1000 IU of Vitamin D3. The research suggests that 200 micrograms of K2 per day is normally about right. Ideally Vitamin D should be obtained from 10-20 minutes of outdoor sunshine on a daily basis. A 1:1 ratio of calcium and magnesium is suggested because many people are deficient in magnesium. Vitamin A is also important as a binder to escort the calcium chelated from your arteries by K2 out of the body. The author claims that the process of plaque removal in the arteries can be accomplished in as little as 6 weeks, using this natural chelator (18).

Another important nutrient matrix is that related to the production of telomerase, the enzyme that can halt and in some cases reverse the shortening of telomeres in your DNA. Telemeres are to DNA like the plastic on the end of your shoelaces that keep them from unraveling. The longer your telomeres, the longer you have to live, as a general rule (19).

According to Dr. Al Sears in *“The Youth Factor Protocol,”* resveratrol is *“the workhorse telomerase activator.”* He claims that other nutrients which protect against telomere shortening include green tea, alpha tocopherol (Vitamin E), Gamma Tocotrienol (Vitamin E), L-Carnosine, L-Arginine, Vitamin C, Vitamin D3, Milk Thistle, Ginko Biloba, folic acid, and acetyl L-Carnitine. Any combination of these ingredients with resveratrol is a move in the right direction for life extension.

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(N4) Honey is touted as a potential **pre-biotic** because it has oligosaccharides that can promote the growth of lactobacilli and bifida bacteria, in addition to antimicrobial components which can act synergistically with the probiotics against certain pathogens [[ART4](https://academic.oup.com/fqs/article/1/2/107/3860141)]. Honey also contains natural digestive enzymes (20).

Honey is of course mentioned often in the Bible as a desirable food. We have for example, the favorable comparison of the Law of God as being *“sweeter than honey and the honeycomb”* in the 19th Psalm. But if you object to its sucrose and fructose content, Monk Fruit and Stevia are alternative sweeteners to consider. For example, Monk Fruit makes the rather audacious claim of being 150-200 times sweeter than sugar. It probably depends on the condition of your sweet tooth.

Many researchers opt for honey, because as one scientist observed, *“God doesn’t give us poison unless he packages it in a form that will not harm us.”* The “package” is often in the form of beneficial fiber, such as that

in the “stick” of the sugar cane [[INT2](https://www.youtube.com/watch?v=dBnniua6-oM)]. That’s why “processed sugar” is described by Dr. Robert Lustig as “poison.”

That’s also why fruit in moderation is beneficial, in spite of its fructose. Here again, we have the assurance of Ezekiel 47:12 regarding plants in general, that *“their fruit will be for food and their leaves for healing*.” Another reason to begin from the starting point of the “plant-based” diet, not necessarily as a vegetarian.

So what about probiotics? As we age the population of beneficial bacteria in the gut tends to decline with us. Use of antibiotics will aggravate the problem by its indiscriminate killing of both good and bad bacteria populations. That’s why antibiotics should be reserved only for worst-case scenarios, and not used for every touch of flu or sniffles.

So in impressive scientific terms, here’s why you need the probiotics: *“Probiotics can be applied to modulate the age-related gut microbiota imbalance and to introduce strains with specific health-promoting effects. The principal claimed benefits of probiotics in elderly people are prevention of diarrheal diseases, protection against pathogens, enhancement of the intestinal barrier function, improvement of gastrointestinal motility and inflammatory intestinal disorders, immunomodulatory effects, and prevention of colon cancer”* [[ART5](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5646295/)].

While we’re on the subject of immunity and infection, we’d be remiss not to mention ozone therapy as a possible defense against bacteria, fungi and virus. Although this therapy is not yet approved by the FDA, some doctors are taking a second look because of the waning effectiveness of antibiotics [[ART6](http://www.oxygenhealingtherapies.com/)]. *“Bio-oxidative therapies involve administering small amounts of diluted ozone and hydrogen peroxide into the body for the prevention and treatment of disease. Ozone therapy has been used by licensed physicians in Germany since the early 1960's, while hydrogen peroxide therapy was developed in the United States primarily by Dr. C.H. Farr, nominee for the 1993 Nobel Prize in Medicine.”*

What about a mold infection? Mold, of course, is a fungal growth. Just recently I’ve personally experienced the power of activated charcoal with coconut to kill toxic, black mold. A routine scan of my Human Body Field – discussed in the previous Chapter on Vital Energy – revealed its presence. It’s apparently coming from a clogged gutter that had permitted moisture to accumulate in the attic above my office. The mold spores in the air are invisible to the eye. I took the equivalent of about two capsules of activated charcoal powder mixed in water once a day for a month. A second body scan revealed that the black mold had been eliminated. This, of course, is anecdotal and what worked for me, may not work for you.

I also mixed the activated charcoal with about a teaspoon of turmeric, which is also purported to kill black mold, although I did not realize it at the time. This, of course, complicates our interpretation. Was it the turmeric that killed the black mold or the activated charcoal – or both?

As a side benefit of the daily Turmeric I also lost 5 or 6 pounds during the month, which brings me within about 5 pounds of my ideal weight. I’ve had a noticeable reduction in belly fat, and edema swelling that I’ve experienced in my feet for over 20 years almost disappeared. This fits better in our chapter on weight loss which starts on the next page. I don’t want to repeat myself, so you may take this as an introduction to weight management. Again, it is anecdotal, and based on a relatively inexpensive testing instrument, self-administered in my home office via a USB connection to the NES computer -- for a test not yet approved by the FDA. At least one scientific study (App A, 32) has shown Turmeric and Nutmeg with a high level of anti-fungal activity against plant pathogens.

### **Chapter 6 – Weight Control**\*



(Wgt1) Probably the best strategy for weight loss is **Intermittent fasting,** the practice of abstaining from eating food for a significant portion of the day. A goal of confining meals to an 8-hour window is sustainable for many beginners. The 14-16 hour daily fast allows time for stored glycogen in the liver to burn off before the body starts metabolizing stored fat and eliminating cellular waste products (21).

This can be supplemented with a strict Ketogenic diet if weight loss is a primary goal, but Keto is not suggested as a permanent regimen. Best-selling author Mark Hyman refers to Keto as a short-term, therapeutic option for weight loss [[INT1](https://www.youtube.com/watch?v=a9CgKW6d5jQ)].

Once their ideal weight is attained many people are transitioning to a ratio of carb, protein and fat based on their ideal Nutritional Type, combined with ongoing, intermittent fasting for ketosis.

The three nutritional types are generally recognized as follows:

 Protein Carb Fat

 40% 30% 30% Protein Type

 20% 60% 20% Carb Type

 30% 40% 30% Mixed Type

Alternatively, Dr. Joseph Mercola advocates expanding the intermittent fast into a twice-a-week, partial, “Keto fast” of 42 hours. At the 24-hour point 300-500 grams of protein are consumed to escort newly released toxins out of the body during the Phase II conjugation, attachment process. These proteins may include whey, hemp, eggs, chicken, fish, grass-fed beef, and Brazil Nuts [[INT2](https://www.youtube.com/watch?v=0Vh_qSWxJL0)]. The fast is then resumed for another 18 hours. Even one such partial fast each week would no doubt be very beneficial. Be sure to drink adequate water during your fast. New research led by Omer H. Yilmaz at MIT reveals that fasting may improve intestinal stem cell function, by helping you burn fats for fuel [[ART1](https://medium.com/lifeomic/eating-or-rather-fasting-our-way-to-rejuvenated-stem-cells-e4302a49e597)]. Yilmaz explores the impact of dietary interventions on stem cells, the immune system, and cancer within the intestine [[ART2](https://biology.mit.edu/profile/omer-h-yilmaz/)].

Because cancer requires glucose for its food supply, so the intermittent fasting and low carb diet associated with Ketosis could contribute as an adjuvant intervention in the battle against cancer. Here is one of many articles discussing the effects of the ketogenic diet and fasting as an adjuvant cancer therapy [[ART3](https://www.sciencedirect.com/science/article/pii/S2213231714000925)]:

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(Wgt2) According to Dr. Joseph Mercola, *“There’s no perfect diet for everyone. You were created with unique genetics and experiences that will ultimately dictate what the best foods are for you to eat. The practical challenge of course is to discover what those foods are. Do you really want to be wasting your time, money and energy choosing foods that are ‘supposed’ to be good for you but in reality are making you sick?”* That’s why the low-carb Keto diet is not a good long-term option for you. To find out for sure, you can now take the **Nutritional Typing Test** for free [[ART4](https://products.mercola.com/nutritional-typing/)].

From a Biblical standpoint, whole foods and natural medicines are recommended, flowing from a life-giving spiritual source, described as “*the river of the water of life*” in the Book of Revelation (22:1). Moreover, *“…Their leaves will not wither, and their fruit will not fail. They will bear every month because their water flows from the sanctuary, and their fruit will be for food and their leaves for healing*” (Ezekiel 47:12). It appears that Ponce de Leone was looking in the wrong place for the elusive “fountain of youth.”

Expanding on this theme, in Genesis 2:16 God told Adam, “from any tree of the garden you may freely eat” and in Genesis 3:19 He added,” you shall eat the plants of the field,” apparently anticipating the grains of agriculture. After the flood God expanded the menu to include *“every moving thing that is alive shall be food for you; I give all to you, as I gave the green plant”* (Gen. 9:3).

These guidelines from the Creator exclude the “low carb” diet as a permanent strategy (22). Fruit, grain, and vegetables are all acceptable, and were sufficient from creation to the flood. At the same time the Bible obviously does not exclude protein from animal meat, as a matter of principle. That assumed of course that the animal meat was not flooded with the antibiotics and growth hormones of the modern, commercial feed lot.

For decades Dr. Richard Johnson has studied the cause of the epidemic of obesity that has risen steadily since the early 20th Century and spiked during the early 1970s. His research includes both extensive literature reviews as well as his own clinical studies. His book *“The Fat Switch”* concludes that Fructose is the switch that inhibits the metabolism of fat, producing what is known as the *“metabolic syndrome.”* This includes fatty liver, abdominal fat, rising blood pressure, elevated triglycerides, insulin and leptin resistance, and mitochondrial dysfunction (i.e., low energy).

The dramatic rise of these symptoms during the 1970’s corresponds to the introduction of High Fructose Corn Syrup (HFCS) as a sweetener in most processed foods. The panicked response to President Dwight Eisenhower’s 1955 heart attack led to nation-wide adoption of the rather bland, low-fat diet. To fill the taste- void, companies turned to inexpensive HFCS, with devastating health consequences. In response, the book recommends intermittent fasting and a low sugar, low-carb therapeutic diet, since the body will convert carbohydrates to fructose under certain conditions [[ART5](http://www.fatswitchbook.com/)].

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(Wgt3) The **Body Mass Index (23)** is a quick, easy, and inexpensive estimate of percentage body fat based on height and weight [[ART6](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)]. Although it is not precise the BMI provides a general category for screening purposes that will suggest the need for remedial action and/or more accurate testing.

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(Wgt4) And what if you could eat the optimal ratio of fuels (fat, carb and protein) based on your Nutritional Type and still lose weight by modulating your **hormone levels**? Maybe you can. For example, when you go on any kind of diet or fast, your body interprets it as starvation and vastly curtails the production of Leptin, the hormone responsible for maintaining the optimal levels of fat and curbing the appetite (24). During the first 7 days of a diet, your leptin level plunges by as much as 50% in order to conserve fat reserves [[ART7](https://www.healthline.com/nutrition/leptin-101)]. That’s one reason supplementing with Leptin can make weight loss much easier [[ART8](https://www.huffpost.com/entry/leptin-how-to-make-%20this-fat-burning_b_806529)].

But we shouldn’t overlook other key hormones in the equation either. Dr. Sara Gottfried suggests balancing estrogen levels by eating vegetables, lowering cortisol levels by cutting caffeine, and adjusting insulin by drinking apple cider vinegar. There’s also a relation between leptin and adiponectin that needs to be considered, with intermittent fasting an important control. If it all sounds a little confusing, that’s because the scientists are still sorting it out. This is the short version, but hopefully enough to get you thinking in some new directions with the guidance of your doctor [[ART9](https://www.mindbodygreen.com/0-24654/what-i-tell-my-patients-who-want-to-lose-weight-a-hormone-expert-explains.html)].

Of the approximate 150 hormones manufactured by the adrenal glands, DHEA is the most plentiful. It’s a precursor to the important male and female sex hormones, androgen and estrogen. Due to its key position in the metabolic pathway, it’s been dubbed the hormonal *“fountain of youth”* and the master hormone. Its benefits include weight loss, enhanced libido, skin health and lower risk of diabetes and heart disease. A 2009 University of Pennsylvania study found a close relationship between mortality and DHEA-S decline in older adults, adding impetus to supplementation as we grow older [[ART10](https://www.lifeextension.com/magazine/2010/12/New-Research-Substantiates-the-Anti-Aging-Properties-of-DHEA/Page-01)].

### **Chapter 7 -- Detox**\*



(D1) The power of a **high fiber diet** for reducing the onset of degenerative disease is widely recognized. As the diet of a culture becomes more “westernized,” the incidence of obesity, kidney problems, cardiovascular disease and intestinal problems increases. From Ronald McDonald with love.

A diet high in plant cell walls lowers transit time of food through your system and helps to maintain the level of good bacteria needed for digestion, especially in the colon. In addition, scientists tell us that fiber binds toxins for removal and reduces the risk factors of colon cancer (25).

For example, Detox expert Dr. Bryan Walsh says that fiber feeds the good bacteria in the colon and stimulates their excretion of many substances critical to human health, including neurotransmitters like serotonin and dopamine. Conversely, in the absence of adequate fiber in the gut, even the good bacteria will begin to feed on the mucous lining of the colon. This provokes an inflammatory cascade that is spread throughout the body by the blood stream.

The vital, cruciferous vegetables include broccoli, cauliflower, Brussel sprouts, garlic and others. The other critical factor, according to Dr. Walsh, is using sodium bicarbonate or potassium bicarbonate to raise the PH of urine to 7.5 during fasting [[INT1](https://www.youtube.com/watch?v=OOEWkCuwQUQ)].

We can’t do much better than reiterating Mom’s sage advice to “eat your vegetables, Sonny.” It’s a must for life extension [[ART1](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983)].

And here’s some really good news. There’s now an alternative to the ever-popular, colonoscopy cancer exam that everybody gets so excited about. A capsule size camera is swallowed and data is transferred to a belt recorder as the disposable camera transits the digestive tract [[ART2](https://www.sciencedaily.com/releases/2017/03/170315144501.htm)].

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(D2) **Colon cleansing** is a murky subject, in part because of the uncertainty surrounding the theory of auto- intoxication, or reabsorption of toxins in the large intestine. In spite of good dietary habits, the concern is that partially digested food will accumulate in the colon, inhibiting absorption and harboring the potential for disease. There are two approaches to intestinal cleansing: a) a supplement taken orally, and b) direct irrigation of the colon. We favor the former, due to safety concerns and the fact that the colon does in fact have some remarkable self-cleansing properties (26). Direct irrigation by enema or colonic can also depopulate gut flora.

Intermittent fasting is a way to combat the build-up of “sludge,” but a natural intestinal cleansing product such as Acai Berry is good because it also enhances gut flora. Please consult your physician when considering this gut-wrenching decision [[ART3](https://www.webmd.com/balance/guide/natural-colon-cleansing-is-it-necessary#2)].

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(D3) **Stale blood** is perhaps the biggest threat to heart health, even more than high blood pressure and Cholesterol (Actually the threat of cholesterol is being questioned by more and more doctors and scientists – correlation does not equal causation). Donating blood replenishes your blood supply with new blood that is thinner and more slippery (27). According to Dr. Mark Stengler of San Diego, *“in one study men who gave blood were 16 times less likely to have a heart attack than those who don’t… A landmark study from Scotland showed a clear and deadly connection between stale blood and the risk of strokes as well*.” Donating blood is like changing the oil in your car. Not to mention the rush you get from passing your old, stale blood on to people who desperately need it.

There is also the issue of accumulation of iron in the blood especially of men, and the adverse effects it can have on the health of your mitochondria. The clinically acceptable range is quite high, but Dr. Daniel Mercola recommends a much lower range for Serum Ferritin of 40-60 ng/mL.

Ferritin must be considered in relation to the liver enzyme, GGT (Gamma Glutamyl Transferase), which should be no higher than 25 U/L, according to Dr. Gerry Koenig [[INT2](https://www.youtube.com/watch?v=YO3AaNPMgDE)]. These two substances are highly interactive when both are at elevated levels. He reports that they are common factors in all auto-immune disease and fatty liver. The insurance industry has concluded that GGT is the single substance most predictive of early mortality. Krill Oil and Molecular Hydrogen are effective detox agents, in addition to the practice of donating blood and a plant-based diet.

Did you know that 74% of your circulatory system consists of the tiny capillaries that deliver nutrients to your cells and dispose of wastes? Pretty important to keep those micro-vessels healthy isn’t it -- I think you’ll agree. Here’s a video demonstrating the dramatic difference in flow between sticky blood and slippery blood [[INT3](http://www.advancedibd.com/whatisbemer/)].

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(D4) A **root canal** tooth is a dead tooth with millions of toxic bacteria inhabiting the 300 or so miles of tiny tubules located inside the dentin of the tooth. These bacteria can migrate along the acupuncture meridians in your body to infect specific organs associated with the tooth. This was demonstrated repeatedly in experiments conducted by Dr. Weston Price and the Mayo Clinic. When dead teeth from diseased human subjects were implanted in rabbits, the human recovered while the rabbit contracted the disease. Poor rabbits. Better to lose a tooth, and save your life. However, before extracting a root canal tooth, we recommend reading *“The Root Canal Cover-up”* to be fully persuaded one way or the other [[ART4](https://anh-usa.org/are-root-canals-safe/)].

Gum disease can also have an adverse effect on your health, with infection migrating to other parts of the body. One of the best home remedies is a mixture of Spearmint, Peppermint and Almond Oils. Mix the Peppermint and Almond oil first, then add just a few drops of Spearmint because of its potency. Saturate some cotton swabs with the mixture and insert them between gum and cheek in the infected area. You could notice remarkable improvement after just a night or two of this application.

### **Chapter 8 -- Stress**\*



(St1) An **outburst of anger** puts your heart at great risk. Most physically damaging is anger's effect (28) on your cardiac health. “*In the two hours after an angry outburst, the chance of having a heart attack doubles,”* says [Chris Aiken, MD,](http://www.moodtreatmentcenter.com/chrisaiken.htm) an instructor in clinical psychiatry at the Wake Forest University School of Medicine and director of the Mood Treatment Center in Winston-Salem, North Carolina [[ART1](https://www.moodtreatmentcenter.com/providers/chris-aiken/)].

Consider the serenity prayer: *“Lord grant me the serenity to accept the things I cannot change, the courage to change things I can, and the wisdom to know the difference.”* As a psychological catalyst for triggering internal change, Dr. Martin Rossman, author of *“The Worry Solution”* suggests, *“If you could ask your irritated stomach what it needs, what do you think it would tell you?”*

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(St2) We note the same side-effects with pharmaceutical **medications for stress** as for sleeping pills: insomnia, seizures, blurry vision, weight gain, headache, nausea, sexual problems. Did I mention more stress? Modern psychiatric dogma holds that a “broken” molecule in the brain lies behind every broken behavior or emotion. A pill for every ill.

Even in cases where a drug may succeed in improving mood, it’s only a Band-Aid if underlying behavioral issues are ignored. This may require self-discipline, counseling or in the case of Christians, church counseling and intervention. As a general rule, emotion follows action and if actions are corrected emotional stress will often abate.

It’s helpful to pinpoint trigger events, then write down specific coping actions. If an associate or family member is involved avoid direct accusations, but instead express your feelings and ask for suggestions: “When “x” happens I feel “y” --what can we do to resolve this?” Even before that stage it turns out one of the best “actions” is developing a play attitude – play with your dog, play with your kids, play with your spouse [[ART2](https://theartofcharm.com/podcast-episodes/episode-233-charlie-hoehn-play-it-away/)].

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(St3) The medical term is hypokalemia, a **potassium deficiency** defined by blood potassium level below 3.5 mmol. Short of a blood test, symptoms of low potassium include muscle weakness and cramping, stress, anxiety, heart palpitation, tingling, bloating and constipation. Most people get enough potassium from their diet, but if these symptoms persist, supplementation is required (29). But only under a doctor’s supervision because the delicate balance of potassium and sodium is so critical.

Potassium is needed to maintain water balance, facilitate chemical reactions in the cells, for transmitting electrochemical impulses, and regulating transfer of nutrients. This is the true meaning of hydration, as opposed to consuming an arbitrarily high quantity of water.

One safe and effective way is to substitute potassium chloride for sodium chloride (table sale) for a similar salty taste with your meals. Or mix the two. Hemp Oil is high in potassium (30), which may explain in part its efficacy in dealing with stress, mood, and anxiety [[ART3](https://www.medicalnewstoday.com/articles/308044#nutritional-breakdown-of-hemp)]. The other factor, according to Dr. Bryan Walsh, is using sodium bicarbonate or potassium bicarbonate to raise the PH of urine to 7.5 during fasting [[INT1](https://www.youtube.com/watch?v=OOEWkCuwQUQ)].

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(St4) Threatening life events like financial troubles or **family conflict** trigger hormones related to our “fight or flight” mechanism, especially adrenalin and cortisol. The cortisol lingers longest especially if the trigger event is not resolved. This provokes a variety of health issues like diabetes and heart disease. Inventory your stressors and take steps to eliminate them. Meditate on Scripture and pray. Get counseling. Practice confession and forgiveness. Break down financial, relationship or other major goals into a long list of specific activities (75-100) and implement or complete each on target dates (31). Order the free book [[ART4](https://marketinguniversity.com/x.php?tc=145e64b3)]: [www.Success LeavesTraces.com](http://www.SuccessLeavesTraces.com/)

## “Cheat Sheet” of Expert Recommendations\*

#### The 32 Most Important Bio-Hacks

#### for Health & Longevity

1. Add electrolytes to your water with lemon, chia, horsetail, prickly pear, or magnesium chloride
2. Stop consuming “soft” drinks and canned fruit juice
3. Filter your drinking water
4. Drink green tea or healthy coffee
5. Get 7-8 hours of uninterrupted sleep every night, but learn your chronotype
6. Don’t eat anything for at least 3 hours before bedtime
7. Alternate hot and cold at least 5 times in your shower, ideally a few hours before bedtime
8. Use a chinstrap or mouthpiece to eliminate snoring, but check for Sleep Apnea
9. Run 10 minutes of wind sprints twice a week
10. Exercise arms and legs with Blood Flow Restriction bands for 15 minutes 3 times a week
11. Exercise during your daily fasting period, ideally in the early morning “first sun”
12. Take frequent stretch breaks during long periods of sitting
13. Listen to energy enhancing music every day
14. Scan your human body field quarterly for energy blockages, heavy metals, and nutrient deficiencies
15. Eliminate all electrical-magnetic frequencies from your sleeping area
16. Take time to pray and meditate on Scripture on a daily basis
17. Use honey as a natural sweetener and pre-biotic instead of refined sugar
18. Use a multi-vitamin/mineral supplement and fortify your deficiencies
19. Stop using tobacco, recreational drugs and pharmaceutical drugs
20. Pay special attention to the Vitamin K2-calcium and the resveratrol-telomerase nutritional matrixes
21. Use Body Mass Index as a quick calculation of healthy body fat
22. Eat a plant-based diet with chicken and fish, adjusted to your ideal nutritional type
23. Use intermittent fasting/time-restricted eating as a primary weight management strategy
24. Work with your doctor on correcting possible hormonal imbalances for weight control
25. Eat a high-fiber diet of cruciferous vegetables for a healthy colon
26. Donate blood several times a year to replace “stale blood”
27. Eliminate mercury fillings and dead teeth, i.e., root canals
28. Take a natural colon cleanser such as Acai Berry
29. “Pray without ceasing” to resist outbursts of anger
30. Check potassium deficiency as a possible source of stress
31. Break down financial, relationship, or other major goals into a long list of specific actions
32. Avoid pharmaceutical medications for stress; identify & resolve relationship trigger points

**Disclaimer**

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



**Appendices**

**Appendix A:** Numbers in parenthesis refer to a research study cited in Appendix A. For example, (4) refers to the fourth research citation in Appendix A.

**Appendix B:** Two-part codes refer to an article reference in Appendix B, cited in a specific section of the book. For example, (Wat2, ART1) refers to Article 1 in Section 2 of the Chapter on Water.

**Appendix C:** Two-part codes refer to an interview reference in Appendix C, cited in a specific section of the book. For example, (Sl3, Int3) refers to Interview 3 in Section 3 of the Chapter on Sleep and (D1, Int1) refers to Interview 1 in Section 1 of the Chapter on Detox.

**Appendix A: Research Citations**

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## Appendix B: Articles

\*\*\*\*\*WATER\*\*\*\*\*

(Wat2, ART1) <https://foodrevolution.org/blog/soda-health-risks/>

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(Wat2, ART3) <https://www.triplepundit.com/story/2013/behind-coca-colas-new-anti-obesity-campaign/54746>

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(Wat4, ART6) <https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-green-tea>

\*\*\*\*\*SLEEP\*\*\*\*\*

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(Sl1, ART2) <https://www.healthline.com/health/biphasic-sleep>

(Sl1, ART3] <https://www.techradar.com/news/best-sleep-tracker>

(Sl2, ART4) [https://www.health.harvard.edu/staying-healthy/drugstore-sleep-aids-may-bring-more-risks-than-](https://www.health.harvard.edu/staying-healthy/drugstore-sleep-aids-may-bring-more-risks-than-benefits) [benefits](https://www.health.harvard.edu/staying-healthy/drugstore-sleep-aids-may-bring-more-risks-than-benefits)

(Sl4,ART5) <https://www.mysnoringsolution.com/>

\*\*\*\*\*EXERCISE\*\*\*\*\*

(E1, ART1) [https://myemail.constantcontact.com/The--Many--Negatives-of-Aerobic-](https://myemail.constantcontact.com/The--Many--Negatives-of-Aerobic-Exercise.html?soid=1102486477018&aid=Hw_Vy_h1_Ds) [Exercise.html?soid=1102486477018&aid=Hw\_Vy\_h1\_Ds](https://myemail.constantcontact.com/The--Many--Negatives-of-Aerobic-Exercise.html?soid=1102486477018&aid=Hw_Vy_h1_Ds)

(E2, ART2) <http://siimland.com/how-long-does-it-take-to-start-burning-body-fat./>

(E3, ART3) <https://fitness.mercola.com/sites/fitness/archive/2017/11/03/4-minute-daily-workout.aspx>

(E4, ART4) <https://www.goodreads.com/book/show/22569146-old-school-new-body>

(E4, ART5) [https://fitness.mercola.com/sites/fitness/archive/2020/02/09/bfr-training-for-muscle-mass-](https://fitness.mercola.com/sites/fitness/archive/2020/02/09/bfr-training-for-muscle-mass-maintenance.aspx) [maintenance.aspx](https://fitness.mercola.com/sites/fitness/archive/2020/02/09/bfr-training-for-muscle-mass-maintenance.aspx)

## Articles (Cont.)

\*\*\*\*\*VITAL ENERGY\*\*\*\*\*

 (V3, ART1) <https://www.emfkillswitch.com/>

(V4, ART2) https://[www.aarp.org/health/healthy-living/info-2018/live-music-longevity-happiness-fd.html](http://www.aarp.org/health/healthy-living/info-2018/live-music-longevity-happiness-fd.html)

\*\*\*\*\*NUTRITION\*\*\*\*\*

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(N2, ART2) <https://americanaddictioncenters.org/learn/long-term-effects-drug-abuse/>

(N3, ART3) <https://www.healthline.com/nutrition/raw-food-vs-cooked-food>

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(N4, ART5) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5646295/>

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\*\*\*\*\*WEIGHT CONTROL\*\*\*\*\*

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(Wgt1, ART2) <https://biology.mit.edu/profile/omer-h-yilmaz/>

(Wgt1, ART3) <https://www.sciencedirect.com/science/article/pii/S2213231714000925>

(Wgt2, ART4) <https://products.mercola.com/nutritional-typing/>

(Wgt2, ART5) [http://www.fatswitchbook.com/](https://www.youtube.com/redirect?event=video_description&v=3W2zSN0JOa8&redir_token=wCHcgLFxLvV24IOoSYnbGvtgGBB8MTU3MjU3NjQwNkAxNTcyNDkwMDA2&q=http%3A%2F%2Fwww.fatswitchbook.com%2F)

(Wgt3, ART6) <https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm>

(Wgt4, ART7) <https://www.healthline.com/nutrition/leptin-101>

(Wgt4, ART8) https://[www.huffpost.com/entry/leptin-how-to-make-](http://www.huffpost.com/entry/leptin-how-to-make-) this-fat-burning\_b\_806529

(Wgt4, ART9) [https://www.mindbodygreen.com/0-24654/what-i-tell-my-patients-who-want-to-lose-weight-a-](https://www.mindbodygreen.com/0-24654/what-i-tell-my-patients-who-want-to-lose-weight-a-hormone-expert-explains.html) [hormone-expert-explains.html](https://www.mindbodygreen.com/0-24654/what-i-tell-my-patients-who-want-to-lose-weight-a-hormone-expert-explains.html)

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## Articles (Cont.)

\*\*\*\*\*DETOX\*\*\*\*\*

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(D1, ART2). What’ll They Think of Next?

<https://www.sciencedaily.com/releases/2017/03/170315144501.htm>

(D2, ART3) <https://www.webmd.com/balance/guide/natural-colon-cleansing-is-it-necessary#2>

(D4, ART4) <https://anh-usa.org/are-root-canals-safe/>

\*\*\*\*\*STRESS\*\*\*\*\*

(St1, ART1) <https://www.moodtreatmentcenter.com/providers/chris-aiken/>

(St2, ART2) <https://theartofcharm.com/podcast-episodes/episode-233-charlie-hoehn-play-it-away/>

(St3, ART3) <https://www.medicalnewstoday.com/articles/308044#nutritional-breakdown-of-hemp>

(St4, ART4) https://marketinguniversity.com/x.php?tc=145e64b3

## Appendix C: Interviews

\*\*\*\*\*WATER\*\*\*\*\*

(Wat1, INT1) <https://www.youtube.com/watch?v=OWASUMMQjj8>

(Wat1, INT2) <https://www.youtube.com/watch?v=t3QzrgnZ3hA>

(Wat1, INT3) [https://drberghelp.zendesk.com/hc/en-us/articles/360020491553-The-Drink-8-Glasses-of-Water-](https://drberghelp.zendesk.com/hc/en-us/articles/360020491553-The-Drink-8-Glasses-of-Water-Per-Day-Lie) [Per-Day-Lie](https://drberghelp.zendesk.com/hc/en-us/articles/360020491553-The-Drink-8-Glasses-of-Water-Per-Day-Lie)

(Wat1, INT4) <https://www.youtube.com/watch?v=FBZfdmvn2aA>

(Wat1, INT5) <https://www.youtube.com/watch?v=dKhJpLUzr_0>

\*\*\*\*\*SLEEP\*\*\*\*\*

(Sl1, INT1) <https://www.youtube.com/watch?v=nU6FXWwLS-w&t=2091s>

(Sl2, INT2) <https://www.youtube.com/watch?v=6vJQ_m32UAM>

(Sl3, INT3) <https://www.theholisticnavigator.com/blog/2019/5/8/my-conversation-with-dr-mercola>

\*\*\*\*\*EXERCISE\*\*\*\*\*

(E2, INT1) <https://www.youtube.com/watch?v=OOEWkCuwQUQ>

(E4, INT2) <https://www.youtube.com/watch?v=xnJOSr_vwGU>

(E4, INT3) <https://www.youtube.com/watch?v=pG2sqDiFq_0>

\*\*\*\*\*NUTRITION\*\*\*\*\*

(N3, INT1) https://[www.youtube.com/watch?v=fYMExQNosTQ&t=35s](http://www.youtube.com/watch?v=fYMExQNosTQ&t=35s) (N4,INT2)

https://[www.youtube.com/watch?v=dBnniua6-oM](http://www.youtube.com/watch?v=dBnniua6-oM)

\*\*\*\*\*WEIGHT CONTROL\*\*\*\*\*

(Wgt1, INT1) <https://www.youtube.com/watch?v=a9CgKW6d5jQ>

(Wgt1, INT2) <https://www.youtube.com/watch?v=0Vh_qSWxJL0>

**Interviews** (Cont.)

\*\*\*\*\*DETOX\*\*\*\*\*

 (D1, INT1) <https://www.youtube.com/watch?v=OOEWkCuwQUQ>

(D3, INT2) <https://www.youtube.com/watch?v=YO3AaNPMgDE>

(D3, INT3) <http://www.advancedibd.com/whatisbemer/>

\*\*\*\*\*STRESS\*\*\*\*\*

(St3, INT1) <https://www.youtube.com/watch?v=OOEWkCuwQUQ>

**Appendix D: A Case Study**

Members of the LongevityChallenge.us team range in age from 24 to 72. Our 72-year old, we’ll call him Tony, is something of a case study in the power of the LongevityChallenge.us App to fine-tune existing practice AND expose critical longevity factors previously ignored.

For most of his life Tony has been a dedicated, although less than enthusiastic jogger, averaging about 4 days a week, 15 minutes a day. At the age of 50 he teamed up with a longevity coach skilled in the use of several technologies that measure vital energy flow to expose nutrient deficiencies, heavy metal toxicity, and organ weaknesses.

These tools provided early detection and nutritional guidance to overcome several bouts with chronic disease, including chest pain (Angina) and cancer in the foot. He replaced all his mercury fillings and pulled a couple of dead teeth*.* He adopted a plant-based diet (not strict vegetarian) and at about age 65 began the practice of weekly fasting.

Involvement with the Longevity Challenge project led to several refinements in his regimen over the past two years. These included a shift away from aerobics to a regimen of wind sprints for 10 minutes, 3 times a week and the practice of time-restricted feeding (intermittent fasting) within an 8 to 10-hour window about 5 days a week. Even more recently he began the practice of exercise while fasting, not eating within 3 hours before bedtime and alternating hot-cold cycles in the shower (6).

Results of recent tests and measurements have been quite encouraging.

* Blood pressure of 115-70
* Pulse 50
* CRP measure of inflammation in the body almost zero (.09)
* BMI in the “less than 25”, normal range
* Blood sugar (glucose) 87.4
* Kidney function and potassium levels normal, indicating cellular hydration

However, the Longevity Challenge model has also provided early detection of some dangerous weaknesses related to insomnia and resultant stress affecting the thyroid gland. Tony is now taking steps to address these issues and implement Blood Flow Restriction (BFR) resistance exercise to complement his wind sprints. He’s counting on the hormonal cascade released by BFR to help fortify the thyroid, along with other measures prescribed by his homeopathic physician and his health coach.

Everybody of course, has their own unique story. But it’s our hope and prayer that this story and the 60-Day Longevity Challenge will provide the inspiration and tools you need to experience similar positive results in your own life. It’s never too late -- or too early.

**Appendix E: 10 Questions You Must Ask Before Buying Any Supplement**

As most of our readers know, in our age of depleted soils the need for vitamin and mineral supplementation is not an option. You must supplement your diet to avoid early death and keep all your teeth. The big question of our age is, how not to die? Problem is, most of the lucrative supplement field has been captured by Big-Pharma and its chemical approach to everything.

You need the eye of a diamond inspector when it comes to evaluating nutritional supplements. But how can the average person sort through the nearly identical claims of all the different brands screaming for your attention on the Super-Market shelf? Click here: <https://boomers-alive.com/> , and I’ll send you my FREE Special Report - 10 Questions You Must Ask Before Buying Any Supplement. Add years to your life and life to your years. You *can’t* get it anywhere else.



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**Appendix F: About the Publisher**

Kingsway Classical Academy Press emerged naturally from the unique classical curriculum at Kingsway ClassicalAcademy.com. As classes were added, books were born with them. Classical education is unique in its emphasis on what is referred to as the Classical Core, or “the lost tools of learning.”

The latter include the three phases of the ancient trivium methodology: grammar, dialectic (logic), and rhetoric. Also included is teaching of Western Civilization and American History from the perspective of the classical authors in light of the Bible. These are the Great Books, known also as the “classical canon” of Western Civilization.

Most of our product line is comprised of textbooks at Kingsway Classical Academy related to the Classical Core. There’s an occasional excursion into the hard sciences, such as “Longevity – Follow the Science.” Beyond the classroom these titles are also designed to inform a broader reading public.

As noted, our parent organization is King’s Way Classical Academy. Kingsway presents a complete homeschool curriculum (gr 7-12) focusing on critical thinking and communication skills. At each stage students work to master these key disciplines, which have been expunged from the government schools.

Did you know that about 87% of Christian schools don't integrate the Bible into their curriculum subject matter? Sadly, they simply append a few Bible courses onto an otherwise secular curriculum. By way of contrast, the King’s Way homeschool curriculum sets a new benchmark for online classical education, steeped in the living Word of God, integrated into every course.

Ultimately this is our only defense in an age of media manipulation, mass formation psychosis, and manufactured consent for endless warfare abroad and forced medical intervention at home. Beyond the mass media these trends also manifest as Critical Race Theory, Social Darwinism, and Common Core Curriculum in the public schools.

Titles from Kingsway Classical Academy Press are dedicated to exposing and opposing these popular, but destructive narratives. Each new release contains specific Biblical strategies for cultural reform, and construction of parallel social structures where reform is impractical.

**Appendix G: About the Author**

OLIVER WOODS lives in Manila, Philippines with his wife, Joy. Prior to Covid he was living a more-or-less carefree existence with his new bride, embarked on a quest to visit as many of the 7,000 islands in this South Sea Island paradise as humanly possible in one lifetime. At least one partial life time.

His first recollection of a writing experience (gone awry) was his spirited defense of a rubber-band war being waged intermittently behind the home room teacher’s back in the 7th grade. The extra-curricular essay, assigned to all combatants as reformative punishment, was somehow misconstrued by the teacher as “defiant” rather than “spirited,” resulting in a 3-way conference with Mom, herself a 6th grade teacher in a neighboring school there in Iowa. Two against one – no fair.

Chastised and contrite, a reformed Oliver returned to his studies with new commitment and a zeal that mystified classmates and the offended teacher alike. Said teacher even expressed admiration for Oliver’s style and a colleague even suggested writing as a career.

Thus, after a tour with the U.S. Army he embarked on a course of study in Agriculture Journalism at Iowa State Unversity, followed by a Masters program in Education at Oregon State.

One thing led to another and a lifetime of activity as a market research analyst, and jack-of-all-trades in the political arena: pollster, fundraiser, copywriter, research analyst – you name it. His 24-year career in survey research included over five-hundred political research projects at the management level.

He founded Kingsway Classical Academy in 2000 to help Christian youth relate their faith to the culture (www.KingswayClassicalAcademy.com). At the time it was “the world’s only online, classical Christian Academy.” His authorship of 10 books, Biblical analysis in the socio-political realm, emerged from curriculum writing for the school.

Mr. Woods was recognized for his pioneering work in the field of education in the 2004 edition of “Two Thousand Outstanding Academics” of the 21st Century and “Leading Educators of the World,” both publications of the “International Biographical Centre” of Cambridge, England.

**Other Books by Oliver Woods**

Discipling the Nations – The Government Upon His Shoulder

Keys to the Classics – A History of the Decline & Fall of Western Civilization

**Everybody wants to live to 100, but nobody wants to be 100.**

 Want to live to 100 and not regret it? This book is your go-to source for practical, life-extension strategies. Ever feel like you don't know where to start? This book is your one-stop destination for science-based longevity solutions. Not just theory, but down-to-earth, practical applications that can make a discernable difference in your life today. Lively discussion, not scientific jargon. It’s the offline. stand-alone, User’s Manual for the free App at LongevityChallenge.us.

 It’s the definitive response to the raging debate over the catch-phrase, “follow the science.” What exactly is the plethora of research in the exotic new field of Human Longevity telling us? No more guesswork! This book is a summary – a concise Meta-Study if you will, of the latest scientific findings in the emerging and exciting field of human longevity. Backed up by PubMed studies, journal articles, and interviews with the experts. In other words, “the science” - the real science. The 8-point model in this book connects all the dots: The nutrition dot, the hydration dot, the digestion dot, the emotional dot – and much more.

 So do not hesitate. The applications in this book are life-changing and ultimately life-saving.



Get this book and you’ll soon be asking the same question as these two women.

**Professional Advice**

As an integrative nutritionist, I've spent the past 14 years studying, researching, and doing everything I can to help solve the problems associated with poor diet, lack of education, environmental issues which have become so prevalent in this day and age. The Boomers Alive longevity program is one of the best tools I've seen in the past decade for helping people achieve optimal health, and quality of life. Accept the challenge -- you'll be glad you did.

Chris Clark

Founder & Chief Product Officer

Rocktomic Labs