

## Longevity

### Description

Eat only organic whole foods cook self

Use pressure cooker (& use all liquid) & retain 90% of vitamins, slow cooking only 40% (longer heated less vits), microwave may destroy some nutrients

Only cook w/organic coconut or grass fed organic butter/ghee

Any other organic, cold pressed (oils) room temp, no heating polyunsaturated fats (become formaldehyde) or refined (mercury added & heating)

Avoid white & processed rice & bread (mercury added)

Spelt, farrow, triticale instead of modern wheat

Eat dark leafy greens

Large amounts of anti-inflammatories- 600mg alpha lipoic acid wakeup & before each meal at least 2400mg (take sustained release B vitamin complex too), turmeric & black pepper or ginger, ginger, astaxanthin, tulsi, high dose melatonin etc.

Add a little fat to every meal, preferable 1/8th to 1/4th ts MCT oil

1/8th to 1/4th ts MCT oil every 3-4 hours for unlimited energy & hunger reduction during fasting or meals

Add a little fat, sour (apple cider vinegar), honey or stevia/monk fruit/erithrytol, black pepper or other bitters, salt, 14 organic mushroom mix or other savory/umami to every meal for best healthy gourmet meals ever

Organic raw honey mildly lowers blood sugar, diabetes, & weight rather than greatly increasing like high fructose corny syrup, sugar, Splenda/sucralose, Nutrasweet/aspartame/Neotame/Equal

A few drops or sprays of molecular iodine (like lorinse) or Lugol's iodine brush gums then teeth daily

Above 75ng/ml vitamin D3 blood levels, above 150ng/ml if autoimmune (including autism), for every 1.25mg of vitamin D3 use 500mg of vitamin K2 OR 1/2 cup organic kale or baby greens or 1/8th ts powdered organic natto

prebiotic & organic coconut oil or organic grassfed butter/ghee occasionally if extra hungry during 18 hour fast

high intensity exercise- after warmup, 30 sec-1min to exhaustion, may repeat once after 5 min rest

sauna/steamroom/or whirlpool (SSW) then cold exposure (outside in winter or cold shower) then SSW again & when SSW is too hot sitting down, pacing the floor can last another few minutes

10 or more strain probiotic with last meal of night

taking NNM

hydrogen water or Brown's gas

restrict in order of longevity- tryptophan, cysteine, methionine (2mg/kg body weight restriction reversal obesity in type2 diabetes, thats 200mg for 200lbs, increases longevity and metabolic rate)

when older, glycine or gelatin preserves muscle

fasting for 12-18hrs a day helps reduce the tryptophan, cysteine & methionine exposure in foods & helps lose fat not muscle (also chromium & charcoal {in middle of night four hours in between eating}), no fasting for more than 20 hrs at a time

30 second bursts of exercise a few times a week, both aerobic (sprinting) & anaerobic (weightlifting)

No resistant starches (green/unripe fruit, refrigerated rice/potato dishes) if flush/sweat reaction or bad smelling defecation

Cortisol should be less than half DHEA (no cancer) & no more than 10x testosterone

[media.mercola.com/ImageServer/Public/2023/April/PDF/protein-and-amino-acid-restriction-longevity-pdf.pdf](https://media.mercola.com/ImageServer/Public/2023/April/PDF/protein-and-amino-acid-restriction-longevity-pdf.pdf)

## Category

1. Uncategorized

## Date Created

February 2023

## Author

biggs