



THE FOUNTAIN OF YOUTH

BY JASON CAPITAL

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Want to hear a crazy secret?

People don't die because of their age.

Read that again, I'll wait.

Got it? Perfect!

Any questions?

I have one...

... if men and women aren't dying from old age, what are they dying from?

Looking at death by the numbers, you'll see it's mainly heart disease, lung diseases, and brain diseases that catch us in the end.¹

If only there is a way to prevent or reverse these, right?

I hope you're sitting down because here's the truth: most deaths in the United States **are** preventable.²

The reason why is because the top causes of death are related to our diet and lifestyles- things that are 100% within your control.³

I've been piecing together the best ways to stay as focused, as healthy, and as energetic as I am now well into my 80's for the past few years after my world was rocked.

Between you and I, I'm aiming for triple digits.

In my formative years, I played college basketball. That was when my dream was to make just enough money to spend my days relaxing on the beach in sunny San Diego where the 6-foot snow drifts of Michigan were just a bad dream.

Not bad, right?

These days I've grown to want First Class Freedom and teach others how to unlock it for yourself too. The ability to have what you want, when you want, how you want.

It was only a few years ago, I received a call about one of the guys from my college basketball team, I'll call him Zack here.

Zack is the kind of guy who owns every room he enters- but doesn't realize it because he's a natural. My freshman year he takes me under his wing and elevates my basketball game to a whole new level. We train together, eat together, and challenge each other to run faster, jump higher, and be better.

Zack wasn't on the end of the phone call though, it was his wife. She called to tell me, through her tears, that Zack had died from a heart attack.

I felt numb. Instantly, this friend was ripped attack way from my life.

Poof.

No warning and *he was a only a few years older than me at the time*, not even 29 years old.

He wasn't even overweight, he didn't smoke, he even exercised. I turned from depressed to terrified because if that happened to Zack, could that happen to me too?

I went forward, devouring the top information from the most in-depth research, PhDs, doctors, and longevity experts. I made it my mission to expand first class freedom so we can do what we want, when we want, how we want it *for as long as we want to*.

It's the difference between retiring to lounge around in a hammock at your beach house in Aruba sipping tequila from a coconut and retiring to lounge in a hospital bed watching reruns of shows you've already seen a dozen times as an IV bag of medicine slowly drips next to you.

Let's make sure you end up living a long life doing what **you** want. We start with the trifecta.

The Trifecta: Your Foundation for Longevity

These three habits are seen to literally wind back the clock 14 years.⁴ And, if you follow all of three them you'll see an 82% reduction in chances of dying in general compared to the general population.⁵

FOR GOD'S SAKE, DON'T BE FAT.

Seriously, I know you're better than that.

This one is going to take time, BUT is achievable and has a huge impact on your longevity. Being overweight is like going over the speed limit while zipping down the highway.

The faster you go the more at risk you are of being pulled over, spinning out of control, or crashing and bursting into flames.

As the years go on it seems that we have more and more ways to measure how fat the population is AND more men and women becoming obese or overweight. Right now, one out of three men and women in America are overweight or obese.⁶

33%!

To start, you have to know where you're at. Honestly, are you overweight?

The **best** and simplest tool to figure this out is a tape measure. It's called your Waist Circumference Measure, or WCM for short. All you do is wrap a tape measure around the thinnest part of your waist (it's between the top of your hip bone and your lowest rib).

Write that measurement down but no sucking in your gut- that's cheating.

You can even measure again just to make sure you got it right the first time.

For men, if your number is above 40 inches you have **serious** risk for heart disease, type 2 diabetes, and certain forms of cancers.⁶

For women, if your number is above 35 inches, you're screwed too.⁷

It's because WCM tells you not only **how much** fat you have but **where** your fat is. If your fat is focused around your midsection, there is much more pressure on your organs and heart compared to fat that's stored elsewhere on your body.

Make sense?

Excellent!

All I want you to do is measure and record your WCM every week. Just doing that alone will build your awareness AND, joined with a few of the steps below, you'll notice your waist shrinking week by week.

LOAD UP ON FRUITS AND VEGGIES

Here's going to be the simplest way to shrink your waist, skyrocket your energy, eliminate constipation, prevent AND reverse heart disease, certain types of cancers, and type 2 diabetes.

You'll even look younger and healthier.

And it'll be the easiest habit you've even done- **eat 9 servings of fruits and vegetables a day.**

9 can be a lot, I know, the average American consumes less than 11% of his, or her, food from fruits or vegetables (it's mostly animal proteins and processed foods).⁸

What it comes down to is that refined grains, soda, meat, fish, and dairy shorten these things called telomeres.⁹

Is that bad?

Well, researchers refer to telomere's as a "cellular fuse". Telomere's work just like the plastic tip of your shoelaces. Yes, they're easily forgettable BUT when they disappear your laces become ruined. It's easy to pick up new shoelaces- but getting new DNA?

That's tricky.

When your telomeres run out, there is nothing protecting your DNA from being ravaged, and in most cases, you cells explode.¹⁰ Literally. It's called apoptosis, where your cell goes out of existence with all the flair of an exploding death star.

The good news is that vegetables, fruits, and other antioxidant-rich foods lengthen telomeres.¹¹ Ideally, you can live **longer** from just eating these foods. Unfortunately, this is the **only** way researchers have been able to lengthen telomeres.¹² There are no pills, shakes, or magic potions to help you out here.

Just an apple a day.

Unless you hate apples, then I'd gladly eat them for you.

Plus, consuming fruits AND vegetables actually amplifies their antioxidant power more than consuming fruits alone or vegetables alone.¹³

It's called **The Ocean's 12 Effect**.

Basically, the components work together synergistically to boost absorption, delivery, and efficacy just as George Clooney, Brad Pitt, and the rest of those guys all do their part to rob a casino. Each does his part to accomplish a huge goal, a goal none of them could have followed through on as an individual.

Want to know the secret to eating more fruits and vegetables to live longer AND drop pounds of excess ugly life-strangling fat?

I'll take that as a HELL YES.

First, understand that if you're eating a handful of blueberries that means you're not eating a cupcake or a burger. There's only a limited space in your gut and limited hours in the day for you to try to eat everything under the sun.

So, you have to deal with the **FOMO Bias**. Malcolm Gladwell recently researched this Fear Of Missing Out- you'll see it popping into textbooks in a few years, crazy stuff...

Anyways, we're talking about you + vegetables → fat loss and longevity.

With FOMO, you have to struggle between all the options you **see that** you can eat. For example, for dinner tonight I can make a smoothie, order a pizza, grab chinese food, or pick up a salad. We're surrounded by hundreds of food options competing for our attention as these Food Giants wage their secret war against our subconscious minds. They're sending us messages every hour through television, radio, billboards, even through your cell phone making it seem normal to avoid cooking, skip out on the veggies, and buy their processed junk.

That's nonsense!

Luckily, we can turn the tables and use this magical 3-step formula, **KTE Method**, for losing weight and gaining health:

#1- Keep three meals that are already healthy for you in your life. You might enjoy eating minestrone soup, Indian curry, and a burrito bowl. BOOM, you're already $\frac{1}{3}$ of the way there and you didn't even make any changes.

#2- Tweak three more meals you enjoy to add more veggies. One of my favorite examples is with pizza. Instead of a pizza loaded with cheese and meat, you can make a veggie lover's pizza adding mushrooms, spinach, peppers, and more to up the amount of vegetables you're eating. Researchers have recently shown that sneaking veggies into your meals can reduce daily calories by over 300 calories a day just because of the satiating power of whole plant based foods.¹⁴

#3- Explore new foods that will quickly become new staples. Maybe you'll make some spicy Thom Kha Soup or it might be a lasagna recipe using zucchini slices instead of pasta. I know, I know everyone wants you to NOT play with your food...

Those mediocre masses can enjoy their diets, crazy rules, and heart disease while we play and get leaner by the day.

Sound like a good compromise? I think so too. =)

At the very least, you can snack, juice, layer, blend, bake, or slow cook more fruits and vegetables into ANY food.

TAKE A HIKE.

Eating better is half the battle, the other half is making sure all that nutrition makes it to the nooks and crannies of your body.

You don't have to do high intensity nonsense to get these benefits. As long as you wake up with both feet pointing in the right direction you're golden.

Why? Because just 22 minutes of walking a day is seen to be beneficial and reduce chances of all-cause mortality by 7%- that's fewer than 150 minutes a week.¹⁵

That's less than 1% of your whole day, BUT it adds years to your life. In other words, it's like getting a 20 dollar bill every time you pay a nickel.

The great thing about walking is the more you do it, the greater the benefits:

Walking just 60 minutes a week reduces your chances of death by 3%, but if you walk 40 minutes a day, the reduction jumps to 14%.¹⁶

That's because walking is the perfect way to put stress on your muscles, joints, and cardiovascular system yet gentle enough to do everyday.

It's like gently bathing your cells in all those nutrients, from all those fruits and veggies you're eating now, to skyrocket your longevity.

Did I mention that your walks DON'T have to be all at once? You can walk for ten minutes a few times a day- even walking around at work or across a parking lot counts towards your grand total.¹⁷

The best way to walk more is by picking up a pedometer, or using a free app on your smartphone to track your steps. You'll be able to get a rough estimate of

how much you walk in a day. Also, **just** by being aware of your steps you'll end up walking more.

That's all thanks to something called the **Availability Bias**- when something is more available to you it weighs more strongly on your mind. Every time you see your phone or that app, you'll be reminded that you're measuring the steps you're taking and you'll have more chances to take a walk during your day.

Want to supercharge this?

If you have a friend or two who you can compare steps with to stay on track you'll have no choice but to walk every day. It's subconscious, simple, and easy action because you're flipping a switch that makes walking a boring habit that you do because "it's good for me" and you make it into a game.

Now that you're a walking machine, let's milk your walks for all they're worth.

You can make walking even better for your health if you do it outside.

Walking outside exposes you to even more benefits. In Japan, there is a whole science of forest bathing that's recently shot up in popularity.¹⁸

Essentially, walking around trees and plants exposes you to more oxygen and small amounts of essential oils. Yes, the same essential oils that improve mental focus and reduce stress.¹⁹

There's also increased sunshine outside, which boosts your vitamin D levels, and gives you a whole host of benefits including stronger immune system, better skin, stronger bones, less cancer, and better cardiovascular health.²⁰

Most importantly, the air outside is churned up by wind. This dilutes impurities and toxins that can build up in the air in your home, so you have significantly less lead and junk going into your lungs compared to being inside a gym, house, or apartment.²⁰ Naturally, this depends on where you go too. Taking a stroll in downtown LA is a world away from going for a hike in the woods.

EAT LESS, LIVE MORE.

Fast at least once a week for 24 hours.

Fasting is simply taking a break from food.

You already do this between dinner and breakfast, the idea is to stretch this out longer.

You can either take a break from eating for 24 hours once a week OR take a smaller break, 16 hours, everyday.

The reason why this works is that your body reacts positively to short term fasting. Over longer fasts, you do have muscle wasting and other complications- but just a short fast does the opposite.

You start to conserve carbohydrates and burn fat predominantly.²¹

Your body also spends less resources on your digestive tract to boost your immune system, improve your hormones, and even makes you tougher on a cellular level all without slowing down your metabolism at all.²¹

Remember, it's only 24 hours at most, you can go from 8:00 p.m. after dinner to 8:00 p.m. the next day or from breakfast to breakfast, you get the idea.

To start, you can just push your breakfast back later to lunch, and take baby's steps each week to get used to fasting and train that mental muscle.

The idea is that instead of dieting and cutting calories every single day where you're constantly a bit hungry, you can eat normally 6 days a week and only feel that hunger from dieting just once a week.

Just like any other habit, the more you practice fasting the better you become and the easier the fasts are.

Another way is to follow the 16/8 method of fasting. Here you fast everyday but only for 16 hours. This way you give your body a chance to experience benefits

of fasting, you train your hormones to peak and valley at regular times to make fasting easier.²²

This would look looks like:

Breakfast- 1:00 p.m.

Lunch- 5:00 p.m.

Dinner- 8:00 p.m.

Of course, you can maneuver this around to be the best for your schedule, but it wouldn't be as flexible as a 24 hour fast.

To make the fast easier it helps to drink coffee, green tea, drink carbonated water, or regular water to fill yourself up. The rule is no calories during the fast to soak up the benefits.²³

If you've never fasted before, it may seem intimidating, right?

When done correctly, it reminds me of a scene in Toy Story...

... Buzz, the spaceman, is trying to fly and save the day. Woody, starting off as a cynical cowboy, part of the mediocre 99% of toys at this point, tells Buzz he's no flying- just falling with style.

When you do too much too soon, fasting **can** burn you out and put too much stress on your body, but done right and responsibly you'll fly towards a stronger body that will last for years on end. So, you want to start slowly with fasting and just fast once per week for 24 hours (or use the 16/8 method of fasting).

DO THINGS DIFFERENTLY TO GROW SMART, NOT OLD

Habits and routines are part of what lead us to greatness. If Michael Jordan didn't get into the gym to practice day in and day out as part of his routine only his mom and dad would've known his name today- instead of his hundreds of millions of fans today.

While routines are essential, these days we seem to go overboard and stifle ourselves.

And guess what? It's killing us!

Do new things to live longer.

When you do something new you stimulate the production of BDNF, or brain-derived neurotrophic factor.²⁴

Basically, BDNF directly supports learning, memory, and complex thinking by making your brain more connected having a strong effect in fighting cognitive decline and brain injuries.²⁵

If that isn't cool enough, BDNF also is connected to decreased appetite for faster weight loss, deeper sleep, and even improving your connections with others.^{26,27,28}

Is there a such thing as a win-win-win-win-win scenario?

Aside from Status of course, because BDNF is right up there.

We already covered some ways to boost your BDNF, such as fasting, getting more sunlight, and reducing stress.

BUT the easiest way to produce more BDNF is to go through your routines with a slight difference.

For example, if you brush your teeth with your right hand, try doing it with your left. That small change can stimulate BDNF.²⁹ The key is anything unexpected can activate BDNF. It might be a new route to get to work, tying your shoes a different way, or even trying a new exercise at the gym.

FLOSS AWAY THE CAUSES OF EARLY DEATH

Twice a day, floss your teeth to add 6 years to your life.³⁰

This is a simple one, BUT easily overlooked. It turns out, that when you look at the Baby Boomer's health, one HUGE avenue for preventing heart disease and strengthening immune system is with a bit of dental floss.

Having cavities or other periodontal diseases is linked with a 23%-46% increased risk of death.³¹ Now, it's not that these bacteria are more deadly than any other bacteria- it's because the bacteria is between and on your teeth.

Remember back in middle school where you learned all that great useful information you use today? One of those fun facts is that teeth are bones!

Your smile bones don't have skin to protect them, so if bacteria gets on, under, or between them it has a direct link to your blood vessels. This exposure to bacteria leaks into your bloodstream distracting your immune system and wearing down your body all because you didn't floss!³²

But what if you brush your teeth?

No dice, brushing isn't as effective as flossing for clearing out the bacteria in those hard to reach places.³³

When I first started flossing, I flossed maybe once or twice a week. The part that tripped me up?

Taking the line of floss out to wrap it around my fingers and floss.

It was a pain, like threading a needle. If you have the same issue, I highly recommend using floss picks, if you don't know what I'm talking about, these are a toothpick at one end and threaded dental floss at the other end to make flossing as simple as reaching into a bag and gliding through your mouth.

HAVE MORE SEX- YOUR LIFE MAY DEPEND ON IT.

Sorry man, this one isn't covered by your insurance.

Anyways, as Dr. Capital, I recommend more sex for all that ails you.

According to Laura Berman, Ph.D., romance and sex are important for men and women but for different reasons:

Sex often feeds intimacy for men, so the more sex they have, the more likely they are to want to hug, kiss and cuddle. Women, want more presence and romance from your man? Have more sex. Men, same thing, vice-versa.³⁴

All this intimacy and presence and romance sounds nice, but what does it actually mean?

As you can probably imagine, a stronger relationship means less stress for you. This isn't just a feeling, it's in your blood. When you feel threatened by the environment, your body pumps out more **stress hormone**, what the scientists call cortisol.³⁵

Cortisol is fantastic if you're driving back home along the icy roads of Michigan at night because it allows you to focus more- you're in the zone.

If you start stressing too much you end up with cortisol that's too high, too low, AND your other hormones are pushed out of balance leading to trouble sleeping, getting fatter, and trouble concentrating.³⁶

Want a great way to have more sex?

A study out of the University of Washington found that one 20-minute cycling workout increased the women subjects' sexual arousal by almost 170 percent!³⁷ That jump in libido could be due to the increased blood flow to the genitals and/or the pulsating movement on the bike seat.³⁸

Either way, you can ride your way to romance—and give new meaning to the term bi-sexual.

Just tell that special lady in your life that you're tired of looking at all these other mediocre couples out there. Couples that have the same **boring** lives. They go out on dates to the same boring restaurants, where they wear the same boring clothes, and have the same boring conversations. Their **boring** waiter brings out their same **boring** entrees, and you take the same **boring** leftovers home-making your same **boring** joke to the waiter that "this'll go great with eggs in the morning!". After, you go home to watch your same boring TV show and, if you're both not comatose from all this boredom, have the same **boring** sex in your same **boring** positions and finish the same **boring** way..

You and her don't want to be boring, right?

Well, exercising together increases blood flow, gives you an activity to do together, and it's so easy to challenge and tease her that your main concern will be making it back to your bedroom fast enough!

Bonus: Cycling has been shown to reduce knee pain if you're looking for a low-impact way to lose weight, live pain-free, and have better sex.

MAKE SURE TO GET YOUR RECOMMENDED AMOUNT OF IRON

No, I didn't mean iron from food- I mean lifting iron in the gym!

Lift weights 2-3 times a week to 2-4 years to your life.

If you're just walking you're off to a good start, but lifting weights super charges your longevity.

Remember those commercials of a frail elderly man stuck on his kitchen floor?

Help, I've fallen and I can't get up.

The truth is, if you're not getting stronger then you're getting weaker. Your muscles will shrink and your strength will fade away if you don't train them. It's not uncommon to get to the point that it's hard to even have the strength to get up and off the ground.

Can you imagine that?

Being too weak to get off the ground- or even get to a phone to call for help, so you have to rely on one of those medical alert devices.

The average American **barely** has enough strength to do a single pushup.³⁹

Being stronger also allows you to prevent falls.⁴⁰ You can walk smoother, carry objects, and live life without tipping over and being injured.

Lastly, on the inside you have a whole host of benefits that boost longevity. Just to name a few, we're talking increased BDNF,⁴¹ remember that?, more testosterone (also known as The Success Hormone),⁴² better blood sugar control,⁴³ and a much easier time maintaining a healthy body weight.⁴⁴

The key to lifting weights is something call **progressive resistance**.

If you've tried to learn anything before, you always hear how new skills are like muscles, right?

You lift a weight, it's tough, your muscles grow stronger, and the weight feels lighter.

With exercise, you want to be doing **more** every single week while giving your body days to relax and recover.

To start off, you can keep it simple with movements that work your whole body.

Pushing: Push Ups, bench press, dips, overhead press, and more.

Pulling: Pull ups, horizontal rows, bent over rows, deadlifts, and more.

Leg strength: squats, lunges, leg presses, and more.

It doesn't matter if you squat twice your bodyweight or are working on standing up from a chair, there are exercises and progressions for every single level.

Not to mention, **huge** amounts of variety, so if you hate the idea of benching, you may have much more fun working up to doing a one-armed pushup!

Not a fan of deadlifting? Look up bridging, as you build up your strength there you can easily progress to some impressive party tricks. Imagine, as you walk to the middle of your room and take off your coat your friends laugh, but when you bent backwards, touched the ground behind you, and stood back up...

...They cheered!

Overall, your muscles don't know or care whether they're contracting to hold an impressive handstand or contracting to hold a barbell the weight of a small cow above your head.

When you set a goal in the gym, or outside of it, and work towards it with exercises you enjoy you'll never have to try to scrounge up will power again because it becomes play.

DON'T JUST DRINK WATER. STAY HYDRATED.

Drink 9-13 glasses of quality water a day.

Starting off, most men and women out there are chronically dehydrated.⁴⁵ This by itself is bad news.

Even **slight** dehydration is seen to impact your ability to make decisions,⁴⁶ reduce your strength⁴⁷, and it even makes your skin look terrible.⁴⁸

This only gets worse as you age!⁴⁹

For some reason, whether it's your body changing or your diet changing, the elderly are less hydrated on a cellular level.⁵⁰

And that cellular level is all that counts. If cells lose their water, your metabolism slows down and cells seem to die faster than they divide.⁵¹ Meaning you shrink and die.

Let's stop that, shall we?

The easy part is drinking 9-13 glasses of water a day- maybe even more if you're more physically active and sweat. That's roughly half your bodyweight of water, in ounces, per day.

The part **no one** seems to talk about is that all water is not equal- just ask anyone who lives in Flint Michigan.

Too soon?

The point is different water can be absorbed differently.⁵²

Tap water is down at the bottom. It's recycled toilet water that has a few extra goodies mixed in. To name a few, there is toilet paper, hormones that pass through urine, drugs that can pass through urine or be flushed directly into the toilet, and a whole host of ingredients your city adds to fight bacteria and soften the water for you.⁵³

If you want to live longer, don't drink tap water.

Moving up in the world, you can filter your water. Moving up a notch, you could use a charcoal filter, like a Brita system, to take some of the chlorine and impurities out of your water.

Naturally, the more you filter the higher the cost. If you want a bigger filter, that sits on your counter, you'd get more benefits. Going in this path, the ultimate is buying a filtering system that works on all the water going into your house, so you can shower, drink, and cook with water that has been purified and filtered.

Those are good options, but there's a better one.

Picking up natural spring water is the best choice.

Not only is spring water coming to you from deep within the earth where it has the ideal balance of minerals and organic compounds, but also it has to pass through miles of clay and rock where it becomes filtered even further until it gushes out of the ground.⁵⁴

If you're interested, then you'll want to hop onto Findaspring.com and pick up a few 5 gallon BPA-free jugs to pick yourself up some water for the week.

ADD MORE SPICE TO YOUR LIFE

Add more herbs and “medicine” to your meals.

As we talked about before, there is much to be desired for the typical American diet. Since we have that foundation, let's look deeper!

There's a spectrum to all food from a scale of energy to medicine.

For example, rice and chicken are mainly foods you eat for calories, carbohydrates, and protein, right?

What about something like echinacea?

You don't eat a salad of that stuff. In fact, it's a potent herb used to prevent the flu. It's not something you consume for more than a few days because it's more like medicine.

Between these two extremes we have a whole bunch of other foods that are also medicines:

Allspice, basil, bay leaves, cardamom, chili powder, cilantro, cinnamon, cloves, coriander, cumin, curry powder, dill, fenugreek, garlic, ginger, horseradish, lemongrass, marjoram, mustard powder, nutmeg, oregano, paprika, parsley, pepper, peppermint, rosemary, saffron, sage, thyme, turmeric, and vanilla...

Just to name a few.

While I want you to explore, try new herbs and spices, and follow your taste buds

on this tip. I **highly** urge you to take ¼ teaspoon of turmeric daily.

Turmeric is a cousin to ginger and is seen to have extraordinary longevity benefits. You can stock up on a year's supply of fresh turmeric root for less than 10 dollars and it will keep for weeks in the fridge or nearly a lifetime in the freezer if you enjoy cooking with turmeric.

It seems that fresh turmeric has a more subtle taste than the dried goods. Cooking turmeric seems to give you better protection for your DNA while consuming turmeric raw shows greater anti-inflammatory effects.⁵⁵

Getting in your turmeric is as easy as blending it into a smoothie, mixing it in water, or coconut milk, or adding it to your meals. You can even buy turmeric pills (or make your own!) to pop it down the hatch every day.

As a bonus, I recommend mixing in a pinch of black pepper with your turmeric because it protects turmeric in your blood stream. One study showed adding black pepper with turmeric increased curcumin levels in the blood by 2,000% compared to just taking turmeric alone!⁵⁶

What about curcumin supplements?

Researchers have an annoying habit of taking something great, like turmeric, and zooming in on just ONE part. Sure, curcumin is seen to have amazing benefits, but remember The Ocean's 12 Effect?

If you solely have curcumin and not turmeric you miss out on the benefits of compounds researchers **have not even identified**. One example that is coming to light are turmerones, that are tossed in the trash when curcumin supplements are made, are seen to both fight cancer AND inflammation.⁵⁶

Not to mention, if you isolate and amplify just ONE compound of turmeric, who knows what the long term dangers may be.

That's why the best solution is taking turmeric in whatever form you enjoy it the most. The bottom line is that no matter how many benefits a supplement, food, or habit has, it doesn't help you if you can't stay consistent!

The magic of these herbs and spices is that just a sprinkle can dramatically improve your health and each one you pick packs unique benefits.

HAVE MORE OF *THIS* TEA.

I'm not just talking about green tea, which is great for health,⁵⁷ but more about **infusing herbs**.

Focus on drinking herbal infusions to live longer and healthier.

It's powerful to add in more spices and herbs to your life, but what if you did **more?**

In China, what we call tea translates more accurately as soup. What they do is before meals, they have their "soup" which is an infusion of different powerful herbs that they take daily to live longer, fight inflammation, prevent disease, and more.

Ron Teegarden popularized a cornerstone of Chinese medicine, Radiant Health. Radiant Health is a state of health beyond danger of disease through consuming foods that heal and protect the body.

On average, a Chinese person is taking in about 2 ounces of a variety of herbs a day.⁵⁸ No, not liquids, I'm talking about dry herbs, which considering that most herbs and spices are light as a leaf is a significant amount!

How many spices and herbs do you think the average American gets?

Well, there's 7 in KFC's chicken, right? Maybe a total of 10 grams a day- if we're being generous.

That's a far cry from 2 ounces.

Anyways,

This is more powerful than just hopping onto the bandwagon.

(But serious, can 1,357,000,000 Chinese people be wrong?)

The Traditional Chinese Herbal system has existed for over 3,000 years, so there is an overwhelming amount of personal testing and results over that time that shows the benefits from Chinese Herbalism.

If you think about it, more research has been done on the Chinese Herbal System than on Tylenol!

Infusing herbs is simple and easy to do.

First, you want to pick out an herb that's safe for most folks, like dandelion leaf, ginger, or nettle leaf.

Take a tablespoon or two to sit in boiling hot water for 10 minutes and enjoy.

I like to make my infusions in advance because honestly, if it ain't simple it ain't happening for me.

I take a quart-sized mason jar and add my herbs.

Then, I pour the boiling water on top to fill.

I cover that sucker and let it infuse overnight so in the morning I just drain away the herbs and have something to drink and reap the benefits from.

PROBIOTICS, YOUR COMPANIONS TO A LONGER LIFE

Take a daily probiotic.

Probiotics are like maids that live in your body. In exchange for a some of the foods you eat and a place to crash, these bacteria provide you with a boatload of benefits.

There are two types of bacteria, the good and the bad. This is a big

oversimplification because right now there are between 500 to 2000 species of microorganisms are ALREADY living in your body.⁵⁹

The key to a daily probiotic is that it restores a beneficial balance between the good and bad bacteria in your gut.

Research states that sixty to eighty percent of the body's immune system is located in the gut.⁶⁰ Having a healthy gut ensures one can better fight off and prevent infections and have an overall healthier quality of life.

So, digestive health can have far-reaching implications. Having probiotics in your gut improves your digestive health and leads to a much healthier life. For example, probiotics turn food waste in your gut into butyric and propionic acid.⁶¹ Butyric acid alone is responsible for lowering the risk of colon cancer and increasing the health of your intestinal lining while propionic acid is used to fuel your nerve cells and increase the health of your nervous system.⁶²

Probiotics can even impact your mood and mental health. One research team gave 20 depressed subjects probiotics for 4 weeks.⁶³ Compared to the placebo group, who took a sugar pill, the probiotic takers scored significantly lower on the Ledien Index of Depression Sensitivity scale- meaning they ended up as happier!

Another study in mice shows that supplementing with a probiotic can even change the messages sent from the vagus nerve to the brain, meaning there is an actual bond between your gut bacteria and how you feel or think.⁶⁴

The four secrets to getting the BEST probiotics

There are four big categories I recommend when searching out the perfect probiotic to ensure that the bacteria will help you and be delivered where it needs to go in the gut:

Brand Quality: You want a great brand that delivers what they put on the label with no additives or filler.

CFU Count: Your gut is designed to break food down so you have to make sure are taking a hefty dose of bacteria, measured in Colony-forming Units (CFU).

Typically you want to see a count of 5-10 billion to ensure a proper amount reaches their new home.⁶⁵

Strain Diversity: Having a blend of probiotics allows each species to work together giving you more health benefits than they can individually.

Research: Most important, determine which strains work the best for your body and health goals.

THE RESVERATROL EDGE FOR LIVING LONGER

Take 150 mg of resveratrol a day.

You know how they say that a glass or two of red wine is healthy for you?

It's really because of the resveratrol inside.

It's a classic case of a research study being blown out of proportion.

The truth is, resveratrol shows a lot of benefits in animal studies.^{66,67,68,69}

Those rats that drink wine are living longer, smarter, and are overall healthier all because of resveratrol.⁷⁰

However, mice and humans are a bit different, most notably we are much bigger than mice.

So, if a mouse consumes the amount of resveratrol in a glass or two of red wine, about 2mg- 4mg, it can see benefits, specifically they live about 15% longer than mice that don't take resveratrol.⁷¹

However, we'd have to drink several bottles of red wine a day to see similar benefits. Now, a few of my friends have tried that in the past and it doesn't seem to be a way to consistently get your resveratrol in.

Fortunately, science came through for us on this one to create resveratrol pills to save us money, time, and the pain of a wine hangover.

For the benefits to your heart, life extension, diabetes, and memory you want at least 150 mg of resveratrol a day.^{73,73,74}

Honestly, you can take more, but will it really help?

Not that much.

Even worse, resveratrol can amplify the effects of cholesterol lowering medication and blood thinners.⁷⁵

As far as sticking to it, popping a pill is as easy as you get, although if you have trouble I have a way to make it even easier.

This works especially well if I can multiple supplements in the morning.

Typically, you're pulling out all the supplements from your closet, twisting off the caps, taking the right now of pills out- putting back two because three pills fell out into your hand- then covering everything back up and cleaning up... an exhausting 5-10 minutes process every single morning, right?

Instead, pick up a 2 dollar plastic pill sorter to pick out all your pills just **once** instead of every single day.

EAT MORE CHOCOLATE TO LIVE LONGER, TO EAT MORE CHOCOLATE

Eat an ounce, or about 2 to 4 tablespoons, of dark chocolate a day

Cacao works because it's simply a powerhouse of nutrition. Here's the highlight for you:

Avoid heart disease with cacao because cacao is packed with a compound known as flavanols, specifically polyphenols, that work as antioxidants.⁷⁶ Not to

mention, cacao boosts the absorption of flavanols from fruits and vegetables as well to give you even MORE health benefits from antioxidants.⁷⁷

Look younger with cacao even makes you look younger because it contains one class of flavanols that you'd also find in green tea or red wine. Anthocyanin is one, known for giving foods a dark bluish purplish hue, and catechin, famous for being in green tea, is the other. Women who got a drink containing only two tablespoons of a high-flavanol cocoa powder each day for 12 weeks had skin that was "significantly smoother, retained more moisture and had better circulation."⁷⁸

Keep your joints strong with cacao. Cacao is a significant source of sulfur. While there is no FDA recommended intakes for sulfur, sulfur has a significant impact on the health of your joints, hair, nails, and complexion. In terms of beauty, sulfur has a key role to help your body make keratin and collagen- two proteins that make up the bulk of your skin, nails, and hair.⁷⁹ At the same time, sulfur also has a role in improving your immune system, helping your body manage sugar levels, and transporting nutrients in and out of your cells.⁸⁰

Balance your hormones with cacao. One study illustrates that the potent antioxidants from cacao reduced cortisol levels in subjects.⁸¹ A benefit of fighting cortisol and reducing stress is that you'll be able to make more calm and focused decisions concerning what, when, and how you eat.

Boost your brain power Having better heart health also means more blood can flow to the brain to improve the flow of nutrients. Guess what... that means better brain power for you! One Harvard study shows that just two cups of hot cocoa a day improves memory and brain function in middle aged subjects.⁸²

Looking back, I probably don't have a convince you to eat more chocolate. But to gain these health benefits you can't just eat any chocolate.

Ideally, you want either dark chocolate bars, raw cacao. Although you can still get some benefits from Dutch-Process Cocoa.⁸³

This way you get the chocolate, minimally processed, **and** not mixed with dairy or sugar, which is seen to negate the health benefits of chocolate.⁸⁴

MY DIRTY SECRET TO LIVING LONGER.

Eat activated charcoal with meals and before bed.

Specifically, activated charcoal, which means it is just more absorbent, but writing activated charcoal over and over again is boring, and I don't get paid by the word here, so I'll stick with charcoal.

Taking charcoal is like having a second liver, kidney, and small intestine. Essentially, charcoal is not absorbed into your bloodstream, but since your digestive tract has a lot of blood vessels and only a thin layer dividing the inside from the outside, charcoal can actually attract and bind to impurities in your blood.⁸⁵

A short list of what charcoal binds to is Mercury, arsenic, antimony, lead, acetaminophen, alcohol, amphetamines, morphine, aspirin, barbiturates, cyanide, gasoline, opium, nicotine, radioactive substances, strychnine, narcotics, carcinogens like methylcholanthrene and benzpyrene, and more.⁸⁶

The crazy part is that study after study shows that while charcoal pulls out these heavy metals, toxins, and carcinogens there seems to be zero dangers or loss in nutrition.⁸⁷

Charcoal looks great on paper, but does it work?

On study done in rats shows that mice fed activated charcoal live 44% longer on average compared to the mice that missed out.⁸⁸

That's HUGE!

Activated charcoal is also dirt-cheap so you won't have any problem taking it throughout the day.

I recommend taking 1 gram, with 4-8 ounces of water, within 15 minutes of a meal AND I take the same amount right before bedtime with water as well.

A recent study showed that patients can go as 30 grams of charcoal a day

without any dangerous side effects.

To make this habit stick, it's easy to repurpose an empty container that previously held altoids or mints. Something that can fit comfortably into a pocket, durable to carry with you all day, and spacious enough to hold your charcoal pills.

COMPETE TO STAY YOUNG

Look out for and participate in competitive activities.

According to Ed Mayhew, author of *Fitter for Life: The Secrets of 25 Masters of Fitness*, men and women ranging from ages 40 to 93 who compete successfully with athletes decades younger—and look much younger than their years to boot—have a single trait that helps them defy the aging process:

These successful agers are invigorated by thinking about what they want to have and to do—the next big challenge, adventure, race or game—while those on a fast track to old age think more about what they don't want, what they are trying to avoid.... This ongoing stress [of the faster agers] interferes with the body's natural repair and regeneration of cells.⁸⁹

In essence, competing can keep you young, whether with yourself in the gym or with others onstage or on the track.

To do this, look for opportunities to compete around you. It may be going with friends to trivia night at a bar nearby, signing up for a Spartan Race, or even pushing yourself at work by making a bet with a colleague on who can clear their finish a task the best.

THINK YOUNG TO STAY YOUNG

This is a biggie, so read it twice.

Make that three times.

To think young you:

- A) Keep learning new things, stay on top of new advances in tech and the world.
- B) Plan as if you'll live forever.
- C) Remain forever curious.

Here's the study that rocked the world of psychology and shows the importance of thinking young:

In one study, people were asked to make preference predictions about people they knew well. In one group, they knew the people in question for about 2 years. In the other, about 10 years. They also asked them how accurate they thought their predictions would be, and everyone predicted they'd be at least 60 percent accurate.

For those who knew the person 2 years, they were 42 percent accurate in preference prediction. For those that knew for 10 years, they were 36 percent accurate.⁹⁰

Why so low? And why did the group of 10 years know even less about the other person than they did at 2?

The Long-Standing Bias.

After the early stages of any relationship, we think we know enough, or most, about a person and stop being curious, stop learning, stop asking questions or making it safe enough for another person to share more about themselves candidly.

This applies to yourself too- especially as you age.

The men and women of this study became increasingly wrong about predicting their friends' futures the longer as a result of how long they knew their friends. The person you know the longest is yourself! Making it easy to get stuck in ruts because you underestimate yourself.

At the age of 65, where the majority of men and women are thinking of retiring, Colonel Sanders started building his Kentucky Fried Chicken Empire.

That's cool, but want to know what's even cooler?

Jack Lalanne, The Godfather of Modern Fitness, decided to celebrate his 70th birthday in a grand fashion.

No, there was no champagne.

There were no fireworks.

You wouldn't have even seen a cake here.

To celebrate his 70th birthday, LaLanne swam along the California coast, a mile and a half.

He went from Queen's Way Bridge to Long Beach Harbor. But this wasn't just a leisurely swim.

This 70 year old wasn't just swimming 1.5 miles of cold ocean water.

He also towed a few row boats- 70 row boats to be exact.

And those boats were weighed down with the 70 men and women sitting inside them.

Oh, and did I mention he was also wearing handcuffs on his arms...

AND shackles on his legs?

Most 70 year olds today can't walk across the room without reaching their lactic acid threshold, or feeling the burn, in their legs.

Jack and the Colonel, among a select group of others, **constantly** challenged what everyone else would have assumed is set in stone.

They stayed forever curious- pushing the boundaries of what they could do.

They always kept learning and growing to challenge their previously held beliefs and ways of operating in the world.

They planned as if they would live forever because doing otherwise is planning to die.

So, why not you too?

Think younger by challenging the image you currently have of yourself.

Read that again, it's worth the price of this whole program.

If you think you're too old to pick up a new sport- think again.

If you think you're "not the kind of person that..." I don't even want you to finish that though. Instead, explore and learn more about yourself.

Already, by investing in yourself and reading this far you're NOT like 99.9% of men or women out there.

You're different. Driven. Destined for something greater than normalcy.

Start right now to take action and walk those first few steps to lengthen your life.

Order some charcoal online, call a few friends to play basketball, look up a new vegetable-packed recipe to make this week.

The bottom line is that if you're not taking action, what are you doing? As my mentor Dan Pena says, it's as if most people don't even exist 51% of the day.

Don't get swept up in what others want for your life. Claim your health, your status, and success and don't let go.

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