How to Live Longer… and enjoy it

(please scroll down)

How to Live Longer – and Enjoy It!

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Here I was in San Jose, California, checking out what must be the
whackiest house in the world.

This 160 room dwelling had blind chimneys that reached up through
four floors, to end just below the ceiling. There were 47 fireplaces in the
home, eleven of them in just one oddly-designed room. A door that you
could open then fall ten feet to a stove below. Stairs that would lead up
to… just a ceiling. Windows with nothing but a wall behind them. In all
my life, I have never seen such a goofy house!

This was the home of Sarah Winchester, widow of the famed
Winchester Rifle manufacturer’s son. A student of the occult, Sarah,
crushed by the death of her husband and infant daughter, consulted a
medium. The medium advised her that so long as she kept a building
project going, she would never die. Striving for this promise of life
eternal, she spent millions and kept builders busy for 36 continuous years,
constructing, demolishing, rebuilding, altering, her house. But despite the
prophecy, on September 5, 1922 she died at 85 years of age. And the
clamor of hammer and store was stilled.
Simply to go through a door into the very next room, I had to stumble DOWN 6 STAIRS, then back UP SEVEN... on the SAME FLOOR! Thirteen. A number stamped right through the house.

The certainty of death struck me, as I reflected. Despite her millions and all this work, Sarah could not hold off the Grim Reaper.

Life extension has always been a hot topic. The search for the fountain of youth has been with us throughout the ages.

We are told that medical and magical miracles not withstanding, there is little one can do to stop the ageing process. Yet, the individual case histories prove that there are ways to prevent and reverse ageing and to live a healthy life beyond what the average person on a routine modern Western diet could expect.

The million dollar questions are: Why do we age? Can we delay the ageing process? And are pain, disease and misery in old age inevitable?

There seem to be two main causes of ageing. One is the photocopier effect: each time our cells replace or repair themselves - a life-long process - they become less efficient at their job. As the years go by, replacement instructions gradually become garbled - it's as though you photocopied a photocopy, and so on. Each successive copy looks less and less clear when it is compared to the original.

The other reason is simply that we are probably programmed to die. There is almost certainly genetic material in our molecular DNA - the biological building blocks which everyone is made from - which tells the body to switch itself off, permanently, at about 120 years of age.

QUALITY - NOT JUST LIFE

Have you ever seen an old man or woman lying paralysed or arthritic, mind gone, totally unable to do simple things such as going to the toilet
without assistance? And you have said to someone, “I would rather die early than become like that!”

Living longer loses its attraction if we simply age, then live indefinitely in a fragile, disease-prone state. What’s the point of being 120 if we can’t play tennis? To use the analogy of the photocopyer again: we need our cells to replicate themselves perfectly each time - the copy must come from the original, not from a copy of the original.

Now here is some really good news. You can be physically agile, mentally alert and inexpressibly happy until the day you drop dead from simple old age. You can be healthy while the years roll on! Your calendar age does not have to dictate how you really are!

This may take some imagination on your part, but you need to distinguish between your chronological age and your biological age. You can’t do anything about the former. But you can do a lot about the latter.

Take a chain-smoking, hard drinking 25-year-old, for instance. He may be chronologically 25, but far more than 30 in terms of biological age. Equally, a 45-year-old athlete may be in such great physical condition her biological age is closer to 30.

You can take action now, to lengthen your life and make living more pleasant.

Whatever your age, you can prepare to live much longer than you ever thought possible, and your life can be active and creative until the day you die.

The challenges of disease are always with us and around us, yet the body defences and ability to adapt to these challenges can prevent the onset of illnesses. And this is precisely where you can do something to help yourself. It is the best insurance for the future that you can ever have.

WHAT CAUSES YOUR BODY TO AGE
In every cell of our body, within the nucleus, lives the genetic material which commands the cell to reproduce itself by division, making perfect replicas of the original cells. The blueprints, the DNA (deoxyribonucleic acid) make it possible - by reproduction - for life on earth to exist. But, if the DNA becomes damaged by free radicals (the highly reactive oxygen molecules that are present in the body as a result of exposure to chemicals, cigarettes, alcohol, caffeine, drugs etc.) - even though the cells continue to reproduce - the future generation will be damaged.

Ageing can be characterised as an increase in the number and variety of defects in the homeostatic system.

Here are the major factors involved in the ageing process:

- The breakdown of the immune system
- The proliferation of free radicals
- The peroxidation of fatty acids in the membranes of the cells
- The breakdown of blood circulation
- Hardening of the arteries and coronary heart disease
- Digestive disorders
- Insufficiency in absorption of nutrients
- Faulty metabolism
- And demineralisation of bones, with the resulting loss in height and strength.

Most of these factors have been touched upon in earlier chapters - but in this chapter we see their effect in shortening life itself.

Most of the lifestyle errors which contribute to these life-shortening factors have already been identified.

1. Sugar

According to Dr. Agatha Thrash, preventative medicine specialist, pathologist, and author of numerous books on health and nutrition:
“The list of physical and mental disorders related to sugar is formidable. Free (refined) sugar has been shown to reduce the ability of white blood cells to function properly, to aggravate heart disease, to reduce life-span, and to contribute to alcoholism, mental illness, high blood pressure, skin diseases, and enlarged liver and kidneys.”¹

Sugar gets a bludgeoning! According to research scientist Dr. John Yudkin, sugar is implicated in obesity, diabetes, hyper-insulinism, high blood pressure, duodenal ulcers, fatty livers, atherosclerosis, certain forms of cancer, coronary and vascular disease, dental decay, gout, dermatitis, and a shortened life-span.

2. **Excess of protein**

   According to Medical World News, excessive protein intake, typical of a meat-based diet, can decrease the life span.²

   Doctors Calvin and Agatha Thrash agree:

   “An excess of protein in the American diet probably decreases the life-span, while producing no known benefit.”³

3. **Fat Consumption**

   In our Western society, dietary fat consumption is overwhelming. And it causes one in every three persons to develop - already in their forties - degenerative conditions like high blood pressure, hardening of the arteries, diabetes, and so on. It causes a sluggish blood stream.

   Ageing is, quite simply, body degradation that is the result of a toxic, sluggish blood stream caused by red cells bunched together and platelets that stick together, followed by a long list of effects and symptoms.
The deficiency diseases of the poor and ignorant are matched in the developed Western nations with the degenerative disorders of the affluent and ignorant.

4. Over-eating

Yes, so many of us are digging our graves with our knives and forks. We are dying earlier than we need to, from what we eat - and from eating too much!

Overnutrition means too many nutrients. In developed countries it is usually related to the excess consumption of refined foods. For millions of the well-fed people of the world overnutrition is the root cause of much premature death and disease. The top three killer diseases in the U.S. each have strong contributing dietary factors. They are heart disease, cancer, and strokes. Hypertension and diabetes also have strong dietary links.

5. Lack of exercise

An inactive man’s body reaches “middle age” physically not at 45, but at about 26!

If you are between 45 and 84, you can add up to two more years of life by engaging in light and moderate exercise.

6. Obesity

The preceding five life-style errors all contribute to obesity.

But even without these - and without smoking or high blood pressure, obesity is a killer all by itself. At an annual meeting of the American College of Sports Medicine, researchers reported that obese people still died younger.

Obesity is a known risk factor for chronic disease that often leads to death. An estimated 300,000 deaths a year in the United States can be attributed to an overweight condition.
Every extra pound of fat will smother a month from your life. (That is, 24 extra pounds will shorten your life by 2 years, and 60 extra pounds will deprive you of 5 years of your life span.)

7. Smoking

One in three smokers will die because of their habit, according to a six-year study carried out by the Oxford-based Imperial Cancer Research Fund Cancer Studies and the American Cancer Society.

The results were published in the British medical journal, the *Lancet*.

It is estimated that a life-long smoker dies 23 years earlier than a non-smoker.  

In other words, smokers are dying in their 50s who could otherwise live into their 70s, according to Lyn Roberts, co-ordinator of the South Australian Smoking and Health Project. “And that’s frightening.”

As Dr. Margaret Arstall, of Adelaide’s Queen Elizabeth Hospital, puts it, teenage girls who choose to smoke are “throwing their health in the ashtray.”

She told students at Port Adelaide Girls’ High School that the “first big choice” to affect their life-long well-being was: “Am I going to smoke, or aren’t I?”

Their choices literally could lead to premature death or a long, healthy life.

“It will cost you a fortune if you choose to smoke, but you will also be saying: ‘I don’t care about me’,” she said.
Dr. Arstall said young women could choose to do anything they wanted, but only if they were healthy.

“Choices become very limited when you cannot physically do what you want to do,” she said.

“People are affected by heart disease because they either die or are very sick for the rest of their life, which is often shorter.”

If people quit smoking, the number dying of heart attack would be halved.

8. Free radicals

Free radicals are a by-product of a cell’s normal metabolism; we also get extra doses from environmental pollution, particularly car exhaust fumes, cigarette smoke and rising ozone levels.

In the body, they are the garbage that oxygen produces. And they are damaging. They can spoil everything in your body - your eyes, brain, skin, blood vessels and heart. Free radicals have been likened to a computer virus. They can tear your health to pieces - especially if they are fed fat. They love fat!

Free radicals not only distort a cell’s capacity to reproduce (damaging our DNA, weakening cell membranes and changing biological compounds within the body), they can also kill them outright.

They have been implicated in so many diseases. Deadly diseases.

Free radical damage worsens over time and age.

But do you have to just sit there letting free radicals do their thing? Of course not!
You can do something about it - and at the same time lengthen your life.

That is what the next section is about.
Yes, you can feel younger. You can look younger. You can be younger!

To the rescue: antioxidants. Antioxidants neutralise and expel free radicals from our bodies.

As we grow older, free radicals grow more numerous and antioxidants are ultimately overwhelmed. We need more, preferably from an early age, and new research has found an inexpensive source of these vital preventative nutrients.

That name… ANTI-oxidants. Does that mean they are against oxygen? Not at all. They are only against the free radicals that oxygen produces.

How can you obtain these antioxidants? It’s easy. They are in good food. You love food, don’t you? What a terrific solution!

And there’s no catch. You can undo many of the diseases caused by free radicals. You can reverse the damage. You can reverse your ageing!
Let me explain.

You eat a hamburger. And that creates a whole army of free radicals.

You eat a banana. Yes, that does create free radicals simply through the process of chewing and digesting. But it also releases antioxidants that destroy those free radicals - and then they go on to destroy other free radicals that are there - even from your hamburger.

Glorious, natural food is blessed with antioxidants to keep you younger!

Vitamin C… Vitamin E… Beta-carotene… Calcium… alone or together they are powerful! They restore health, extend your years, retard ageing and work against premature death.

**VITAMIN C**

According to a British study, Vitamin C rejuvenates the white blood cells, giving 76 year olds the same levels as 30 year olds. You ask, how much Vitamin C does it take to do this? Just 120 mg of Vitamin C a day - or in simple terms 350 grams (12 ounces) of fresh strawberries!

Vitamin C can protect the skin from damage, resulting in fewer wrinkles and a younger complexion.

Studies from the U.S. Department of Agriculture’s Human Nutrition Center at Tufts University have found something else. Vitamin C attacks free radicals that cloud the lenses of your eyes, causing cataracts and other premature eye conditions.

What are top Vitamin C foods?[^5]

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<td>Blackcurrants</td>
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VITAMIN E

Vitamin E will keep you young, inside and out. It protects your heart, your immune system and your skin (speeding skin healing, reducing scar tissue and protecting against skin cancer). Vitamin E clears your eyes, relieves arthritis, and even protects you against Alzheimers disease. It also soothes away those aches and pains in your legs and even helps smooth out those unsightly varicose veins.

Vitamin E is a natural antioxidant nutrient, which like Vitamin C, Vitamin A, Beta Carotene and the mineral Selenium can deactivate free radicals and conserve oxygen, playing an important role in our immune defence. It is a vasodilator which means that it keeps open the blood vessels, even the very tiny capillaries that feed every cell in our body. We
have a wealth of evidence that Vitamin E together with Vitamin C and Selenium act against disease slowing down and reversing the ageing process. By acting against the peroxidation of tissues, Vitamin E is the most potent free radical scavenger and can reverse the process, making for example, the lipofuscins - the brown pigments deposited in tissues - to disappear.

Vitamin E was separated from wheat germ oil as a mixture of substances called tocopherol, the most active biologically in the series being the alpha-tocopherol. It is worth mentioning that the word tocopherol is derived from the Greek “tocos” meaning: offspring and “phero” meaning: to bear; showing that the potent antioxidant and anti-ageing property of Vitamin E makes it an important tool in reversing infertility.

The fact that Vitamin E is a cell conservator was proved when the first astronauts coming back from their journey and suffering from severe anaemia caused by breathing pure oxygen and doing little or no exertion, were given Vitamin E. Their anaemia vanished.

Dr. Wilfrid Shute and Evan Shute, fellow members of the Royal College of Surgeons in Canada, started using Vitamin E in cardiovascular conditions in 1933 with great success. Even members of the “orthodox” group of the medical establishment came to admit its value and recommend it with great success.

In his book *Vitamin E for Ailing Heart* which was published in 1969, Wilfrid Shute says that in the 22 years before his book appeared he had treated 30,000 cardiovascular cases. One typical case was when a patient aged fifty-eight had a coronary occlusion; was sent home from the hospital but was not able to work. Dr. W. Shute placed him on 800IU of Vitamin E per day and within a few weeks the patient resumed his work. Seventeen years later - at the age of seventy-six - he was reported in very good condition.

What, then, are the best Vitamin E foods?
Wheatgerm oil  | Rice, brown
Sunflower seeds  | Peanuts, dry roasted
Almonds  | Mango
Sunflower oil  | Avocado
Safflower oil  | Soybean oil
Asparagus  | Spinach
Wheat germ

**BETA CAROTENE**

Beta-carotene, when it has passed through your digestive tract into your intestine, is turned into Vitamin A. Then it is able to beat the wrinkle clock and restore smooth, line-free, youthful skin. It goes to the skin and regulates the amount of rays from the sun that penetrate the skin. There you have it – sunscreen in a carrot!

It fights cancer of the lung, breast cancer, and cervix, colon and mouth cancer. It protects the immune system. It can reduce heart attack risk and the risk of stroke. And it lowers the risk of macular degeneration, which brings on impaired vision and blindness in older people.

So what specifically are the beta-carotene foods?

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<td>Pumpkin</td>
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CALCIUM

Calcium adds years to your life. It fights osteoporosis, heart disease and colon cancer. It lowers blood pressure and may even block the amount of saturated fat we actually absorb.

But beware of substances that can “steal” half or more of the calcium you think you are getting. These enemies are salt, caffeine, fat, protein, smoking and alcohol. These all will deprive your bones of calcium and increase the risk of back fractures, or a broken hip or arm.

Top food sources of calcium (non-animal products) are:

- **Fruits**
  - Watermelon
  - Orange
  - Pear
  - Raisins
  - Figs, dried

- **Vegetables**
  - Spinach
  - Turnip greens
  - Kale
  - Broccoli
  - Okra
  - Beet greens
  - Chinese leaves
  - Mustard greens
  - Collard greens
  - Tomato
  - Carrot

- **Grains**
  - Rice, brown
  - Corn

- **Nuts**
  - Almonds

- **Legumes**
  - Beans
  - Chickpeas
Tahini (sesame seeds)  Lentils

VEGETARIAN FOODS

Your sources of Vitamin C, Vitamin E, Beta-carotene and Vitamin are adequately supplied by a vegetarian lifestyle.

A study of a large group of peasants in rural China who eat an almost entirely plant-based diet showed that they live longer than we do, even without a medical service.

A report from Germany showed vegans have a fifth of the bed occupancy rates in hospitals of meat eaters, and a study of a community of 35,000 Seventh-day Adventists in California found that the vegetarians who do not smoke or drink had only 14 percent as many heart attack deaths and only 9 percent as many cancer deaths and lived six years longer on average than the meat-eaters. And the vegans (that is, those who skipped dairy products and eggs) lived ten years longer than the general population.

And the best thing about this kind of lifestyle is that one does not have to become a pill-popping marathon runner, or practise monastic self-denial every time one eats.

ORGANIC MORE NUTRITIOUS

Tests carried out by the Camden Food and Drink Association (Britain) showed that organic fruit and vegetables contain more essential nutrients than the chemically grown variety. Organic potatoes contained 26% more zinc; organic tomatoes 17.5% more Vitamin C and 25% more Vitamin A; organic apples 11% more Vitamin C.\(^9\)

In another study extending over a two year period, varieties of foods were purchased at several stores. Apples, pears, potatoes, corn, wheat berries and whole wheat flour were purchased.
Organic and commercial samples of each food item were tested in a laboratory to discover their “elemental” levels; that is, how much of trace minerals, such as iron, selenium, manganese, zinc, etc., they contained. In most instances, the organic far outstripped the commercial food. For example, organic pears contained 240% more iron, 120% more manganese, 40% more calcium, and 100% more zinc, than commercial pears.10

Are trace minerals important? Evidently. Nutrition can play an important role in the prevention of major illnesses. In addition, low levels of elements in the diet have been correlated with such problems as alcoholism, allergy, cancer, diabetes, candidiasis, mellitus, chronic fatigue syndrome, headache, hypertension, premenstrual syndrome, and rheumatoid arthritis, to name a few.

Are regular grocery store fruits and vegetables worthless? Not at all. But when you can, purchase some organic foods. Better still, grow your own fruits and veggies - because not all pears are created equal!

And remember, for best nutrition plant foods are best eaten in their whole form. (Refined oils are stripped of their protective vitamins and minerals.)

**EAT LESS**

This is where “Self Control” becomes relevant.

Mice who are fed 40 percent fewer calories live between 50 and 100 percent longer than their chubbier mates.

Rhesus monkeys, and squirrels, are being tested on reduced control diets at a centre in Poolesville, Maryland, and the low-calorie monkeys are already showing characteristics similar to the low-calorie mice: lean physiques, later onset of puberty and a reduction or total absence of birth defects, heart disease, kidney failure, cataracts, diseases of the immune system, or cancers.
Indeed, the results have been so positive that many of the researchers involved in this project have already lowered their calorie intake - not willing to wait for the final results to come through. One of the pioneers in the field, Dr. Roy Walford, a professor of pathology at UCLA, has been a low-calorie man for five years now. He’s a youthful-looking 67-year-old who bears a strong resemblance to the captain of the starship Enterprise.

EXERCISE

But diet is only part of the equation. New studies show diet and exercise are inextricably linked. One is only half as good without the other. It stands to reason then, that the same general rule which applies to food applies to physical activity: moderation.

Little and often is a good motto. Make sure your exercise of choice is a pleasure not a chore. Take up a sport in which you can involve your friends or your partner. Choosing a sport that’s tailored to your temperament is often the most difficult task, but it is important to be able to keep up the good work. A recent British study suggests weight lost by diet alone was quickly regained as will-power waned. Weight lost in conjunction with exercise, however, stayed off. Think lifestyle change rather than quick-fix and your programme is more likely to succeed.

Brisk walking is best. According to a study by Harvard University in the USA, you can add one hour to your life for every hour you walk. You must walk for 30 minutes every day. This is non-negotiable. Walk for 15 minutes from your office or home, then walk back.

The amount of exercise necessary for most people to achieve metabolic body fat changes exceeds that which would be required to simply get in shape. Take at least one month to slowly work up to about an hour of continuous moderate exercise five or six times per week. This should be enough time to burn the recommended 500 calories’ worth of exercise per day or 2,000-3,000 extra calories per week that seems to be the average amount required for a weight-loss program.
Now that you know what physical fitness is and what exercise can do for you, you’re ready to blast off! Right? Just a minute. The conservative approach would be to have medical clearance if any of these apply: past age 30 and have not been exercising, overweight, have a history of high blood pressure or heart trouble, or you have not had a checkup in the past year.

The liberal approach would be, if there are no obvious warning signs, to go ahead and start exercising. Just make sure you start out easily and progress gradually. Learn how to exercise correctly and take care of yourself.

REST

People get one and a half hours’ less sleep a night on average today than they did in 1910, as more chase the night life and work longer hours.

It is a trend which can damage health.

Scientists and doctors agree sleep is essential for a healthy brain; now, researchers have found that too little sleep can produce biological changes similar to premature ageing and diabetes.

They found that the body works better with more than eight hours’ sleep. Even fit young men restricted to four hours’ sleep a night were found to have problems processing and storing carbohydrates and regulating hormones.

Professor Eve Van Cauter and colleagues from the University of Chicago medical department say in the British medical journal the Lancet that people in developed countries had, on average, nine hours’ sleep a night in 1910.

This has fallen to 7.5 hours “to create maximum time for work and leisure activities.”
Professor Van Cauter said: “We found that the metabolic and endocrine hormonal changes resulting from a significant sleep debt mimic many of the hallmarks of ageing. We suspect chronic sleep loss may not only hasten the onset but could also increase the severity of age-related ailments such as diabetes, hypertension, high blood pressure, obesity and loss of memory.”

In the study, 11 men aged 18 to 27 slept eight hours for three nights, then four hours for six nights and 12 hours for seven nights.

When they had less sleep than they needed, their blood sugar levels took 40 percent longer than normal to regulate after a high-carbohydrate meal.

And their ability to secrete and process insulin fell by about 30 percent, a state similar to signs of early diabetes.

Sleep deprivation also slowed the secretion of thyroid-stimulating hormones and increased blood levels of the stress hormone cortisol, especially in the afternoon and evening.

Increased cortisol levels in the evening are typical of older people and are thought to be related to age-related health problems, including memory impairment.

Proper rest habits contribute to our quality of life. They also add to one’s length of life. Rest also improves mental and physical efficiency. During rest your body is replenished, waste products are removed and your body systems are re-energised. You are preparing for renewed activity for the day to come.

COUNTRY LIVING

It is calculated from statistical surveys that a person who lives in the country will add two more years to his life, than if he lived in a big city. I suppose air pollution may have something to do with this, although the stress of the rat race and related factors must play a role. (Incidentally, it
is also claimed that being happily married will add two years more to your life expectancy than being single.)

Prevention is cheaper, easier and happier than cure. It is better to start early. But if you are already in your “middle age”, or older, you can still gain precious benefits from a lifestyle improvement.

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