

Healthy Living

Fact Sheet



Longevity

Dr John G. Clark, MD

Why do people get old and die?

People get old and die when their body's processes of deterioration overtake their body's repair processes, and decay prevails.

What causes deterioration?

The body is tipped toward deterioration and death when:

- It is attacked by disease (e.g. Tuberculosis, Lyme disease, cancer, etc.),
- It is fed food of insufficient nutrition (refined, processed, irradiated, etc.) that fails to support the body's repair processes,
- It is fed deteriorated food containing seeds of decay (foods created by rot, decay, spoilage, putrefication, aging, fermenting (e.g. vinegar, cheese, soy sauce, chocolate, wine, etc.),
- It is not kept in a state of physical fitness,
- It is psychologically over-stressed,
- It is constantly dehydrated.

Encouragement

*"My son, do not forget
my law, But let your
heart keep my commands;
For length of days
And long life
And peace they will
add to you."*

Proverbs 3:1, 2 (NKJV)



Healthy Living

Fact Sheet

Healthy lifestyle approach

Dietary Considerations

A nutrient-dense, high-antioxidant diet favouring fresh plant foods (fresh fruits, fresh vegetables, raw nuts, raw seeds, etc.) is the most supportive of a vigorous hold on life. Avoid a processed, refined, fermented or predominantly cooked diet.

Exercise

Activity is the best predictor of longevity. “If you keep wiggling, they won’t put you in a box.” Get plenty of exercise outdoors in the fresh air and sunshine.

Water

Three litres of water is recommended daily: one upon arising in the morning, one mid-morning and one mid-afternoon.



Healthy Living

Fact Sheet



Mind–Body Connection

Jenifer Skues
Health Psychologist

Becoming a centenarian

A centenarian is someone who lives to or beyond 100 years of age. Because life expectancies in our society are less than 100, the term is invariably associated with longevity. A super-centenarian is someone who has lived to the age of 110 or more, only achieved by about one in 1,000 centenarians. Many studies show that people who live in cultures that are often vegetarians, grow their own foods and don't have the stress that we have in Western society, have longevity and quality of life. When centenarians are interviewed, they often credit their longevity to living a less stressful life. Stress is the number one killer today with approximately 90% of modern day illnesses being stress-related. Stress management, therefore, equals longevity. If I live till 100 then I want to have an active, healthy mind and body. If you live your life in the 'fight or flight' mode, which constantly revs the internal engine, then calming your adrenals and reducing your stress levels is the first step.

Encouragement

*"For length of days
and long life
And peace
they will add
to you."*

Proverbs 3:2 (NKJV)

Healthy mind, happy body

A healthy mind and happy body depends on whether we have the right balance of nutrients. A major nutrient lacking in many people's body today is magnesium. Did you know that magnesium is called the 'youth element' because it keeps you young? We actually age rapidly when we don't have the right levels of magnesium over time. Every cell of your body needs magnesium and the body doesn't make it; we have to get it from external sources. It really is a miracle worker. It's an overlooked, essential mineral that we all need. It keeps the cells and organs in the body young and healthy. Research shows that 80% of people in our community are in a magnesium drought. Stress rapidly drains magnesium levels and research has found that we can lose up to 5 times the daily dose that we need to keep the body in good working order. It is a contributor to many mental, emotional, and physical health problems. We can get magnesium from our food but we really need fresh organic produce, which most people don't have. Nuts, seeds and greens are high in magnesium. Remember, stress inhibits absorption and only 30% of a tablet is absorbed. But, there is a wonderful abundance of magnesium in nature that is very absorbable. It is Magnesium Chloride Oil (not a true oil but absorbs like one). It is harvested from the seabed, then you can spray or rub it onto the body. 100% goes directly into the cells. It relaxes the nerves and muscles, transports calcium into the bones, and is a natural anti-inflammatory. How good is that!

Healthy Living

Fact Sheet

Longevity Tool Kit

How to live longer: Quality and quantity

1. Managing your stress levels = LONGEVITY

One of the quickest ways to calm your adrenals and reduce your stress levels this is to change your breathing rate, which is something you can do anywhere, anytime and it's instant. Here's a breathing technique that calms and evens out the heartbeat, helping the brain put the brake on your adrenals which excrete stress hormones such as adrenaline and cortisol. A calm heartbeat calms the nervous system and stops revving that stress engine of yours. All you have to do is put your hand on your heart and focus on taking slow and even breaths into the lungs via the area where your hand is. Do this to the count of 5-in and 5-out. At the same time try and think of something you appreciate; that gives you a good heart feeling or response. When your heart slows down and is beating evenly, your brain will then signal the adrenals to calm down. This can prevent adrenal fatigue and burnout. Other ways to reduce your stress levels is by enjoying nature; pet therapy; exercising; drinking herbal teas such as chamomile, lemon balm or passion flower; as well as pray and meditate on a loving God. Find things to do that you enjoy, as that will keep you focused in the present.

2. Increasing your magnesium levels

As many foods now are nutrient-deficient and stress rapidly reduces your magnesium levels (can be up to 5 times your daily dose) we need to make sure we have it in our diet on a daily basis. First of all follow the tips outlined in the article above to help reduce your stress levels, then work on increasing your magnesium levels (see "Healthy mind, happy body article). Have an abundance of magnesium-rich foods such as leafy greens, dried fruit and nuts, avocados and bananas. Also rub Magnesium Chloride Oil onto your skin. You can source this product and information on the Internet as well as from buy it from markets and Health Food outlets.

3. Making a NEW START

Use the following **NEW START** acronym for a holistic approach to help you maximize your health and live a longer and happier life:

N = Nutrition	S = Sunshine
E = Exercise	T = Temperance (abstinence or moderation)
W = Water	A = Air (fresh)
	R = Rest & Relaxation
	T = Trust in God

Disclaimer: This fact sheet presents principles designed to promote good health and is not intended to take the place of personalised professional care. The opinions and ideas expressed are those of the writers. Readers are encouraged to draw their own conclusions about the information presented.