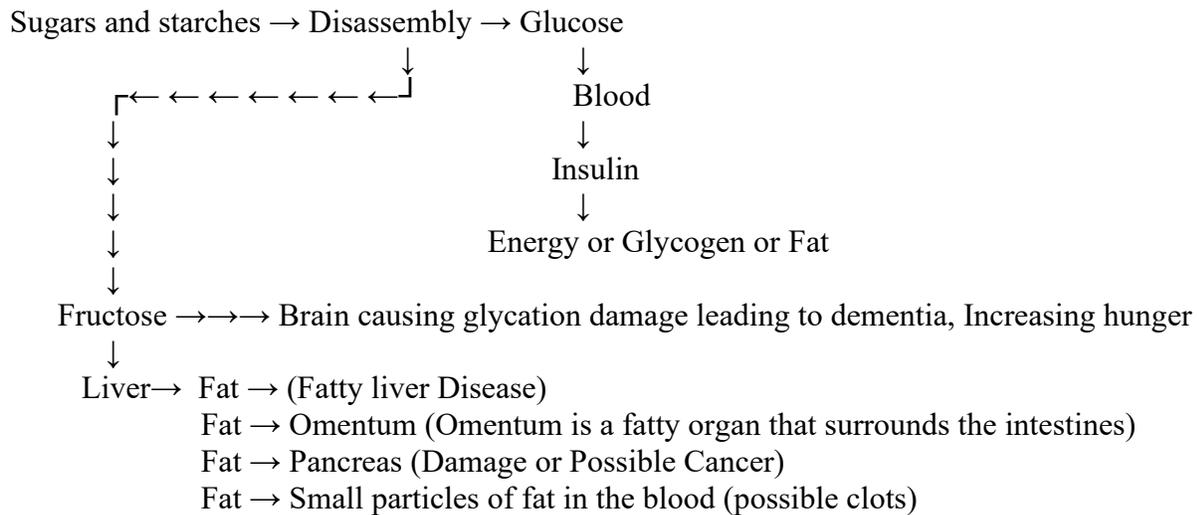


Have a healthy and long life

This is a short version of Age Successfully. The references are at the bottom of the Age Successfully page. The details are in the book. This is simply the bottom line.

Sitting is deadly. Sitting causes heart disease and cancer. It is a trap. Sitting will cause mobility problems that lead to more sitting. it is a downward spiral.

Fructose causes metabolic syndrome with high blood pressure, low HDL, high A1c. It is at least 45% of all added sugars: table sugar, brown sugar, agave, honey, maple syrup. Fructose will cause a cascade of problems.



Food companies have found what they call the bliss point. This is the most sugar that can be added to food to make it taste good to the sugar-addicted public. Even macaroni and cheese now has added sugar. Read the labels if added sugar is not zero put it back on the shelf.

Fructose is what makes fruit taste sweet. No more than one serving should be consumed per day.

Vegetables are controversial. Many think they are not necessary and point to the Inuit and Yupik peoples of the arctic who do not eat any vegetables. Others believe that vegetables are necessary for intestinal health. I am in the latter group but we must understand that vegetables contain toxins and everyone needs to understand their particular reaction. Go to [http://www.ijrap.net/admin/php/uploads/1490\\_pdf.pdf](http://www.ijrap.net/admin/php/uploads/1490_pdf.pdf) to understand vegetable toxins.

Proteins are needed in the right amounts for people under 65 years two servings of proteins a day are needed. Excess can be hard on the liver. For people, over 65 years old additional protein is required to prevent sarcopenia. This is particularly true when active. In my case, I am 81 years old and ride my bike and work out 1:15 per day. I need the equivalent of four servings. A serving is 4 ounces of beef, three eggs, 4 ounces of cheddar cheese.

Fats are needed, Both omega 6 and omega 3 are required. A high-fat diet calorie for calorie is better than a high carbohydrate diet. The normal American diet contains excess omega 6 fats. Omega 6 oils are inflammatory and cause tissue damage. Omega 3 oils are anti-inflammatory. Omega 6 fats produce aldehydes when used for frying which in turn causes cancer. Omega 6 oils can be oxidized in the bloodstream causing clot-forming particles. All seed oils contain high levels of omega 6. Examples are soybean, corn, sunflower, cottonseed, safflower, grape, sesame, and peanut. Oils with low levels of omega 6 include olive, coconut, butter, lard. Unless eating a diet high in fish it is hard to get enough omega 3 fatty acids. I take a fish oil supplement to get enough omega 3. As much as possible skip products that have significant omega 6 oils.

There is only one carbohydrate needed it is ascorbic acid. (vitamin C) By consuming high levels of carbohydrates they will be the only energy source for the brain. As we age our brain loses its ability to use carbohydrates and needs ketone bodies to function. With a high carbohydrate diet and constant supply of carbohydrates, fats cannot be metabolized, and ketones are not produced. This leads to dementia. Carbohydrates also create a hunger cycle. Hunger, eat carbohydrates, high insulin, followed by low insulin, and back to the hunger.

Regular fasting is needed for optimum health. I fast 18 hours a day; some fast every other day; some fast two days each week. Do whatever works well for you. Every cell has a place for toxins and unusable proteins. It can be thought of as a cell garbage can. Fasting causes autophagy. This is where the cells clear the cell garbage can of unneeded proteins and recycle microconidia that is not functioning correctly.

Finally to get enough essential nutrients and micro-nutrients a multivitamin pill, calcium pills, magnesium pills, Omega 3 oil, and vitamin D3 pills are required. Additionally, I take turmeric that is anti-inflammatory.