

Aging is an accumulation of damage to macromolecules, cells, tissues and organs.
 UNIQUE If any of that damage can be repaired, the result is rejuvenation.

1. Move Your Body

Universe Filled with Interconnected Forms of Energy

Pasteur vs Bechamp

Endorphins = Endogenous Morphine
 Triggers: Sunshine Exercise Meditation
 Massage Laughter and Smiling

What if you have the power to heal your body just by changing the how you think and feel? Lisa Rankin MD
There is no illness of the body apart from the mind ~ Socrates

Types of Knowledge:
 Theoretical
 Scientific
 Intuitive

What is CONSCIOUSNESS ?

VEGUS Nerve Andrew Weil MD
 Gut -> Heart -> Brain
 Yoga Breath 4-7-8 Twice Practice

Toxins in combination with unhealthy cellular terrain.

Physical & Emotional
DETOXIFICATION
 Stored in Body

CELLS ATP

Holistic Integrity
 Acting in tune with your Values.
Mind Body Spirit

Probiotics <http://www.bluebiotics.com/> Yogurt, Kefir, Sauerkraut, Dark Chocolate, Microalgae, Miso, Pickles, Tempeh, Kimchi, Kombucha Tea

Intermittent Fasting

Organic Local

Beware Greenwashing

Trust?



Peace
 Knowledge
Success
 Prosperity
 Long Life

Healthy at 100



Human Genome Project US Department of Energy

2. Eat Food Mostly Plants Not Too Much

Elixirs
 Essential Oils
 Tinctures

Sacred Plant
 Cannabinoids 114
 CBD THC
 Cannabidiol
 Tetrahydrocannabinol



JUICING

EARTHING



TUMERIC + black pepper
<http://www.nutrition-and-you.com/healthy-herbs.html>



Breathe
 Unconditional Love
 Bathe



Cholesterol Linus Pauling Vit C

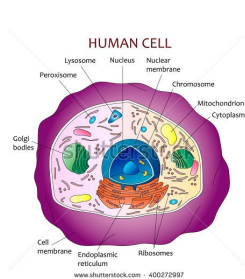
<http://orthomolecular.org/>

Sugar -> Carbs ->
 Fats -> Ketones
 Cold Pressed COCONUT OIL

3. Health = Proper Nutrition + Exercise + Stress Management & Avoid Toxins

Integrative Medicine <http://www.drweil.com/drw/u/ART02054/Andrew-Weil-Integrative-Medicine.html>
 New Age Doctors & Healers Association <http://www.nadanet.org/> <http://www.wellbeingjournal.com/>

Price-Pottenger Journal of Health & Healing Heroes Against Cancer Newsletter



Graceful Aging Cell Regeneration = Quality Control Self Repair or Apoptosis
 Healthy Cells are Well Protected Expired Cells are like having a leaky roof

Cellular Waste & Toxic Debris Accelerates aging Damages immune system Promotes Cancer

Healthy Cells Absorb nutrients Convert to energy

Senescent Cells No longer function Do not repair or self destruct Clog the system

Poor Diet, lack exercise & Stress Generate inflammatory Cytokines Cytokines signal other cells

Low Glycemic Diets with Vitamins, Trace minerals, Phytochemicals, Antioxidants help body generate Adenosine Triphosphate ATP Universal Cell Energy <= Mitochondria

Glutathione Peroxidase the Essence of Cell Vibrancy Super Antioxidant