

The secret to adding years to your life

Most people want to live a long life provided you can remain active and healthy in your old age. Being healthy throughout life is by far the best way to extend your life. But to simply say "be healthy" is not enough and not very clear.

Taking action to improve your health is something that anybody can do regardless of your current circumstances and state of health. It is never too late. You don't need special talent or lots of money to improve your health. What you need is a blueprint or a strategy that you can follow, step by step to optimize your health.



When talking about good health, there are two things to always keep in mind throughout your life:

1. Being in good health is a wonderful, even exhilarating thing. Always remember this and never take your good health for granted.

When you are healthy you tend to take your good health for granted. It is only when you are not feeling so great (or when you're ill or in pain) that you long for good health. By really appreciating the wonder of good health you will be more motivated to strive for it.

2. Achieving good health is as much about what not to do as what to do. So always remember there are two sides to the coin.

If you smoke, drink to excess, take drugs, breath in polluted air, eat junk food, etc. you are polluting your body. This makes you old before your time and this prevents good health. So being healthy is not only about following healthy lifestyles, it's also about not following unhealthy lifestyles.

To summarize this point, always remember two things:

- 1. Appreciate good health and don't take it for granted.**
- 2. Realize that achieving good health also involves not doing unhealthy things.**

A question that is often asked in relation to longevity is: **How can you live longer?**

The secret to longevity is to postpone death from chronic illness, and you do this by optimizing health throughout your life.

Chronic illness kills more people than all the other mortality causes put together. It is defined as a human health condition that is persistent or long-lasting and comes with time. The term 'chronic' is often applied when the course of the disease lasts for more than three months. You may not even know that you have a chronic health condition until it catches you unawares, such as an unexpected heart attack.

Dr. Peter Attia, M.D. (<http://eatingacademy.com>) rightly says that a key to longevity is to avoid harmful behavior and he summarizes the eight key things we can do to optimize health and live longer as follows:

- 1. What we eat**
- 2. How we move**
- 3. How we sleep**
- 4. How we manage chronic stress**
- 5. How our hormones are optimized**
- 6. What drugs we take**
- 7. What our sense of purpose is**
- 8. Our social support network**

From this we can narrow it down further to three very broad headings:

- 1. Diet: Follow a healthy diet.**
- 2. Lifestyle: Follow a healthy lifestyle (physical activity, sleep well, social support, avoid stress).**
- 3. Pollution: Avoid polluting your body.**

It is never too late to improve your health and extend your lifespan. The sooner you start the better.



Why Most Longevity Advice is Useless

Do a search on internet for "how to live longer" or "how to extend your lifespan" and you will find a variety of web pages offering advice. Here are two typical examples of such advice:

First example "10 easy ways to increase your life expectancy"

1. Go for a walk
2. Eat more fish
3. Lift weights
4. Get a pet
5. Add supplements to your diet
6. Quit smoking
7. Challenge your mind
8. Be optimistic
9. Spend time with friends
10. Help someone else

Second Example: "Extending Life: 7 Ways to Live Past 100"

1. Prevent body cell deterioration
2. Follow a calorie restricted diet
3. Have healthy parents
4. Be hardworking, prudent and dependable
5. Be resistant to cancer and diabetes by inheriting Laron's syndrome

6. Avoid being single for greater good health

Most of the advice in the above examples does nothing to help you live longer. Longevity advice is usually fatuous, useless, erroneous and insulting to one's intelligence.

Advice to 'get a pet' or 'help someone else' may make you feel better for a moment or ease your conscience, but there is no credible research showing that such actions extend lifespan.

Advice to 'go for a walk' or 'lift weights' or 'be hardworking, prudent and dependable' is somewhat patronizing. Clearly, being physically active in your daily life is a given and is essential for general good health for many reasons. The human body has evolved as a moving animal, and if we become sedentary the body deteriorates and becomes more prone to disease, obesity, and indeed a shorter life.

Advice to 'prevent body cell deterioration' or 'take nutritional supplements' is somewhat meaningless and vague; it's like saying 'avoid illness if you want to live long'.

Advice to 'challenge your mind' and 'be optimistic', may sound good but such simplistic advice on its own is not going to have much impact on a healthier longer life. Clearly, developing a positive attitude to life is indeed a healthy attribute and helps reduce stress; and this in turn is important for good health. You are therefore urged to find out more about this subject by searching on internet for "positive attitude" where you will find lots of information.

Science may one day come up with a magic pill to extend longevity or cryogenics may offer some kind of solution. There are some of the brightest minds on earth working right now to find ways to extend the human lifespan and we are not that far away from real discoveries.

In short, most longevity advice is useless. So how can we extend our lifespan and stay healthy in our old age? The answer is in fact quite simple: **optimize your health**. In other words, be as healthy as you can every day of your life. This includes being slim. It is well established that being overweight greatly increases ill health and shortens life expectancy. There is no such thing as being obese and being healthy. If you are not wholly convinced that this is so you are urged to visit Wikipedia under "obesity" and look for "effects on health".

Whatever your age and whatever your current state of health, **it is never too late to improve your health, lose excess body fat and live longer**. Quite simply, you can extend your life by optimizing your health. By doing this, you may live to be 100 instead of 75 or 150 instead of 100 with new scientific advances.



Source: The science of Longevity by Russell Eaton

What more tips on extending your life? You can visit our website at www.dragonfirenutrition.com for additional information exploring this topic further.

