

Secret to Longevity Summary



1. It is never too late to improve your health and extend your lifespan. The sooner you start the better. The key to longevity is to avoid chronic inflammation.
2. Most longevity advice is useless.
3. Avoid low-calorie diets, they are counter-productive, they make you ill and they don't help you lose weight or live longer.
4. Avoid meat, poultry, fish, and seafood because animal protein promotes bad health and shortens life. For optimum health follow a high-carb, high-fat, high-calorie diet as explained in this book.
5. Follow a high-fat diet for optimum health and longevity, but avoid unhealthy fats (know the difference).
6. Preserving the finite telomere capacity of the body is the key to staying healthy and living longer. This is not beyond our control. We do it by minimizing oxidative stress and glycation.
7. Avoid oxidative stress in your body so as to be healthy and live longer. Limit nutritional supplements to vitamins D, K2 and B12 unless other supplements medically prescribed.
8. Avoid glycation by minimizing or avoiding fructose consumption and by avoiding harmful lifestyle factors such as smoking and alcohol that also promote glycation.
9. Avoid all kinds of added sugars and sweeteners for optimum health and longevity. If you absolutely must use an added sweetener, use just a little pure glucose, but not enough to make your blood glucose shoot up. Remain as insulin sensitive as possible throughout life.
10. To avoid ill-health, obesity and a shortened life-span switch from exercise to physical activity.
11. Minimize gluconeogenesis in your life by following a high-carb diet that avoids sugary foods and processed carbs. This greatly protects your muscles and organs.

Here are the **top ten tips** for optimal health and longevity (not in any particular order of importance). Note that the advice overlaps in some cases.

1. **Healthy diet:** Follow a diet that gives you optimum health and longevity, and keeps you slim.
2. **Avoid animal protein:** meat, fish and seafood should be avoided as they promote bad health and obesity.
3. **Avoid nutritional supplements:** sometimes a doctor may prescribe nutritional supplements to meet a specific medical need, and this is fine. But in general avoid all vitamin and mineral pills, particularly antioxidants A, C, and E. Also avoid fish oil supplements. The exceptions are vitamin supplements B12, D3 and K2 which should be taken daily as advised on the label.
4. **Avoid pollutants:** avoid polluting your body with cigarette smoke, alcohol, drug abuse, air pollutants, pesticides, environmental toxins, and junk food.
5. **Avoid oxidative stress:** follow a healthy diet, avoid exercise in favor of physical activity, avoid harmful stress, and avoid pollutants (smoking, alcohol, environmental pollution, etc.)
6. **Avoid glycation:** avoid unbound fructose in foods and drinks, and minimize foods that make your blood glucose shoot up such as sugary foods and processed carbs.
7. **Avoid strenuous exercise:** avoid all kinds of exercise that make you sweat or pant for air, and switch instead to physical activity for optimum health and longevity.
8. **Avoid obesity:** follow a healthy diet, avoid junk food, and avoid all forms of exercise as they are fattening.
9. **Sleep well:** get enough daily sleep as this is vital for good health and longevity.
10. **Make a plan:** be proactive about improving your health, make a plan (a daily routine) tailored to your circumstances, then revise and tweak your plan on a regular basis. For example, plan how to minimize gluconeogenesis by eating more small meals instead of fewer large meals.

Source: Science of Longevity by Russell Eaton.

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