

# LONGEVITY HACKS



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## INTRODUCTION

We know that demographers, epidemiologists, gerontologists, and a whole host of researchers on aging have puzzled for a long time over the theoretical question of the maximum potential for human lifespan, along with the host of proposed practices that we can implement to supposedly help us achieve that potential.

Looking at things from a natural and ancestral standpoint, sometimes I think we're spending just a little bit too much money and a little bit too much time on these advanced tactics when there are basic and natural habits that enhance longevity.

You may have heard of the book and concept of the [Blue Zones](#). The book was written by Dan Buettner, and his goal was to discover certain populations in the world with the highest number of centenarians. He discovered a bunch of key characteristics that were consistent across nearly every single one of these populations.

I want to share with you my own take on many of these concepts, since I have my own opinions on some of what Buettner wrote and have been able to find some very interesting practical takeaways in my own travels around the world.

This little e-book covers some of the low hanging fruits that will allow you to live a long time and feel really good doing it.

I hope you find this helpful!

*Ben Greenfield*

## 12 ANCESTRAL HABITS TO INCREASE LONGEVITY

### 1. Don't smoke

You're no doubt aware of the [dangers of chronic smoking](#) and the fact that cigarette smoking causes half a million deaths each year, and [second hand smoking](#) isn't much better. But one of the things that a lot of people don't realize is that if you have been smoking, there are steps that you can take to undo much of that damage. When you stop smoking, your body begins to respond immediately.

Six hours after you quit, the levels of the gas carbon monoxide begin to decline and your heart doesn't have to work as hard to pump oxygen within 12 weeks. So, that's three months. Your lung function improves, coughing, sinus congestion, shortness of breath, fatigue levels all start to decline. And during that timeframe, your lungs, hair-like cleaning structures called cilia, those start to re-grow in a very similar way like the intestinal cilia can become restored and renewed after you stop eating an inflammatory diet.

After three months, your sexual performance improves. A lot of times, erectile dysfunction is associated with smoking because your testosterone level normalizes and cardiovascular function returns to normal.

And then, after about nine months, your risk of heart and cardiovascular complications fall. And after one year, it'll be like nothing had ever happened, at least to a certain extent. You can get up to about 80% to 90% of where you were at prior to being a heavy smoker, even if you are a heavy smoker.

There are certain things that can help with this...

When you quit smoking, your adrenal glands must adapt to the lack of nicotine and other addictive chemicals you have grown used to. You can use an [adaptogenic herb complex](#) to support the adrenals, or even the use of basic supplements like [St. John's Wort](#) or [ginseng](#), for example.

Research has also shown you can minimize the damage to your arteries from smoking by taking a [taurine supplement](#) once every day for two months. Since smoking also damages skin collagen and elastin, you should really include a diet that's rich and were called proanthocyanidins. Those are phytochemicals. You find them in [red wine](#). Don't replace smoking with copious amounts of alcohol but a glass of red wine a day, grapes, apples, blueberries, black currants, hazelnuts, pecans, pistachios, all of these are big in these proanthocyanidins.



Use code Greenfield10 at [FitVine Wine](#) and get 10% off.

And then, you also have polyphenols, particularly the ones found in kale, sprouts, and microgreens. Those help to repair the lungs' alveoli and bronchiole. So, a quit-smoking diet should include high amounts of those compounds as well, and then pay really good attention to air filtration and air optimization using really good air filters like a [Molekule](#) or an [Air Doctor](#).

Use code BEN to get \$75 off at [Molekule](#).



So, the takeaway message is don't just stop smoking if you have been smoking, but include a lot of these strategies to support the process of repair and recovery. Another thing that I really like is [FUM](#). It's an essential oil vaping pen. Now, if you've been vaping [marijuana](#) and you want to slowly decrease that habit or you've been smoking cigarettes or you've been smoking joints, the cool thing about this pen is you can vape essential oils like black pepper, peppermint, cinnamon and nutmeg. It's actually mildly psychedelic to smoke nutmeg. But basically, [FUM](#) is an essential oil vape pen that gives you the mouth feel of smoking a cigarette or a vape pen without any of the damage.

*Additional Resources:*

[CBD Vape Pen](#)

[BioCBD Plus](#)

Study: [Dangers of Chronic Smoking](#)

Study: [Dangers of Second-Hand Smoke](#)

## **2. Eat wild plants**

Aside from the 7th Day Adventist population of Loma Linda, most centenarians are not vegans or vegetarians, neither are they carnivores. But most follow a predominantly plant-based diet, and that's usually as a result of their dependency on their own home-grown or locally grown foods. Long-lived Sardinians, Nicoyans, and Okinawans consume nutrient-dense produce that they grow in their own gardens and they supplement that with small amounts of animal protein foods and a lot of traditional staples like legumes, which I'll get into later, ancient grains like [quinoa](#), [amaranth](#), and [millet](#), sweet potatoes, [non-GMO corn](#), and lots of wild plants.

And perhaps most notably, the wild plants possess these natural built-in defense mechanisms that subject the body and gut to mild amounts of stress. It's called a xenohormetic effect. It allows your body to better mount and build its own internal antioxidant defenses. That's why I'm not strictly a huge fan of what they call a plant paradox diet. That's a very popular diet right now. I think that small amounts of these mild stressors to the gut are actually quite good as a hormetic stressor, similar to cold and heat and exercise and radiation from the sunlight, et cetera.

These phytochemicals of the plants, not only do they induce this hormetic mild cellular stress response that make your body more resilient to other more severe stressors but they also, of course, have a lot of trace elements in them such as antioxidants and anthocyanins and resveratrol, and if you're doing green tea and a lot of these teas and tannic compounds these folks are consuming, what's called EGCG, epigallocatechin gallate, sulforaphane from broccoli, catechins from [dark chocolate](#). There's a lot of really good stuff when you expand your diet to include wild plants. Yes, I did just lump chocolate bars into the wild plant category. It is cacao, and if you've ever had a cacao fruit, it's kind of a wild plant.

One really good book that I would recommend you read is this book called [Eating on the Wild Side](#) by Jo Robinson where she teaches that if you like cut up or tear apart plants like kale several hours before eating them, that causes the plant to ramp up its own natural defense mechanisms that make that xenohormetic stress even stronger. Now, in contrast to the wild plant, red meat is typically only eaten a few times a month, notably during holidays and festivals in many of the Blue Zones. Sheep, goat milk, eggs and fish are eaten much more often, usually two or three times a week. When they do eat animal products, they tend to eat nose to tail. They tend to eat a lot of the more glycine-rich things like the bone marrow and the [bone broth](#). And they

tend to be raised locally, grass-fed or pasture-raised, wild caught, free-range and free from any of the harmful substances that we get in a lot of westernized meat and dairy, like antibiotics and growth hormone.



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So, fish, eggs, wild plant intake, and then moderated intake of red meat in animal products in general, something that you see quite a bit, a higher vegetable, lower meat intake. I mean, author [Michael Pollan's recommendation to eat mostly plant food](#) is something that we see quite a bit. And again, when you do consume meat, rather than simply consuming the muscle portions that inevitably contain the high levels of methionine with low levels of glycine, you want to consume the more glycine-rich portions of the animal like the organ meats and the marrow and the [bone broth](#).

### 3. Avoid processed food

This may seem to be pretty straightforward, but the fact is that in an era of Trader Joe's and the healthy food section at the airport newsstand and all of the fantastic items as you're checking out at Whole Foods, we are just bombarded with all these processed and packaged so-called health foods. But if you turn over the label, the top two ingredients you see are ingredients that, in my opinion,

trigger the two things that you should be most wary of if you're trying to live a long time.

- Glycemic variability, which is essentially how many times your glucose fluctuates during the day, and
- Inflammation

And when you look at the label of a lot of these processed and packaged foods, first ingredient you see is either some form of raw syrup or agave or organic cane sugar or some other way to make sugar essentially seem sexy, and vegetable oil, canola oil, safflower oil, sunflower oil. You pick up the apple chips or the banana pieces or the coconut chips or coconut flakes or the sugar snap peas or anything else that are in these packaged containers. A lot of times, it's sugar and vegetable oil. Some not as much but ultimately, you're placing yourself at a higher risk of glycemic variability and inflammation. Yes, it's convenient. Yes, they're very tasty. Yes, they're fun.

But ultimately, the less that you eat processed and packaged foods, even the so-called healthy ones, the better.

It's not that those living in the Blue Zones never let themselves enjoy guilty pleasures. It's just that their guilty pleasures are typically antioxidant rich treats like a good local [red wine](#) or sake or [coffee](#) or [herbal tea](#) or simple desserts like nuts, cheese, berries, or grapes.

So, audit your diet. Try to err towards something like 80% real food, 20% processed, packaged foods if you can. And I realize this may sound hypocritical for me being a guy who designs supplements. I just produced an amazing [clean energy bar](#). But even that bar, when you look at it, it's just a bunch of real foods. I only use honey as the preservative, like a really good organic honey, and then it's almonds and [cacao nibs](#) and chia seeds and sesame seeds. It's very rare



that you can find a good healthy packaged or processed food like that that still fits the criteria of being a real, recognizable food. That's one example, and I realize that's a selfish self-serving example using the [KionBar](#) as an example. But it's not like all processed and packaged food. Even with my own energy bar, I might have four or five of those a week max. I'm not like mowing down two or three of those a day.

#### 4. Eat legumes

A legume is a dry fruit. It's contained within the shell or part of a plant. The most well-known are [beans](#), [peas](#), peanuts, and [alfalfa](#). Beans in particular seem to reign supreme in many Blue Zones like in Nicoya, black beans are eaten in large quantities. In the Mediterranean, lentils, garbanzo beans and white beans are popular. In Okinawa, soy beans are eaten frequently. And this raises an eyebrow among many nutritionally savvy folks especially in an era of the popular Paleo diet, which frowns upon beans and legumes due to their high amount of gastric irritants and natural plant defense mechanisms such as phytates and lectins, which again are kind of elucidated in that book, [Plant Paradox](#).

But the truth is legumes are high in non-meat protein and amino acids, vitamins, minerals, appetite-satiating and gut-supporting fiber, and slow-burning carbohydrates that don't cause a large amount of glycemic variability. Now to me, it's a little unclear whether the longevity gained from legume consumption is conferred from the inclusion of the slow release carbohydrates with the exclusion of blood sugar spiking, refined carbs like white flour or sugar, or whether it's the nutrient density of legumes that makes them so special or the low glycemic index of legumes. I suspect it's both. I don't think everybody has to go out and make a giant vat of lentil chili every day, but I think the biggest clue that

you can take from this legume-eating habit is to eat more nutrient-dense, slower release carbohydrates.

So, not just legumes but sweet potatoes, taro, yam, carrot, beet, parsnip, either low-glycemic index or low-glycemic load along with some of these super grains like quinoa and amaranth and millet, properly prepared, fermented, soaked, sprouted. You would be surprised at how much less gastric distress you'll get when you prepare a legume or grain correctly. And we see a heavy amount of sprouting and fermenting and soaking and ancestral preparation techniques. For lentils, the practice for that is you got to soak them for eight hours and then you generally want to sprout them as well afterwards.

[Here's a list of soak time for common seeds, nuts, beans and grains.](#)

Typically, the issue that people get with gastric distress with these types of foods are

- a. they're not fermenting or soaking or sprouting them, or
- b. they have leaky gut and they need to heal their leaky gut prior to actually expanding the diet to include a lot of these foods.

Ultimately, legumes are something that we see a lot of in these Blue Zones and sometimes I think they're vilified too heavily in our modern kind of like Paleo-ish culture. I think it's a better idea to just intelligently eat these foods rather than avoid them altogether.

## **5. Incorporate low-level physical activity throughout the day**

Centenarians in the Blue Zones tend to live very active lives but they rarely set foot in a gym or do a formal exercise

program. Instead, being active is just built into their life. They walk five to six miles a day, they farm, they garden, they spend time in nature, they do a lot of chores with their hands instead of machines, they tend to engage in spurts of high intensity movement or structured movement by engaging in enjoyable exercise that rarely involves pounding away miles on a treadmill or inching their back under a barbell for a squat. You see a lot more yoga, tai chi, qigong, soccer, hiking, other games and social sports combined with just working with your hands.

Now, I understand that we live in an era in which this can be difficult to do if you're not lucky enough to be a construction worker or a painter or a farmer or a gardener or something like that. But you can hack your environment using everything from standing workstations to [kettlebells](#) in your cubicle, to taking the stairs, to having [Pomodoro breaks](#) to replicate the same types of ancestral gathering, gardening, and hunting-esque movements throughout your day, even if you're relegated to a traditional post-industrial era office setting.

My wife, Jessa, spends her days hauling alfalfa for the goats and feeding the chickens and pushing around wheelbarrows full of composts and rocks and chopping wood and fixing fences and planting trees and raking and shovelling and pulling weeds and gardening, and I'm inside blogging and podcasting. But at the same time, I'm getting 15,000 steps a day minimum. I'm a lot of times walking on my [treadmill](#) as I'm doing consults or phone calls or even dictating emails. I take breaks all throughout the day. I do at least 50 pull-ups a day from the pull-up bar at the door. It's actually in the room next to my office. I've got a [hex bar](#), deadlift set up in there to do deadlifts. I've got a [kettlebell](#) in my office so I can do kettlebell swings during the day. You just basically need to be creative and hack your environment to simulate this low level physical activity. I mean, the way you should think about it is this, unless

you're professional athlete or when your primary goals in life is to train for and complete a triathlon or a CrossFit or [Spartan](#) or something like that, some other modern day equivalent of a warrior training for battle, visiting the gym at some point during the day should be an option, not a necessity. And research backs this up. It shows that no matter how hard you exercise in the beginning or the end of the day with your special 30 to 60-minute gym routine, if you have your butt planted in a chair for eight simultaneous hours during the rest of the day, it really doesn't do you much good. So, ultimately, figure out a way that you can incorporate low level physical activity throughout the day and don't fool yourself into thinking that training for a marathon or working out in the gym every day is something that folks who live a long time actually do.

## **6. Prioritize social engagement**

I recently did a podcast on the [growing epidemic of loneliness](#). And certainly, you've seen most of the Blue Zones, family, love and relationship is heavily emphasized and comes naturally because social connectedness is engrained into a lot of these cultures compared to most westernized hyper-connected digital societies. These folks tend to be more engaged with, more conscientious of and more helpful to each other and more willing to empathize to express feelings and even to wear their emotions on their sleeves.

The Okinawans have Moais, which are groups of people who lived together their entire lives, spending time talking and cooking and supporting each other. Sardinians often finish their day in a local bar where they meet with their friends for a glass of red wine. The 7th Day Adventists mingle with one another weekly or even daily during their religious practices in their observation of the Sabbath. And

family is also very important for people living in the Blue Zones.

Nursing homes and hospices are pretty rare in the Blue Zones because people are expected to honor, value, and take care of the elderly including their older family members. So, as a result, because of their pivotal role in society, elders are far more likely to have a social network and frequent visitors and trusted caregivers, and that results to less stress and more purposeful lives and a longer lifespan.

## **7. Drink low to moderate amounts of alcohol**

The Sardinians are famous for their regular consumption of this regional red wine that's very similar to [grenache](#). It's a dry wine that has two to three times the flavonoid content of other wines. You may have heard [my podcast with Todd White from Dry Farm Wines](#). His wines are very similar like these old world biodynamic antioxidant rich wines that are somewhat low in alcohol.

Now, consuming wine with or before a meal can assist the body with the absorption of the artery scrubbing flavonoid antioxidants in the wine. And studies have shown that the consumption of wine as part of a Mediterranean diet can reduce the risk of cardiovascular diseases and cancers. And I should throw in a quick caveat here. Remember, the Mediterranean diet includes intense amounts of fasting and elimination of red meat and high-protein intake during certain periods of time during the year. It's not just eating olive oil and ribeye steaks and fish for breakfast, lunch, and dinner.

But we find that with alcohol, regular low-level physical activity boosts these benefits even more. So, some of these habits build on each other. There is [one study](#) in the

European Society of Cardiology, they found that moderate wine drinking combined with regular physical activity is a potent combination for cardiovascular disease prevention. You'll see the Sardinian shepherds, they walk up to five miles a day to tend to their flocks. But to walk up to their flocks or their herds of sheep, they carry along these lunches of unlimited bread and fava beans, pecorino cheese, and a local wine. And I know that a Paleo enthusiast would be shocked it's bread, it's beans, cheese, and then alcohol. That sounds like a heart attack on a plate. You're going to die of some horrible leaky gut syndrome. But it's simply not the case. Those are the type of foods these people are eating. I'm just saying. It doesn't sell diet books but it's what they're eating.

You're no doubt familiar with resveratrol, which you find in wine, and that could be one thing that reduces some oxidative damage in combat to the formation of plaque that is found in the brains of many dementia patients. But I think that it goes beyond that. I think when you look at a lot of these digestive and bitter-rich wines and alcohols these folks are drinking, it reduces the first phase insulin response to--or enhances rather the first phase insulin response to a meal. So, your blood glucose is a little bit lower when you eat the meal because you're digesting it a little bit better. I also think that very similar to how the Finnish society sees a four to five-year increase in lifespan from their sauna habit, I don't think it's just the sauna. I don't think it's just the alcohol. It's the fact that the sauna and the alcohol are often combined with these big social times of low stress at the end of the day where you're drinking a glass of wine with friends or you're in the sauna with some companions going from hot to cold, like I think that the social and the relationship part of this should not be neglected either. The good news is even if you don't care for alcohol, that tannin-filled antioxidant rich beverages in general like coffee and tea can give you a lot of the same benefits.

And we see Sardinians and Ikarians and Nicoyans all drinking copious amounts of coffee. And people in every Blue Zone drink tea, especially the Okinawans who nurse green tea for much of the day. The Ikarians thrive on the frequent consumption of rosemary and wild sage and dandelion tea. So, you're getting a lot of these wild plant extracts as well. There's a lot to be said for the alcohol component, and I personally have a drink every single day. I haven't been drunk for--well, it's been about six years since I've really truly been drunk. Like occasionally, I'll have more than two drinks of alcohol and get a little bit buzzed even that's pretty rare.

But compared to my college days where it was don't drink all week long and then choose a weekend or a couple of days on the weekend and drink to excess, I now simply have one drink per day; a red wine or a homemade Moscow mule or a little bit of like a liquor or like one of my favorite drinks called Ben and Jitters. Ben and Jitters is an on the rocks selection of any of the bitters that they have there behind the bar. And then you just put a shot of gin, which is a really clean burning alcohol on top of that. Sometimes I'll have them at a squeeze of lemon, and I'll even add like a pinch of salt under there.

But it's amazing. It's called Ben and Jitters, and essentially, just bitters and gin on the rocks. And it's an amazing pre-meal digestive, burns clean, and that's the type of thing I drink. Mostly that and organic biodynamic wine in the occasional Moscow mule, which again is like lime, mint, typically some kind of clean gin or vodka, and then ginger, and it's a fantastic digestive especially if you can get a really good ginger. There's even a company called [Zevia](#) that makes a sugar-free ginger beer, which is amazing and I always have some of that in my refrigerator to make a Moscow mule. And there are ways that you can drink and be healthy.

*Additional Resources:*

[Resveratrol](#)  
[My article at Men's Health](#)

## **8. Restrict calories and fast**

Calorie restriction is a reduction in calorie intake that notably is not necessarily associated with malnutrition or starvation. Long-term calorie restriction has been associated in many studies that you're no doubt aware of at this point with better weight management, anti-aging, reduced risk of metabolic diseases like type 2 diabetes and heart disease and cancer.

But for active athletes and exercise enthusiasts, long-term calorie restriction can have some downsides. It makes you cold. It makes you hungry, drop your metabolism, reduce lean muscle mass, and who wants to live a long life if you have low libido and you look like a poster child for an anti-starvation campaign. So, if your goal is rapid weight loss or you're morbidly obese with very high levels of storage fat available to burn, complete calorie restriction is a good strategy to accelerate fat loss. But even that strategy should be combined with periods of time during which you provide your body with ample calories and nutrients like a weekly re-feed. Or if you're very athletic, even a daily re-feed.

Now, I think intermittent fasting is probably the most popular, quickest, effective, and easiest way to jump into the benefits of caloric restriction without necessarily starving yourself. And that's just alternating cycles of eating and fasting. For example, 12 to 16 hours every single night going without eating or using a compressed feeding window where you eat all your food within an 8 to 12-hour window during the day and then you're just done eating. I also like alternate day fasting where you would eat regularly one day



and then fast the next day, a dinner time to dinner time fast. And many people do that two to three times during the week. There's the [fasting mimicking diet made popular by the researcher Valter Longo](#) in which four times a year for five days in a row, you just eat 40% of your normal daily calorie intake.

I like to eat food. My wife is an amazing cook. I'm a foodie. I am not one of those guys who eat one meal a day. I'm obsessed with food. I love food. I love cooking. I love hunting and preparing the foods that I get out in the field. So, the way that I do it is I do an intermittent fast every day, 12 to 16-hour interment fast every day. One to two times a month I do a 24-hour fast. It's just Saturday dinner to Sunday dinner fast. Then, four times a year, I do something very similar to the fasting mimicking diet. A lot of times I'm just doing a liver cleanse with the Ayurvedic stew, kichiri, some celery juice, some coffee, some tea, et cetera. That's four times a year. That works very well for me. Intermittent fast every day, 24-hour fast, one to two times a month, four times a year I have a five-day cleansing period. That's it. That works very well for me.

These centenarians in a lot of these places like Nicoya, Sardinia and Okinawa, they tend to eat relatively small portions of whole foods, they consume a low to moderate calorie diet by being mindful of their hunger. They're not consuming a lot of these calorie-dense fat and sugar laden processed and packaged foods. You've probably heard of the Okinawans practicing this rule of Hara Hachi Bu which means they eat until they're about 80% full, and there's not a lot of night-time snacking, and in many cases, the biggest meal of the day is lunch.

All these forms of fasting work so well because they really come on your mitochondria. Inside yourself, your mitochondrial networks generally alternate between two states, one called fused, one called fragmented. Calorie-

restricted diets and fasting promote homeostasis which induces a healthy fluctuation between these fused and fragmented states, which allow mitochondria to last longer, increases fatty acid oxidation, allows for normal free radical production and less damage occurring to the cells and the mitochondria contained within them.

If you want more on the fasting component, go listen to [my podcast with Dr. Jason Fung](#), or read his book [The Complete Guide To Fasting](#). You can also listen to my podcast with Dr. Pompa, [Insider Secrets To Multi-Day Fasting, What Kind Of Fasting Burns The Most Fat, Boosting Your Own Stem Cells, Diet Variation, Feast-Famine Cycles & More With Dr. Dan Pompa](#).

## **9. Possess a strong life purpose**

Research has indeed proven that people who know their life and have a clear purpose for which they wake each morning, they live longer lives. There's an 11-year, [NIH-funded study that investigated the correlation between having a sense of purpose and longevity](#). It showed that those who expressed having a clear purpose in life lived longer than those who didn't have a purpose. They stayed immersed in activities and communities that allowed them to be involved in fulfilling that purpose. The Okinawans call it *Ikigai* which is translated into reason for being. The Nicoyans call it *Plan de Vida*, a reason to live. I highly recommend that you know your purpose and you'll be able to name it in one succinct sentence.

My purpose in life, personally, is to empower people to live a more adventurous, joyful, and fulfilling life. My son, Terran, is to create amazing art that inspires people and brings joy to their hearts. My wife, Jessa, is to raise two young men who will grow up to make this world a better place. Maybe, they'll change. Maybe, when the boys are 18

or 19, my wife's purpose in life will change to creating art that inspires people all around the world. She's an amazing artist. You get the idea. You need to be able to name that in one succinct sentence.

If you need help identifying your purpose, I've got a couple of very quick tips for you.

- What did you like to do when you were a kid? What brought you joy when you were a kid?

For me, it was a reading, it was writing, it was the outdoors, it was teaching, for which I'm doing a lot of now.

- What put you in the flow? What makes time go by very quickly when you're in the zone?

For me, when I'm writing, time goes by like that. Some people hate to write. My wife absolutely hates to write. Minute by minute ticks by when she's writing. I love to write. I love to write books, articles, et cetera.

Please check out [my podcast with Mastin Kipp](#). He wrote a book called [Claim Your Power](#), which is a 40-day series where you really hone in on your purpose in life using some of the strategies I have described. Or you can start with my friend Mark Manson's advice. He wrote [The Subtle Art of Not Giving a F\\*ck](#). Anyway, he says just do stuff that makes you forget to eat and poop. If you want to know what your purpose in life is, think about things that make you forget to eat and poop. I like that. The things that you don't even realize that they haven't taken a dump yet, because you're so immersed in that activity.

## **10. Have low amounts of stress**

It's a well-known and heavily researched fact that chronic stress leads to inflammation and serves as the foundation for a lot of age-related diseases. Centenarians in most of the world's longevity hot spots do not avoid stress, but they have built in systems that allow them to manage stress on a daily basis. For Sardinians, that might mean a glass of wine and a social dinner with family or friends at the end of the day. For the 7th Day Adventists, it could involve a quiet nature walk on Sabbath day. For the Okinawans, it might be the concept of what's called *taygay* translated as easygoing personality, which is based on the idea that life just unfolds at its own pace.

In Okinawa, if an event is scheduled to begin at noon, *taygay* might mean that people on Okinawan time begin showing up 30 minutes to an hour later, which I once experienced when I used to go to this triathlon in Jamaica. Show up on the starting line at 7 a.m., having timed your pre-race breakfast perfectly, and by 7:30a.m., some dude was walking up, rubbing his eyes, yawning, and beginning to set up the race. Maybe the race would start at 7:30, maybe 8:00, maybe 8:30. You just go with the flow. There are some situations in which you don't want to show up 30 to 60 minutes late, especially if you don't want to get fired from your job, but you get the idea. You need to ruthlessly eliminate haste and hurry from your life.

I think one of the best ways to really be able to control stress is to learn to do so indigenously, meaning rather than relying on phosphatidylcholine and adaptogenic herbs and CBD and THC and all these things people are using to reduce stress and even the Headspace apps and Calm, and all this jazz. I think, everybody should just learn simple breath work tactics to reduce stress. I have a very comprehensive article on how to use your breath to internally control stress. I think you should be able to get dropped on a desert island with no technology, no supplements, and no super foods and be able to simply

control your stress with your breath and your mind. If you can get to that point, you've done a pretty dang good job.

## 11. Engage in a spiritual discipline

Engage in a spiritual discipline, religion, or belief in a higher power. I think it just leads to a much more meaningful and hopeful life when you believe that there's a story for your life, rather than believing that our experience is meaningless or without purpose, or that we're a bunch of chunks of spiritless flesh and blood floating through space on a giant rock, then eventually dying and passing away into nothingness. A lot of people would scoff at the belief there is spirituality, there's gods or demons or spiritual angels or souls, and even creators or these fourth dimensions that we can't access. Research has indeed shown a connection between longevity and faith.

There was one study called [Church attendance, allostatic load, and mortality in middle age adults](#) that analyzed the relationship between religious practice, stress, and death, and controlled for all socio-economic factors like health insurance and healthy lifestyle behavior. They found that churchgoers have a significantly lower risk of dying. Even after adjusting for age, sex, race, chronic medical conditions, churchgoers are 46% less likely to die compared to non-churchgoers who had significantly higher rates of blood pressure and higher ratio of total cholesterol, the HDL cholesterol, significantly higher mortality rate.

The data from the Blue Zones backs this up. All but five of the 263 centenarians that Dan Buettner interviewed for the book belong to some faith-based community. Research also shows that attending faith-based services like church four times per month can add four up to 14 years of life expectancy. In all Blue Zones, centenarians were part of a religious community. Buettner says in the book, "*People who*

*pay attention to their spiritual side have lower rates of cardiovascular disease, depression, stress, and suicide, and their immune systems seem to work better. To a certain extent, adherence to a religion allows them to relinquish the stresses of everyday life to a higher power.” I can’t put it any better myself.*

I believe that a religious practice that includes spiritual disciplines like fasting, meditation, prayer, silence, solitude, worship, study, that's magnitudes more meaningful than a salad of wild plants, or a glass of red wine, or a dose of sunshine, or stem cell injection. One of the best ways to control stress is through breath work. Spirituality, one of the best ways to enhance that is with fasting, meditation, prayer, periods of silence and solitude, worship with other people, and study. As a Bible-believing Christian who has found that my own spiritual practice has vastly enhanced the richness of my life, my connection with my family, and my own health, I simply cannot emphasize this highly enough. It's a big one.

*Please check out my own [Christian Gratitude Journal](#).*

## **12. Remain reproductively useful**

The strategy for optimizing longevity makes logical sense. You don't become reproductively useless. In other words, the more consistently you can send your body and brain the message that you are still a valuable contributing member of society, particularly when it comes to the propagation of your species, the longer nature will want to keep you around.

So, don't retire, don't quit learning new things. Don't surround yourself with older sedentary people in a nursing home or hospice setting. Instead, continue to have sex, to have children, or both. If you look at the tiny town of

Acciaroli, Italy where one in eight citizens over 100 years old, they've studied this zone. One finding as to why these residents live so long, is the observation by researchers that sex is rampant, along with high consumption of the wild herbs, parsley, sage and rosemary. It's a bunch of horny old people who have active sex lives who are eating a lot of wild plants.

When you look at the research on the proposed models of aging, mortality is often increasing in direct correlation to decreasing frequency. The more children they have, the longer that they live. This doesn't mean that you have to go out and have children and make babies, but it does mean that frequent sexual intercourse, sending your body a message that you're attempting to create life and to remain reproductively useful. Even consideration of the use of bio-identical hormone replacement therapy which I'm not opposed to as a method of increasing your fertility status or maintaining your fertility status, all of this I think is prudent and smart when it comes to living a long time.

There's this one fable, I don't know if it's a fable, but there's this guy named Li Ching Yuen, who purportedly lived to 256 years old, passed away a few years ago, Chinese guy. It was said that he married 23 times and fathered over 200 children. If that is true, he might be the best example of the fact that maintaining reproductive usefulness with age could be an excellent idea.

## HELPFUL NUTRITIONAL RESOURCES FOR LONGEVITY



### **Stem Cell Supporting Compounds**

[Kion Colostrum](#)

[Chlorella](#)

[Ocean's Alive Marine Phytoplankton](#)

[Aloe vera](#)

[Coffeerry fruit extract](#)

[Moringa](#)

Podcast: [The Indiana Jones Of Superfoods: Stem Cells, Air-To-Water Machines, Coffeefruit & More With Darin Olien.](#)

### **Sirtuin-Rich Foods**

[Blueberry extract](#)

[Cacao flavonols](#)

[Green tea extract](#)



[Resveratrol](#)  
[Curcumin](#)  
[Black currant](#)  
[Fish oil](#)

## **Joints**

[Bone Broth](#)

## **NAD / Mitochondria**

[Thorne Niacel](#)  
[Pau D Arco Bark Tea](#)  
[Organic fenugreek seeds](#)

Podcast: [The Next Big Anti-Aging Drug: Everything You Need To Know About NAD](#)

Podcast: [The New Darling Supplement Of The Anti-Aging Industry \(& The Truth About Whether It Actually Works\)](#)

## **Telomerase**

[Fish oil](#)  
[Tianchi](#)

## **Sulfurous Compounds**

[Broccoli seeds](#) or broccoli sprouts  
[Mustard seeds](#)  
[Bok choy](#)  
[Broccoli](#)  
[Cabbage](#)  
[Cauliflower](#)  
[Horseradish](#)  
[Kale](#)  
[Kohlrabi](#)

[Watercress](#)

## **Hormesis**

[Chicory](#)

[Burdock](#)

[Amaranth](#)

[Rhodiola](#)

## **Blood Sugar Stabilizers**

[Kion Lean](#)

[Cinnamon](#)

[Apple cider vinegar](#)

[Berberine](#)

[Rosemary](#)

[Turmeric](#)

[Ginger](#)

There are certainly other things you can do, [stem cells](#) and [photobiomodulation](#) and cryotherapy and parabiosis. All of these modern tactics that a lot of anti-aging enthusiasts and bio-hackers, including myself, are doing to enhance longevity, but you got to form the foundation with these basic, basic habits.

Lastly, try my [anti-aging smoothie](#). Just mix them all up!

I hope this has been helpful for you.

If you have additional questions or want to explore coaching or consulting options with me, [you can click here](#).

If you want to be the first to know when my new book is ready, [click here](#) and get in on the early bird bonuses!