

How to Slow Down Body Aging and Feel Great Most of the Time (A Fanatic's Perspective)

...and Why I've Been Living the Ketogenic Diet

Aging is inevitable. I have strong opinions about it, however I can be realistic enough to not waste energy on trying to stop the clock. We will all end up with something if we live long enough.

The effects of aging can be devastating, limiting, and expensive (very expensive). How is it that there are so many people who have gained so much wisdom from time and experience living on the planet...don't get to enjoy it because of debilitating pain, dementia, and a full-time job of going to doctor visits?

If we've *earned* the right to enjoy our lives even more as we accumulate wisdom, why is there so much pain, limitation, and suffering to go with it?

The debilitation and degeneration you see when you look around at "aging people" is not necessarily normal aging. It's *accelerated* aging. We have come to accept chronic pain, diabetes, dementia as "yeah, well, its part of getting older". My usual answer to that is "Nope, I'm not buyin' it".

Your diet will either promote or slow down the negative effects of aging. It's that simple. What you eat (and when) literally turns genes off or on. These genes have an effect on either accelerating or slowing down the breakdown of your body and brain.

I can't tell you for sure that following my advice will prevent Alzheimer's or Parkinson's or diabetes. But these are known strategies that make you less likely to develop these devastating conditions. Cheaper than drugs, more sustainable, and no scary side effects.

So...this is where I would start. The Ketogenic Diet? (also known as "keto").

Keto is a high fat, very low carb, moderate to high protein diet that forces the body to shift into a more efficient state of metabolism. A fat-burning machine.

It's no secret that carbs and sugars destroy your body and brain. Not to mention skin, joints, arteries, and spinal discs. Sugar causes a chemical reaction that irreversibly damages a protein called collagen, which is what skin, arteries, bones, and joints are made of. When you see wrinkles on your skin, this is the effect of sugar on your collagen. The same thing is happening inside.

The Ketogenic Diet is extreme. Great to start with for a while, and then go to a less extreme version of it that allows some starches. But no sugar, other than from certain fruits.

Here is why Keto is my preferred way of getting fuel:

- ✓ Slows down body aging and brain aging
- ✓ Helps prevent neuro-degenerative disease (Parkinson's, Alzheimer's, etc.)
- ✓ Lowers risk of diabetes and all the scary stuff that comes with it
- ✓ Lowers risk of heart disease
- ✓ Minimizes or eliminates chronic joint pain and muscle pain (arthritis, "fibromyalgia", etc.)
- ✓ Drastically Reduces body inflammation, which is behind so many disease states
- ✓ Can result in feeling great most of the time
- ✓ Promotes weight loss and builds or maintains lean muscle

Two important rules here:

Don't consume sugar, and don't lose muscle. Better yet...*build* some muscle. It keeps you younger, and there has been a lot of research behind this. Muscle is now being considered by scientists as "the organ of longevity". For healthy aging, we need to maintain and build muscle! Having muscle makes your brain last longer, keeps your metabolism running, and just makes you feel younger. Do some type of resistance exercise 4 times a week. Do some type of movement daily—yoga, Pilates, weight training, interval training, dance, martial arts...whatever you feel that you can enjoy for 30-60 minutes. Walking is nice, but your body doesn't get to learn anything new, and it's not the best way to build muscle.

So...do you want to have fewer visits to the chiropractor or medical doctor? Do you want to reduce or eliminate the need for medications and unnecessary supplements? Start simple! Cut down the carbs and sugars, get more of the right fats, get 60-90 grams of protein daily. And move your body. The steeper the hill, the longer the life (I don't know who said this, but it sounds about right). Body movement lights up the brain in ways that no drug, herb, or vitamin can. All of your joints and muscles are loaded with receptors that fire right to your brain. This is why people who exercise are not as likely to be depressed.

This is coming from a 59-year-old chiropractor who has learned how to restore health and prevent disease through 30 years of reading, studying, and real-world application. There is no value to learning unless it's shared...which is the purpose of this article.

I was the guy who grew up as that frail and sickly kid, having more sick days than well days. Sick days now are pretty rare, and I'm stronger now than when I was a 20-something year-old gym rat.

No arthritis, no heart disease, no diabetes, no dementia, fast healing of injuries, zero medications...this is almost unheard of for a person in their late fifties. Other people who

display this so-called anomaly follow pretty much the same strategies. Living proof that we can improve gene expression and even reverse bad gene expression, just through diet and exercise. Using food and movement as medicine, and knowing how to use this vast and amazing pharmacy that's growing in the soil. This is why I've taken only 1 antibiotic pill in the past twenty years, and the reason why I've taken only 1 Ibuprofen pill in my entire life. Knowledge is power. If you do things the conventional way, you get conventional results. I think we all deserve better than that. I would much rather be called a fanatic than stuck with the pain and suffering that most people accept as "normal aging". That mindset just doesn't fly.

If you really want to learn my strategies that have been tested on myself and thousands of others, keep reading. I won't call them "The 7 secrets to...", because there are no secrets to this. I will share what I know works, and save you the hassle of trying to navigate through the morass of confusing health information. Just so you know where I'm coming from—my perspective here is not just from an "anti-aging" point of view. It's also from the perspective of "feel better", "disease prevention", "get out of pain", "reach your human potential..." they're all the same when it comes to *what to do*.

The Ketogenic Diet—Going Against the Grain

Yes...totally going against the grain. First, by avoiding or at least consuming less grain. Forget the food pyramid—it's completely off and promotes disease. Second, by questioning what so many people keep saying about fats being bad, that we need lots of carbs, that sugar is not harmful, and on and on.

Go to these links, watch the videos, and download the guide I found on ruled.me.com.

--Dr Rho <https://www.youtube.com/watch?v=2EZ6pYOdqvg>

--Mike Mutzel Interview of Man with Parkinson's <https://highintensityhealth.com/william-curtis-parkinsons-disease-fasting-the-keto-diet/>

--Ketogenic diet guide <https://www.ruled.me/guide-keto-diet/>

Modified Keto Diet (from DrAxe.com)

2 KETO DIET PLANS

WHAT IS A NET CARB? TOTAL CARB GRAMS - FIBER GRAMS = NET CARBS

STRICT KETO



70-80% HEALTHY FATS AND OILS
15-20% HIGH-QUALITY PROTEINS
5% COMPLEX CARBOHYDRATES



20-30 NET CARBS PER DAY

MODIFIED KETO WITH CARB CYCLING



40-50% HEALTHY FATS AND OILS
30% HIGH-QUALITY PROTEINS
20-30% COMPLEX CARBOHYDRATES

STRICT KETO 3-4 DAYS PER WEEK:



30-50 NET CARBS ON LESS ACTIVE DAYS

MODIFIED KETO 2-3 DAYS PER WEEK:



100 NET CARBS ON ACTIVE DAYS

Elderberry Extract, can be ordered through my office
Glycan Renew (medicinal mushrooms), from NutriWest 800-247-8791
Total Probiotic, 3/day, from NutriWest 800-247-8791
UltraVirX, 3/day, from Biotics Research 800-231-5777
ADP, 2/day, from Biotics Research 800-231-5777