

## Cause and effect of Aging

## Content

### The three hormonal systems that decline with age 3

Somatopause .....	3
1. Menopause .....	3
2. Andropause.....	3
3. Adrenopause.....	3
Possible symptoms of a lack of growth hormone by adults .....	4
Psyche .....	4
Body .....	4
External factors.....	4
Factors, which restrain the release of growth hormone .....	5
External factors.....	5
Internal factors .....	5
Psyche .....	5
Side effects of a high-dosed growth hormone therapy (injections) .....	5
Therapeutic possibilities, which do not suggest side effects .....	5
Expecting improvements under a therapy with growth hormone .....	6
Beginning: .....	6
Effects: .....	6
+ = easily .....	6
Side effects: .....	6
+ = easily .....	6
1st month .....	6
2nd month .....	6
3rd month.....	6
4th-5th month .....	6
body fat reduction - change of the body form .....	7
6th month .....	7
Recommended investigations before a therapy with oral growth hormone - Somatotropin .....	8
Therapeutic combination options.....	9
Nourishing guidelines.....	11
Water content, food fibre content, and calories of selected fruits and vegetables .....	12
The TOP healthy morning-mix .....	13
Medicines from nature and their effects .....	14
Medicine combinations and their effects .....	17
Vitamins, Trace elements and Minerals.....	18
Lifestyle .....	21
Summary .....	24

## **The three hormonal systems that decline with age**

### **Somatopause**

Somatopause occurs when men and women age because of a decrease in human growth hormone released by the pituitary gland causing a decrease in the production of Insulin Like Growth Factor (IGF- 1) by the liver and other.

#### **1. Menopause**

Menopause in women happens when follicle-stimulating hormone (FSH) decreases, reducing the secretion of estrogen & progesterone.

#### **2. Andropause**

Adrenopause in men happens when gonadotropin luteinizing hormone (LH) decreases, reducing secretion of testosterone.

#### **3. Adrenopause**

DHEA production decreases in both men and women as adrenocortical cells produce less DHEA.

We can slow or reverse aging by using natural supplements identical to our body's hormones or by stimulating the production of hormones with precursor stimulants and herbs to stop suppression or blocking, allowing the release of these hormone levels to more youthful levels

## Possible symptoms of a lack of growth hormone by adults

### Psyche

- depressive detuning
- fear statuses
- soziophobia – fear of humans
- CFS – chronicle fatigue syndrome
- sexual malfunction – loss of libido - impotence

### Body

- physical power loss
- modification of the body composition, the body form ( fat increase, muscle decrease)
- heart myasthenia
- disturbed thermal regulation ( body temperature )
- changed gland activity
- reduction of the body fluid outside of the cells (extra cellular)
- early arteriosclerosis
- skin aging

Factors, which promote the release of growth hormone

### External factors

- sport, physical effort (body-own opiate)
- low fat nutrition
- fast particularly in the evening
- brief physical stress
- jetlag
- injuries

### Internal factors

- cortisone
- thyroid hormones
- Oestradiol
- Arginine and Ornithine (peanuts, hazelnuts, soy beans, prawns)

## **Factors, which restrain the release of growth hormone**

### **External factors**

- fat meals, particularly in the (late) evening
- lack of movement
- late sleeping times (after midnight, particularly after 01h00)

### **Internal factors**

- lack of oestrogen
- thyroid subfunction (hypothyroidism)
- hyperglycaemia (not with diabetic)

### **Psyche**

- emotional disturbances (lack of weight lost despite fast for psychological problems)
- endogenous (internal) depression

## **Side effects of a high-dosed growth hormone therapy (injections)**

- degradation of the blood sugar (growth hormone promotes diabetes)
- increase of the body water, water storages
- heart muscle enlargement (hypertrophy)
- questionable cancer increasing effect (prostate and breast cancer)

## **Therapeutic possibilities, which do not suggest side effects**

### **Medicines**

- colostrum (so-called early milk, cow)
- moose antlers (pulverized velvet coat)
- growth hormone mouth spray (growth hormone in micro dilution, genetically made of bacteria)

### **Behaviour**

- exercises, sport, physical exercise as much as possible
- low fat nutrition, particularly in the evening
- avoidance of over-eating (food high in calories, especially fat calories)
- reduction/ renouncement of supper, particularly renouncement of fat

### **Furthermore**

- Balance of statuses of lack of hormone: growth hormone (IGF-1), DHEA, pregnenolone, oestradiol, progesterone, testosterone (free and total), growth hormone, Melatonin, thyroid hormones.

### Expecting improvements under a therapy with growth hormone

Beginning:	Effects:	Side effects:
	+ = easily ++ = means +++ = strongly	+ = easily ++ = means +++ = strongly
<b>1st month</b>		
lively dreams		
deep sleep		
energy and perseverance		
optimistic basic attitude		
<b>2nd month</b>		
tonus and strength of the musculature		
tonus of skin		
nail growth		
digesting		
fat burning		
sexual function		
<b>3rd month</b>		
reduction of pain sensation in general		
PMS – premenstrual syndrome		
healing inflammatory muscle illnesses or injuries		
wound healing		
muscle mass		
hair growing		
memory – more mental efficiency		
productivity in the everyday life		
libido – sexual efficiency		
<b>4th-5th month</b>		

firmness and elasticity of the skin		
smoothing of the skin folds		
firmness and thickness of the hair		
body fat reduction - change of the body form		
<b>6th month</b>		
ruggedness against colds and flu		
reduction excessive pain sensations		
reduction of inflammation		
physical efficiency		
more psychological and emotional stability		
lowering of blood pressure and blood fats - Cholesterol and Triglyceride		
body form		
cellulite		

## **Recommended investigations before a therapy with oral growth hormone - Somatotropin**

### **Men**

- blood fats
- prostate specific antigen
- estradiol
- estrone
- testosterone, free and total
- dihydrotestosteron
- pregnenolone
- progesterone
- DHEA-S
- IGF-1 – Somatomedin C
- (Somatotropin)
- thyroid hormones: TSH, T3 und T4 free

### **Women**

- blood fats
- estradiol
- estrone
- progesterone
- DHEA-S
- IGF-1 – Somatomedin C
- (Somatotropin)
- thyroid hormones: TSH, T3 und T4 free

### **Supplementing investigations**

- SHBG (Sex Hormone Binding Globulin)
- cortisone
- melatonin
- prolactine
- androstendion
- pregnenolon
- dihydrotestosteron

All tests performed fasting in the morning, water only.



## Therapeutic combination options

1. **Growth hormone mouth spray**

4x1 stroke daily: 07h00 / 14h00 / 20h00 / bed time or  
1 stroke in the morning after rising and  
2 strokes in the evening before going to bed

1 stroke contains 360 ng growth hormone.  
1 ng = 1 **billions of Gram**

An overdosing, even if one would drink up the whole bottle at one time, is therefore not possible.
2. **Growth hormone complex**

Urolong – moose antlers (velvet), 2x daily. 1 capsule
3. **Colostrum**

1x1 / 2x1 / 2x2 capsules daily in the evening
4. **Pregnenolone (Cream or capsules)**

2-15 mg in the morning
5. **DHEA Capsule 10-25 mg:**

1x1 / 1x2 capsules in the morning before the meal
6. **Melatonin**

0.1 –1 mg in the evening
7. **Free Testosterone**

Avena Sativa (excerpt from oats rungs), improves sexual efficiency and the libido  
nettle  
Saw Palmetto, 2x160 mg daily  
„Horny Goat“(Chinese herb medicine), zinc, niacin
8. **Total Testosterone**

Testosterone Cream 3%: quantity of 1 tablespoon daily on the skin (especially in the cellulite area).  
androstenedion  
tribulus terrestris fruit
9. **a) Oestrogen dominance men**

Di-Indolin (Diindolylmethane) 3x daily  
with the meal  
also, in broccoli and cauliflower  
Chrysene (passionflower)  
Quercetin  
Zinc: Beginning with 2x50 mg, if libido or erection is better, than continue with 50 mg.  
For zinc balance, manganese is necessary  
Manganese rich are tropical fruits such as pineapple and mangos.
- b) Oestrogen dominance women**

Phyto-Oestrogen Cream: %: quantity of 1 tablespoon daily on the skin (in the face and not on the breast)
10. **Thyroid**

Kelpasan Bioforce (Iodine)

Armour thyroid (thyroid excerpt)

**11. Progesterone**

ProGest Cream: 10%: quantity of one tablespoon daily on the skin (skin and face).

men: Osteoporosis / Oestrogen dominance

women: Osteoporosis, PMS, as „youth-spring“

**12. Cortisone**

Liquorice - sweet wood

(Increased degraded cortisone mirror)

## Nourishing guidelines

**To a great extent renouncement of** animal products: meat, sausages, milk, milk products.

**Renouncement of** vegetable fats: margarine, oils (some olive oil is permitted)

Prefer **nature-left** vegetable fats: walnut, avocados.

Consider **meal rhythm**: in the morning plentifully, at noon moderately, in the evening few.

**Raw food**            chew well (tomato 30x, carrot 50x!!).

In the morning much: papaya, mango, melon, tomato, soya rungs, apples etc..

At noon few: salad is a little productive wadding!

In the evening: not raw food causes bloating in the evening.

Notice: ingeminated grains do not live! Germinated grains live!

rungs = germinated grains = lives!

**Vegetables**        At noon and in the evening.

Vegetable of all kinds. Best prepared in the steamer or wok.

Pay attention to high fibre and water content.

**Pasta**                Potatoes and rice are better than pasta.

hart-wheat pasta products are to be preferred.

Eat basically pasta rather meagrely.

**Liquids**            Half of the daily water requirement should be taken in form of water-rich fruits and vegetables, the other half in water. This water is ionic and mineral-rich.

Last liquids ½ hour before a meal. Resumption of liquids 1 hour after the meal.

If one drinks during the meal, then the digesting juices are diluted.

Who feels thirst during the meal, has drunken too little before

Usually 1,5 litres are sufficient daily. Increased demand: sweat, sport.

Fruit juices are unfavourable: Usually too much sugar, free of food fibres.

**Water:**              Tap water and sparkling water are under pressure and therefore indicate changed electrical characteristics. One adheres to the wisdom: Cats drink only stagnant water and the correct gardener never pour the plants with fresh tap water. Tap water is to filter and several hours to be left. Mineral waters without carbonic acid should be preferred.

**Blender**            Blended drink recipe: see [www.ever.ch](http://www.ever.ch)

Do not use a juicer.

Use ½ blender filled with raw vegetables and ½ with whole fruits.

Mix all together and then add 1 cup of Aloe Vera to the mixture.

## **Water content, food fibre content, and calories of selected fruits and vegetables**

(by N. Delgado)

- **High water content, high food fibre content, small calorie content**

Lettuce, Heading salad (page salads have generally almost only insoluble, not pouring fibres, therefore they are not so favourably), cucumbers, celery, mushrooms, cabbage, "pak choy", cauliflower, squash, page vegetable, Turnip greens, carrots, green beans, asparagus, broccoli, spinach, tomatoes, brussels salad, artichokes, red patches, gazpacho soup, marrons, radish, endive salad, zucchini, watermelon, gooseberry, mandarin, lemon.

- **High water content, high food fibre content, middle calorie content**

Potatoes, apricots, peaches, grapes, oranges, pineapple, papaya, pears, most fruits belong into this group.

- **Middle water content, high food fibre content, middle calorie content**

Mangos, olives, green peas, grain, rungs, germinated beans, germinated grain, wild rice.

- **Small water content, high food fibre content, higher calorie content**

Bananas, lenses, brown rice, sweet potatoes, avocado, soya milk, soya cheese, corn, rice milk, ice cream

**Daily consumption quantity from above downward descending...**

## The TOP healthy morning-mix

(by N. Delgado)

**½ quantity of vegetables**

**½ quantities of fruits**

**some ice or frozen berries**

Give everything into a mixer, mix roughly, and drink it “chewing”

- **Vegetable (everything raw / from everything a small quantity)**

carrots, tomatoes, cucumbers, broccoli, some orange juice, celery, green pepper, parsley, spinach. As desired also further vegetables. In addition, some rungs (soya rugs etc...)

- **Fruits**

watermelon, apples, bilberries, kiwi, pears, peaches, nectarines, cherries, bananas

## Medicines from nature and their effects

English	German	Effect - Application
Aloe Vera	Aloe Vera	anti-mushroom effect, wound healing, burns, bleeding-satisfying, reassuring, strengthens the immune system, cream: skin-moisture
Alfalfa		natural diuretic, promotes the water secretion, appetite-promotion, healing of bladder inflammation
Astragalus		natural diuretic, promotes the water secretion, lowers so the blood pressure, promotes the appetite, strengthens the immune system, so assigned with chance of infection and cancer
Bee Pollen		rich in essential fatty acids vitamins, minerals, trace elements, hormones, and enzymes, slows down the aging process
Bilberry	Heidelbeere	rich in bioflavonoid, antioxidant, improves vision, night visibility, eye tiredness, strengthens the capillaries and the veins
Black Cohosh		under abdomen cramps by woman, pain, joint inflammations, coughs with asthma and bronchitis, whooping cough
Black Walnut	Schwarze Walnuss	effect against mushrooms, parasite, worms, warts, herpes, eczema, psoriasis, skin excursions
Buchu		application for bladder problems, bladder inflammations, prostate pain, natural diuretic, promotes the water secretion, lowers so the blood pressure, sweat rubbing, strengthens the body, flavour plant from South Africa
Burdock	Klette	increases urine river, cleans blood, sweat rubbing, calms moving, and joint arthritis pain., natural diuretic, promotes the water secretion, lowers so the blood pressure,
Borage	Borretsch	stimulates the suprarenal body for the improvement of the stress accomplishment, calms the intestine - colon irritable, promotes the milk river, sweat-rubbing, promotes healing from neurodermitis
Cascara Sagrada		works against worms and parasite (driving out), natural exhausting means, effect with high blood pressure, sleeplessness, gallstone, liver - gall problems
Cat's Claw – Una de Gato	Katzenkralle	strengthens the immune system, supporting therapy with cancer, inflammations, ulcers, infections
Capsicum – Cayenne	Cayenne Pfeffer	suggestion of the digesting glands and the metabolism, works against blowing, sweat rubbing, improves blood circulation, lowers blood fats, effective with headache, ulcers and arthritis
Chitosan	<a href="http://www.ever.ch">www.ever.ch</a> S. unter Produkte	natural product, pouring fibres from the tank of crustaceans, bind nutrition fest in the relation of 1:5 8, income before the meals, prevents fat absorption
Cranberry	Preiselbeere	prevents an adhering of bacteria at the bladder wall
Devil's Claw	Teufelskralle	release joint and arthritis pain, improves joint mobility, lowers blood fats, effect for kidney and liver problems
Dong Quai		menstruation cramps, PMS, face turning red (flush), increased blood pressure, sleeplessness, anaemia

Echinacea	Echinacea	strengthens the immune system, supports therapy with cancer, inflammations, ulcers, Infections, helps with eczemas and psoriasis
Ephedra – Ma Huang		opening the pores, sweat rubbing, promoting the water secretion, natural diuretic, energizing effect on the body, effect with asthma, allergies, colds, warming effect.
Evening Primrose Oil	Nachtkerzenöl	rich in essential fatty acids, PMS, menstruation cramps, tension of the chests, bleedings, fear statuses, neurodermitis
Fennel Seed	Fenchel Samen	promotes the appetite, works against blowing, improves joint mobility with arthritis, promotes the slim ejection with cough
Flax - Linseed Oil	Leinsamenöl	calms stomach complaints, sore throats. Works water-separating, disinfecting
Ginkgo Biloba		works with allergic cough and asthma, promotes the blood circulation in the extremities, in the interior ear and brain, and improves the memory.
Ginseng, Siberian		stress accomplishment, increases the efficiency , normalizes oestrogen mirror, increases the sexual efficiency
Ginseng, Brazilian – Suma		bodytonicum with stress, tiredness and in the Menopause
Golden Seal Root	Gold Siegel Wurzel	works with different infections: candida, colds, worms, vagina effects, infected ulcers, painful mouth ulcers
Gotu Kola		improves the blood circulation and the memory, relaxing effect
Guarana		promotes watchfulness by tiredness. The seeds contain 5% caffeine, energizing effect with weight-lost
Hawaiian Noni		suggestion of the immune system, slow the aging process down, work against mushrooms and parasites, help with PMS and pain, particularly with infection
Hawthorn Berries	Weissdorn Beeren	promote the peripheral blood circulation, i.e. in the small containers, as well as blowing digesting secretions, as well as the sodium and water secretion
Juniper Berries	Wacholder Beeren	works cramp-solving, promote the digestion, works against urine restraint, <u>gout arthritis</u> , gallstone , natural diuretic, promotes the water secretion
Kav Kava		stress, nervousness, sleeplessness, relaxes muscle cramps, promotes the water secretion
Norwegian Kelp	Seetang, Norwegien	rich in minerals and iodine, helps for acne, adiposity, PMS, and nerve problems
Liquorice	Süsshholz, Lakritze	separating poison, works against joint pain, helps with ulcers and cancer
Marshmallow Root		rich in mucus fibres, helps with ulcers and intestine inflammations
Milk Thistle	Milch Distel	increases the gall flow, lowers blood fats, supports the liver
Myrrh	Weihrauch, Myrrhe	herpes, painful mouth throat inflammations, bad breath
Nettle	Nessel	allergies, handicapped nose respiration, vagina infections, lowers blood sugar
Pau d`Arco		foot mushrooms, infestation with parasite, diabetes
Red Clover	Roter Klee	strengthens the immune system and eases the musculature
Saw Palmetto	Sägepalme	reduces an increased prostrate, improves the sexual efficiency, helps by congestions within the chest area
Shiitake Mushroom	Shiitake Pilz	strengthens the immune system, supports cancer therapy, lower cholesterol
St. John's Wort	Johanniskraut	Works against depression and inflammation, supports cancer therapy
Trea Tee Oil	Teebaum Öl	natural painkiller, disinfection, effect against bacteria,

		mushrooms and sperms, improves wound healing, works against flour rope! Tea tree oil points a very good skin constantness
Uva Ursi		urinary passage infections, gallbladder and kidney pain, works as natural Diuretic, water-seclude
Valerian	Baldrian	stress, state of fear, lowers high blood pressure, supports alcohol problems
Yerba Santa		allergy, hay fever, asthma, cough, works by phlegmatic behaviours
Yucca	Yucca	release joint inflammation by arthritis



## Medicine combinations and their effects

Phyto-Oestrogen	deionised water carthamus tinctorius saflor oil red clover (bloom excerpt) chinese Angelika black cohosh liquorice virgin tree berries ginseng jojoba oil caprylic/capric triglycerides sesame Oil Dong Quai extract aloe vera gel hydrolyzed glycosaminoglycans black walnut leaf extract hydrolyzed grapefruit extract red orange extract	Ginseng (eliminates vagina dryness by deep oestrogen mirror)
-----------------	--	--

## Vitamins, Trace elements and Minerals

The best products are:    **Nutrient-905™**    **Ultra Nutrient-905™ (PE)**

Nutrient-950 is a complete hypo-allergenic, high-nutrient, bioavailable multi-vitamin and trace element supplement. It offers an advanced mineral delivery system, and the highly desirable coenzyme forms of B vitamins to promote optimal absorption of the nutrients. In addition, it provides a high profile of free radical scavenging antioxidants. This is a gentle, hypo-allergenic formula which is well tolerated by sensitive individuals

**Ultra Nutrient** additionally contains Antioxidants from plants, reduced Glutathione, the amino acid Taurin and Coencym Q10.

Ultra Nutrient combines the core ingredients of Nutrient-950 with advanced antioxidants and phytonutrients to provide a supplement of unequalled potency and effectiveness.

### Enhanced Antioxidant Profile:

Betatene® (mixed carotenoids)  
 vitamin C (as ascorbyl palmitate)  
 silybum marianum (milk thistle)  
 reduced glutathione Cardiovascular System Support:  
 crataegus oxyacantha (hawthorn)  
 coenzyme Q  
 taurine  
 zingiber officinale (ginger)

**Recommended:** 2x2 capsules a day after breakfast and lunch

6 capsules contain:	Nutrient 905™	Ultra - Nutrient 905™
Vitamin A (Acetat)	10'000 i.u.	
various Carotinoides	15'000 i.u	25'000
Vitamin D <sub>3</sub>	200 i.u	200
Vitamin E (d-a toc. succ)	400 i.u	400
Vitamin C	1'000 mg	100
Pantothen-acid		400 mg
Vitamin B <sub>1</sub>	100 mg	100
Vitamin B <sub>2</sub>		25

activated Vitamin B <sub>2</sub>	25 mg	25
Vitamin B <sub>6</sub>	25 mg	25
activated Vitamin B <sub>6</sub>	25 mg	25
Niacinamid	25 mg	100
Inositol - hexaniacinat	100 mg	90
Folic Acid	90 mg	800
Biotin	800 mcg	800
Vitamin B <sub>5</sub>	400 mg	
Vitamin B <sub>12</sub>	1`000 mcg	
activated Vitamin B <sub>12</sub>		1000
Calciumcitrat	300 mg	
Calciumhydroxyapatit		300 mg
Magnesiumcitrat	200 mg	
Magnesiumaspartat		200 mg
Kaliumaspartat	99 mg	99
Zinkpicolinat	25 mg	25
Manganaspartat	20 mg	20
Ironglycinat	10 mg	
Kupferglycinat	2mg	2
Borglycinat	2mg	2
Jod	200 mcg	
Chromiumpicolinat	200 mcg	500
Selenmethionin	200 mcg	200
Vanadiumaspartat	200 mcg	200
Molybdänaspartat	100mcg	100
Taurin		100 mg

Crataegus oxyacantha		100 mg
Zingiber officinale (Ginger)		100 mg
Silybum marianum		100 mg
Curcuma longa		100 mg
Reduziertes Glutathion		50 mg
Coenzym Q10		50 mg

## Lifestyle

Even without the exotic new therapies of antiaging science and antiaging medicine, dramatic extension of health span is achievable just from optimization of a person's lifestyle. During recent decades, there have been numerous longevity surveys and studies done on sizeable groups of people for many lifestyle habits. The resultant body of knowledge has enabled health care professionals and scientists to develop a list of antiaging lifestyle habits whereby people live longer on average. The results of an antiaging lifestyle are already apparent in many members of the post-World War II generation, such as the developer of this site. They have benefited from the well-rounded diets, vitamins, physical fitness, dental hygiene and other habits that began to be more widely promoted during that time period. Genetics is always an aging factor in either direction, but experts in antiaging medicine and antiaging science have determined that it is usually a minority factor.

The American Academy of Anti-Aging Medicine (A4M) has been determined that on average, in a given group of people, those who have one of the following habits live longer than those in the same group who do not have that habit. It has become apparent that the more of these habits a person has, the more likely that person is to experience a dramatic cumulative benefit toward slower aging. A4M has also used this information to develop a longevity test that you can take.

### 1. Genetic Aging Factors

uncontrollable without scientific intervention such as hormone therapy or genetic engineering

At least two grandparents who lived past the age of 80

Average life of all four grandparents 71 or better

No parent who has had a heart attack or stroke before age 50

No grandparent, parent or sibling who prior to age 65 has had hypertension, cancer, heart disease, stroke, diabetes or other genetic diseases

You or close family member do not have genetic diabetes

### 2. Lifestyle Aging Factors

controllable with varying degrees of difficulty; includes obvious health related habits plus stress factors and elective health care opportunities for medical intervention before aging is affected.

Higher Income

Higher Education

Calm but alert temperament/high energy and active

Employment

Career advancement prospect

No regular direct contact with pollutants, toxic waste, chemicals, radiation or firearms

Live in rural or non-congested area

Live in area with little or no air pollution

Live in low crime area

Live in home free of radon  
 Short commuting time to work  
 Live within 30 miles of a major medical or trauma center  
 Have medical insurance  
 Able to use physician of your choice  
 Insurance does not limit choice of physician  
 Do not smoke  
 Moderate consumption of alcohol  
 Do 20 minutes of moderate aerobic exercise at least three times per week  
 Climb at least 6 flights of stairs per day  
 Walk at least two miles per day  
 Have ideal weight for height  
 Eat well balanced diet  
 Eat meals at consistent times  
 Avoid snacking or late night eating  
 Eat a balanced breakfast regularly  
 Eat red meat once per week or less  
 Eat at least 5 servings of green leafy vegetables per week  
 Eat at least 5 servings of fresh fruit or juice per day  
 Avoid fats  
 Eat fried take out foods, prepackaged or precooked foods less than 50% of the time  
 Eat some high fiber food every day, such as whole-grain bread, fresh fruits and vegetables  
 Take a daily multivitamin or mineral supplement including at least  
 Vitamin A/beta-carotene (5000 IU)  
 Vitamin E (400 mg)  
 Vitamin B/complex (50 IU)  
 Zinc (30 mg)  
 Selenium (100 mcg)  
 Vitamin C (500 mg)  
 Use sunscreen to avoid excessive sun  
 Subscribe to health related periodicals  
 Involved in life-extension, prevention or comprehensive wellness program?  
 Comprehensive physical exams and blood tests every 3-4 years before 50 and every 1-2 years over 50?  
 Men: genital self exam every 3 months?  
 Men: Prostate exam yearly after age 30?  
 Rectal exam and test for hidden blood in stool every year?  
 If over 50, sigmoidoscopy of the lower bowel every 3 years?  
 Married or in a long term committed relationship (illness, accident and death reduced by up to 50%)  
 Satisfying sex life, twice per week or more?  
 Do not live alone more than 5 years at a time  
 Have three or more close friends  
 Active member in a religious community or volunteer organization  
 Have a pet  
 Have a regular daily routine  
 Get at least 8 hours of uninterrupted sleep per night  
 Have a consistent sleep time  
 Have a regular work routine  
 Work no more than 40 hours per week  
 Take a yearly vacation from work for at least 6 days  
 Regularly use a stress management technique such as yoga, meditation, music, etc.  
 Happy most of the time  
 Regularly have and enjoy time with family and friends  
 Mostly feel in control of your personal life and career  
 Live within your financial means  
 Set new goals and look for new challenges  
 Consistently participate in a creative outlet or hobby  
 Consistently have and enjoy leisure time  
 Usually express feelings easily

Usually laugh easily  
 Usually expect good things to happen  
 Rarely anger easily  
 Not constantly critical of yourself  
 Not constantly critical of others  
 Rarely feeling lonely, either when alone or with others  
 Mostly avoid worrying about things out of your control  
 Avoid regretting sacrifices made in life

### **3. Lifestyle Longevity Factors**

Controllable; do not affect physical aging but reduce chance of shortened life due to hazards

Always wear seat belt as a driver and as a passenger  
 Never drink and drive or ride with a driver who has been drinking  
 Drive cautiously, avoid speeding and accidents  
 Avoid driving to many miles more than normal per year?  
 Drive car weighing at least 3,500 lbs  
 Avoid situations that could lead to physical fights or attacks  
 Smoke alarms in home

### **4. Health Indicators:**

Provide signs of faster aging, possibly due to poor lifestyle choices

Overall health  
 Blood pressure  
 Cholesterol level  
 HDL Cholesterol level  
 Racing heart, irregular heartbeat or chest pain after brisk walk or slow jog?  
 More than 2 pillows to sleep comfortably because of discomfort or breathing while lying on back  
 Colds or other infection more than once every 8 weeks?  
 Long time to get over bad infection, colds typically last longer than two weeks?  
 Need antibiotics at least 3 times per year?  
 Lymph nodes often enlarged?  
 Have suspicious skin lesion that hasn't healed in 6 weeks or keeps growing?  
 Well formed bowel movements 1 or 2 times per day without difficulty?

## Summary

### Step 1: Diagnosis

**H-SCAN 820:** for measuring functional age

At about age 35, declines occur in functions essential to life's activities. H-SCAN measures 12 biomarkers of the most important, including memory, reactions, hearing, vision, agility, decision and movement speed, tactile sense, and lung function - determining a person's functional age compared to chronological age.

Patient`s history

Questionnaire

Complete clinical examination

### Step 2: Laboratory

Blood or Saliva tests for IG-1

Complete lab screening

### Step 3: Growth hormone

Without drugs or injections, maintain or **restore youthful Growth Hormone levels with oral spray Ageless-Ultra**. Recent scientific investigations have demonstrated that this is possible with non-prescription supplements containing a combination of Amino Acids that stimulate the pituitary gland in your brain to increase its production, and that youthful levels slow or reverse many of the effects of aging.

Replacement of the 8 critical hormones:

Growth hormone

Pregenolone

Testosterone

DHEA

Progesterone

Estrogen

Thyroid

Melatonin

### Step 4: Lifestyle

Enhance your lifestyle

### Step 5: Nutrition

Follow the guideline rules for "living nutrition"

### Step 6: Physical activity

Every health management program for Anti-Aging goes wrong without physical activities!