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**Private surgery for general and experience medicine**

Traditional Chinese medicine TCM  
Manual medicine SAMM  
Qualified F.X. Mayr-doctor

Sports medicine SGSM  
Nutrition medicine SSAAMP  
Anti-Aging medicine

Neural therapy SANTH & SRN  
Orthomolecular medicine SSAAMP  
Applied kinesiology ICAK-D & ICAK-A

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## **If you want to get high aged.....**

Anti-Aging lecture, Baden-Baden 2002

with additional remarks by Jürg Eichhorn

**If you want to get high aged, if we summarize all theories, then you must be:**

- A childless, infertile or infertile made woman from the Caucasus, newly from Japan, too
- You strictly must be a Non-Smoker
- Your blood level of cholesterol and uric acid must be low
- You only modestly should be exposed to stress
- You must be more a careful person than a happy one
- Your working life must be continuously productive and not always to idle away your time
- If you are a man you must be married to live longer
- You must be of a moderate intelligence
- You must be a of a certain sluggishness
- After birth you had to suffer from a slight hunger for a longer period
- Your parents had to get very old
- At the time of your birth your parents had to be very young
- During your childhood you had to get up to 8 hours sleep daily
- You must like fish oil with daily intake
- Your food must be rich of vitamin E, garlic and natural fibers
- You must drink at least two cups of coffee every day, but with no milk in it
- Some good red wine daily extend your life by gene silencing, but do not drink more than 2 glasses of wine (women) or 3 glasses (men) every day
- From infancy on your nutrition had to be low in calories
- At least one time a day you must laugh out of loud
- Your intelligence and your earnings should be quite modest
- But you should not be poor at any circumstances
- During your childhood you could have had some child illnesses
- But at ripe old age you really must protect yourself from infectious diseases
- Every day you have to wash yourself und to clean your teeth carefully
- You are urged to avoid accidents at all age
- And on Sunday you regularly have to go to church

So, you know now ho to get relatively old, scientifically and statistically proved