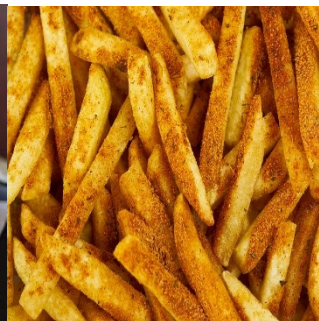


THIS IS YOU – OR AT LEAST SIMILAR!

DID YOU START OUT LIKE THIS?



YOU COULD EAT THESE THINGS AND IT DID NOT SEEM TO MATTER.



THEN YOU HIT 30 – 40 YEARS OLD & YOU KEPT DOING THE SAME THINGS. YOU STILL FEEL GOOD. YOU JUST KEEP BUYING BIGGER PANTS.



YOU KNOW YOU AREN'T GETTING ENOUGH ACTIVITY AND YOU AREN'T EATING HEALTHY, BUT YOU HAVE NO MOTIVATION TO CHANGE. TO IMPROVE, YOU ADD "HEALTHY" SNACKS.

ALL "ENGINEERED" TO BE HIGH IN FRUIT SUGAR & NOT AS HEALTHY AS YOU WERE TOLD.



INSTEAD OF BETTER HEALTH, YOU JUST KEEP NEEDING BIGGER PANTS. INSIDE YOUR BODY THERE ARE THINGS GOING WRONG THAT YOU MAY NOT NOTICE – YET. MAYBE YOU DOC PUTS YOU ON ONE BP PILL PER DAY. YOU ARE SLIGHTLY HIGH. YOUR BLOOD SUGAR (A1c) IS AT THE TOP RANGE BUT HE SAYS YOU ARE FINE. YOU BECOME A FAN OF THE BIGGEST LOSER AND YOU KNOW YOU CAN DO IT TOO.



ONLY YOU DON'T. IT REALLY DOESN'T MATTER SINCE WHEN THEY GOT REAL LIVES BACK, THEY ALL GAINED BACK THE WEIGHT (SCIENTIFICALLY DOCUMENTED FACT). THE SYSTEM THEY USED AND WE HAVE ALL BEEN TAUGHT (EAT LESS AND WORK OUT MORE) DOES NOT WORK FOR MOST PEOPLE IN THE LONG RUN. YOU WILL ACTUALLY BE WORSE OFF AFTER YOU TRY AND FAIL.

YOU HAVE BEEN AGING LONGER THAN YOU KNOW AND YOU ARE HEADED FOR A MUCH SHORTER "HEALTH SPAN" BY SIMPLY LIVING THE GOOD LIFE AND FOLLOWING THE RECOMMENDATIONS OF THE US GOVERNMENT AND OUR NUTRITIONAL AND MEDICAL PROS.

YOUR FUTURE IS ALMOST GUARANTEED. THERE ARE HEALTHY PEOPLE WHO ARE OVER WEIGHT & THERE ARE UNHEALTHY PEOPLE WHO ARE SLIM, BUT FOR THE MOST PART THIS IS NOT THE CASE.

YOUR FUTURE IS MORE PILLS TO ATTACK THE SYMPTOMS (NEVER THE DISEASE) OF ALL OF THE ISSUES OF "AGING". YOU GAIN MORE WEIGHT AND YOU TRY TO WORK OUT MORE, BUT THE WEIGHT STAYS. ULTIMATELY, YOU CANNOT OUT EXERCISE YOUR BAD DIET.



YOU ARE HEADED FOR ONE, TWO, THREE OR MORE OF THESE TYPICAL DISEASES OF AGING. THE TRUTH IS AGING IS THE DISEASE AND THESE ARE THE OUTCOMES THAT WILL KILL YOU AND IT CAN HAPPEN AT ANY AGE. BELOW IS JUST A SAMPLING OF WHAT YOU HAVE (MAYBE YOU DON'T KNOW IT YET) OR WILL HAVE SOON.

NOTE: {CNTRL + CLICK} ON THE LINKS BELOW TO SEE A SAMPLING OF GOOD INFORMATION

EVEN THE VERY OLD DO NOT DIE OF OLD AGE

Aging is the highest risk factor for most chronic diseases

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4852871/>

Even the very old do not die of "old age"

<https://www.ncbi.nlm.nih.gov/pubmed/16079208>

Inflammation 'game changer' as cellular death dance discovered

<https://medicalxpress.com/news/2020-01-inflammation-game-changer-cellular-death.html>

ALZHEIMER'S, DEMENTIA, COGNITIVE DECLINE

Can bacteria cause AZD? The same type of bug that causes lyme disease, venereal disease, dental disease, etc.

https://www.researchgate.net/publication/318070659_ALZHEIMER'S_DISEASE_SPIROCHETES-A_CAUSAL_RELATIONSHIP

Could objective subtle cognitive difficulties help predict Alzheimer's pathogenesis?

<https://tinyurl.com/voprhd5>

The maddening saga of how an Alzheimer's 'cabal' thwarted progress toward a cure for decades

<https://tinyurl.com/y5jbvzkh>

Strong evidence has emerged recently for the concept that herpes simplex virus type 1 (HSV1) is a major risk for Alzheimer's disease (AD).

<https://www.frontiersin.org/articles/10.3389/fnagi.2018.00324/full>

Inhalational Alzheimer's disease: an unrecognized—and treatable—epidemic

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4789584/>

A broader view of dementia: multiple co-pathologies are the norm

<https://academic.oup.com/brain/article/141/7/1894/5045300>

Reversal of cognitive decline in AZD

<https://www.aging-us.com/article/100981/text>

Reversal of cognitive decline in AZD

<https://www.foundmyfitness.com/episodes/dale-bredesen>

The most current data on the RECODE methods for AZD.

<https://www.omicsonline.org/open-access/reversal-of-cognitive-decline-100-patients-2161-0460-1000450.pdf>

It is not all AZD. Dementia comes in many other forms.

<https://www.healthline.com/health/types-dementia>

AUTOIMMUNE, RHEUMATOLOGY, LUPUS

Beyond stem cells: Using Exosomes to treat SLE

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5412303/>

Tricking the body to heal itself

<https://www.sciencedaily.com/releases/2011/09/110902133047.htm>

Using EVs (Exosomes) from MSCs(stem cells) to treat SLE (Lupus)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5423896/>

CANCER

Antioxidant supplementation during chemotherapy also promises higher therapeutic efficiency and increased survival times in patients.

<https://tinyurl.com/u2zvetz>

Taking certain vitamins during breast cancer chemo tied to recurrence, death

<https://ascopubs.org/doi/10.1200/JCO.19.01203>

High BMI may improve cancer survival (NOT obese)

<https://medicalxpress.com/news/2019-12-high-bmi-cancer-survival.html>

Dietary Sulforaphane in Cancer Chemoprevention

<https://www.ncbi.nlm.nih.gov/pubmed/25364882>

Dietary Recommendations for Cancer and the Warburg Metabolism

<https://blog.virtahealth.com/dr-colin-champ-diet-cancer-warburg/>

Dietary Recommendations for Cancer and the Warburg Metabolism

<https://youtu.be/rCK6t966xx0>

Metabolic theory of cancer

<https://academic.oup.com/carcin/article/35/3/515/2463440>

Overweight before age 40 increases cancer risk

<https://medicalxpress.com/news/2019-10-overweight-age-cancer.html>

It is generally thought that obesity may account for about a third of many cancer types, particularly breast, colon, uterus, kidney and esophagus

<https://peterattiamd.com/war-cancer/>

CARDIOVASCULAR DISEASES / HEART STENTS

Lifestyle Changes That Cut Afib Recurrence

<https://tinyurl.com/wz3cpe6>

Heart attack proofing

<https://youtu.be/QQWF0KTNu2g>

In 25 years only one stroke drug approved.

<https://tinyurl.com/s56c2ur>

Triglyceride Risk Factors and FDA Supplement Regulation https://www.youtube.com/watch?v=K7NPbt7OEs4&feature=youtu.be
CATARACTS, RETINA, OPTIC NERVE, GLAUCOMA ISSUES
DIABETES – TYPE 2 (SOME CALL ALZHEIMER’S TYPE 3)
EDEMA WITH PAIN & NOCTURIA
HEARING LOSS & BALANCE ISSUES
KIDNEY DISEASES
LIVER DISEASE INCLUDING NAFLD
LOSS OF PHYSICAL STAMINA / DECONDITIONING RELATED INJURIES
NEUROPATHY INCLUDING INCAPACITATING PAIN
NOCTURIA WITH SERIOUS SLEEP DEPRIVATION
PROSTATE DISEASE, NON CANCEROUS (BPH)
STEM CELLS, EXOSOMES, Evs, PLATELET RICH PLASMA Literature review of uses https://www.sciencedirect.com/science/article/abs/pii/S1521661619301548?via%3Dihub
RLS, PLMS, MYOCLONUS, & OTHER NERVOUS SYSTEM SYMPTOMS
SLEEP DISORDERS INCLUDING OBSTRUCTIVE SLEEP APNEA Sleep Apnea & Reverse Dipping BP https://erj.ersjournals.com/content/55/1/1901072
RLS, PLMS, MYOCLONUS, & OTHER NERVOUS SYSTEM SYMPTOMS Role of phosphatidylcholine-DHA in preventing APOE4-associated Alzheimer’s disease https://www.fasebj.org/doi/10.1096/fj.201801412R https://www.foundmyfitness.com/episodes/dale-bredesen https://youtu.be/Sq7uVZ_0D3U
STATISTICS, STUDIES, FRAUD, LEGAL 'Why black swans matter: The difference N=1 and noticing success can make' https://youtu.be/AoCzm9-J_Ok
Trouble at Chochrane / Evidence Based Medicine https://undark.org/2019/12/30/peter-gotzsche-cochrane/

Fraud at Duke University over cancer treatment

<https://youtu.be/W5sZTNPMQRM>

The Perfect Crime - Scientific Fraud in America

<https://youtu.be/FfzIS5vS314>

Don't fool yourself

<https://peterattiamd.com/ns001/>

STROKE / TIA

Patients with transient ischemic attack and symptoms traditionally considered low risk carry a substantive risk of acute stroke as defined by diffusion restriction (DWI positive) on a brain MRI scan.

<https://tinyurl.com/uo9bmnn>

WHO HAS DEMENTIA OR ALZHEIMER'S IN THE PHOTO BELOW?



IT COULD BE EITHER ONE OR BOTH.

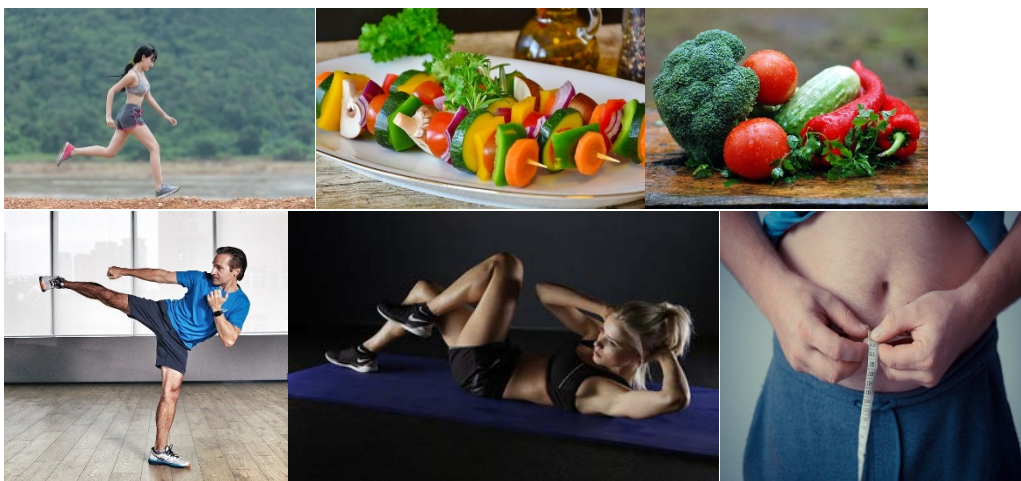
THE #1 PROBLEM IS THE LAST THING YOUR DOCTOR IS PREPARED TO ADDRESS: DIET. THEY GET NO TRAINING AND THEY DON'T GET PAID TO SPEND TIME ON IT. IN SOME CASES THE STANDARD OF CARE FOR THEIR SPECIALTY OR THEIR PRACTICE GROUP IS CONTRARY TO MODERN EVIDENCE.

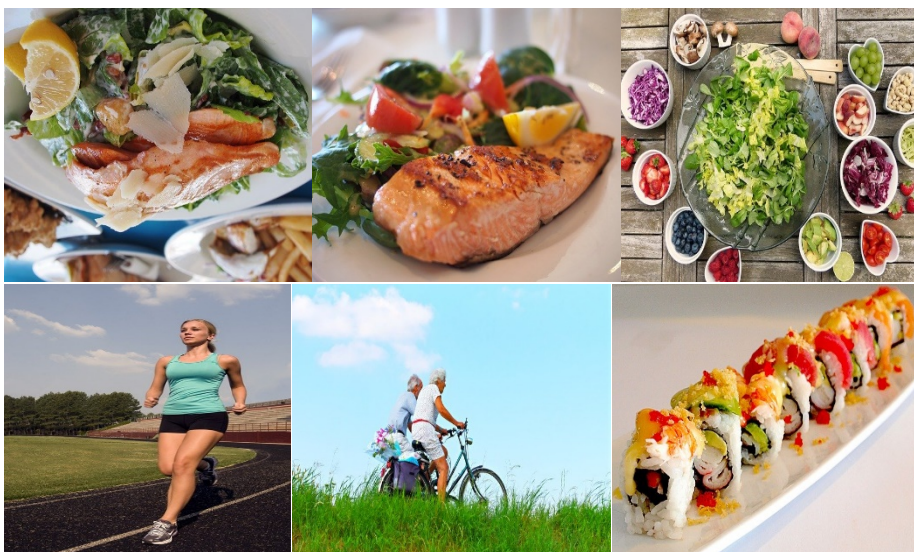
THIS STUFF IS KILLING YOU, BUT YOU PROBABLY WON'T HEAR IT FROM YOUR DOC. DIET IS COMPLICATED. EVEN THE EXPERTS DISAGREE. YOU NEED TO DO YOUR OWN RESEARCH.



HOW DO YOU STOP THIS PROCESS BEFORE IT IS TOO LATE? IT IS NOT IN A PILL, SO DON'T LOOK TO YOUR DOC OR BIG PHARMA TO HAVE THE ANSWER.

START HERE IF YOU WANT TO CHANGE THINGS:





DIET, FOOD, NUTRITION, GI ISSUES (Could it get more boring?)

Diets – which one is the best? The worst ?

Too big an issue for here. See the web site.

Alcohol metabolism

<https://pubs.niaaa.nih.gov/publications/aa35.htm>

Starving on Intermittent Fasting

<https://tinyurl.com/vk7hpnj>

Possible biased omissions

<https://tinyurl.com/vmp3g85>

Possible biased omissions

<https://youtu.be/1sI3uka-Orc>

Food Frequency Questionnaires: Do you recall what you ate last week?

[https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(18\)30135-X/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(18)30135-X/fulltext)

Food Frequency Questionnaires: Do you recall what you ate last week?

<https://youtu.be/Ce6eHcUOc4s>

Study Finds New Key To Longevity — And It's In The Gut

<https://www.mindbodygreen.com/articles/study-finds-new-key-to-longevity-in-the-gut>

Treating metabolic disease and strategies for long-term health

<https://peterattiamd.com/paulgrewal/>

A person's DNA is not the key to obesity for most Americans

https://www.medicinenet.com/script/main/art.asp?articlekey=227238&ecd=mn1_spc_010920

**Here are the science-backed principles that get the green light
— and what we're still figuring out.**

<https://tinyurl.com/v85yp35>

Where does the fat go?

<https://youtu.be/vullsN32WaE>

Can gut bugs change the world?

<https://youtu.be/IDqMB6C1uvs>

How gut microbiome affects the brain

<https://youtu.be/b4CBY0uVqRc>

**Exosome-induced regulation in inflammatory bowel disease
(IBD) is becoming increasingly popular**

<https://www.frontiersin.org/articles/10.3389/fimmu.2019.01464/full>

EXERCISE (Not exactly what you are thinking)

You need to check the web site!

**WHAT YOU NEED TO KNOW (MORE THAN YOU WILL WANT TO KNOW) IS IMBEDDED IN THIS
SITE AND THE LINKS FOUND WITHIN. JUST SPEND A LITTLE TIME READING AND LIVE A
LONGER HEALTHY LIFE. (NOBODY WANTS TO LIVE LONGER AND IN LOUSY HEALTH).**

<https://www.cliniclibrary.com/>

**THIS SITE DOES NOT PROVIDE ANY MEDICAL ADVICE. YOU & YOUR MEDICAL PRACTITIONERS MUST DECIDE
WHAT IS BEST AND SAFE FOR YOU.**

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