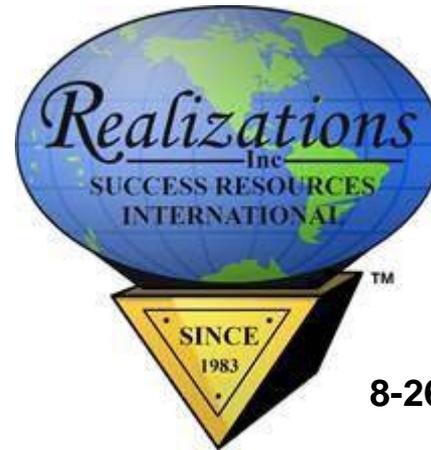




# Longevity Lifestyle—A State of Brain

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8-26-16



# March 2014

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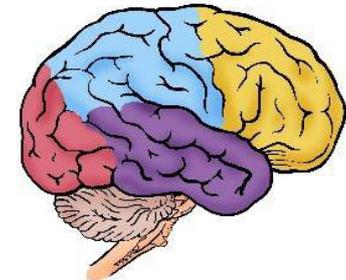
- **Dieting doesn't work long term—within 3 years most gain back all they lost and often more**
- **Every 20 seconds a person is diagnosed with some form of diabetes in the USA**
- **This is the first generation expected to have a shorter lifespan than their parents**
- **Obesity is pandemic worldwide and linked with more than 50 diseases**
- **Chronic illness is overwhelming resources**

# Age of the Brain

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**It was obvious that current strategies were not proving effective long-term**

**It seemed a 'no-brainer' that the way to success must start with the brain**

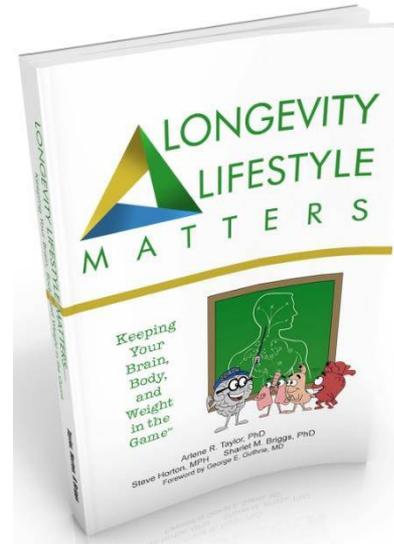


**Colleague comments triggered a desire to get serious about crafting a doable way of motivating individuals to pursue a gradual and permanent lifestyle change that could help prevent what was preventable and deal more effectively with could not be or had not been prevented**

# Outcome . . .

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Studying and writing for several months resulted in a 12-week brain-based program known as *Longevity Lifestyle Matters*

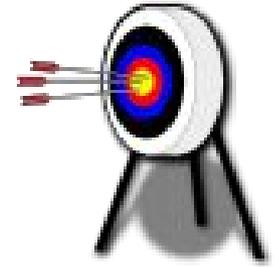


Part way through the process, Taylor recruited two co-authors:

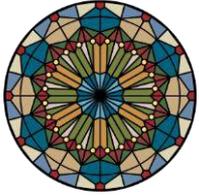
- **Steve Horton MPH, CEO of Pacific Health Education Center**
- **Sharlet M. Briggs PhD, Interim CEO of San Joaquin Community Hospital**

# Goals for a LLM Program

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- ✓ **Brain-based**
- ✓ **Affordable for the average person**
- ✓ **Align with research about what works**
- ✓ **Done individually or in social network groups**
- ✓ **Components are to be implemented in a way that will be maintained by each brain for life**
- ✓ **Spiritual but not religious so it can include everyone (human mind may be ‘naturally calibrated to embrace spiritual perceptions’ —Newberg & Waldman)**



# Definitions

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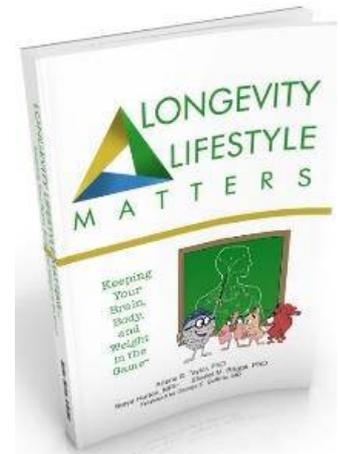
**Religion (*religiosity*):** a group that typically has a defined set of doctrines or beliefs and espouses regular proscribed worship practices

**Spiritual (*spirituality*):** the spirit in which one lives life including the practice of love-based attitudes and high-level-wellness integrated into daily life that can be shared with others but does not require adherence to organized religion for their practice

**Religiosity and spirituality do not necessarily align**  
**(*Crusades, Holy Wars*)**

# *Longevity Lifestyle Matters*

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**Embraces the exponential power of science working hand-in-glove with the brain and body**

**Links each component back to the brain in some way because everything starts in the brain**

**May be used with or without scripture references so can work for everyone at some level**

**Designed for each brain to implement the basic components in a way that works for it in its culture to help reduce risks for disease and increase the potential for living healthier and younger for longer**



# 1 - Mindset

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*Your mindset matters. It affects everything—from the business and investment decisions you make, to the way you raise your children, to your stress levels and overall well-being* —Peter Diamandis

A positive, active, and creative mindset provides the foundation and direction for a *Longevity Lifestyle*—because everything starts in the brain—optimism is linked with health, cognition, and longevity.

Maximize a ‘growth’ can-do attitude. If you have an *enemy outpost* of negativity inside your brain, get rid of it. Avoid worry and anxiety as they tend to trigger the stress response.



# Component 2 – Self-Talk

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*Think on these things (true, noble, right, pure, lovely, admirable, excellent, praise-worthy)*

—Phil 4:8

**Take responsibility for creating and living a positive self-talk style. Tell your brain what you are doing as if it's a done deal and stop talking about what you don't want to have happen (avoid don't and can't and won't); Say: *'Jim/Joan, you can ... You are ...'***

**Studies show that people tend to communicate with others in the way they talk to themselves so effective communication begins with your self-talk**



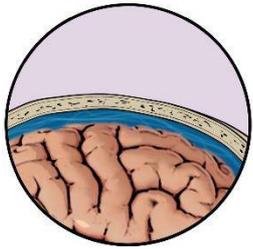
# 3 - Sleep

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*Thy sleep shall be sweet* —Old Proverb

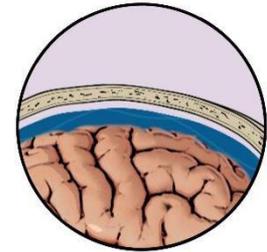
**Give your brain the sleep it needs in as dark a room as possible to avoid interfering with melatonin production—as sleep is independently linked with longevity**

**Sleep deprivation can drain your energy, trigger weight gain, accelerate aging, suppress both brain and immune system functions, and shorten your potential longevity (take a 15-minute nap during the day if you missed sleep the night before)**



# Component 4 – Hydrate

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*Water deprivation kills faster than lack of any other nutrient* —Linda Boeckner & Kay McKinzie

**Water is your most essential nutrient—unless medically contraindicated, drink enough pure water to have one or two pale urines per day; drink a glass of water 15-30 minutes before you eat; learn to differentiate physiological hunger from thirst**

**Dehydration can increase the production of free radicals, which can wrinkle you're your skin and internal organs, and shrink brain tissue**



# Component 5 – Safety

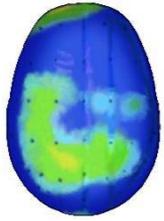
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*Safety is something that happens between your ears, not something you hold in your hands*

—Jeff Cooper

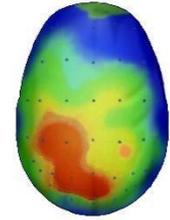
**Protect the brain and body that have been leased to you for use on this planet; choose carefully what you expose them to**

**Avoid pugilistic sports and games that ‘head the ball,’ arrange your environment to prevent falls, wear a helmet when bike-riding and for other sports activities to protect your skull (currently no helmet really protects brain tissue inside the skull)**



# Component 6 – Activity

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***Those who think they have no time for exercise will sooner or later have to find time for illness***

**—Edward Stanley**

**Move it or lose it. The single best thing you can do for your brain, physical activity and exercise help tone your body and promote balance (homeostasis) Variety is key to keeping your brain interested and motivated; select activities you enjoy and have fun doing them**

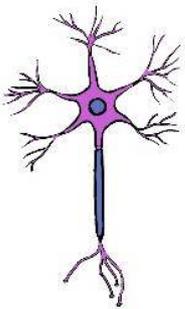
**Minimize *sitting* and maximize physical activity; aim to exercise for 30 minutes each a day in sections of 10 or 15 minutes, if you prefer**

# Component 7 – Brain Stimulation

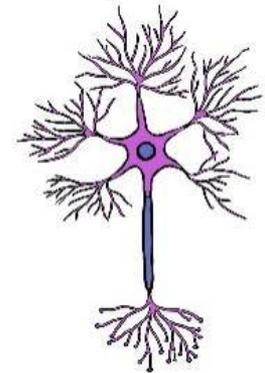
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*Figure out which exercises are fun, interesting and stimulate your brain or else you'll never keep at them* —Lisa Edelstein

Engage in challenging mental activities for at least 30 minutes a day to keep your brain active—read aloud for 10 minutes a day, learn to play an instrument, play brain games, develop a hobby



Minimize *passive* mental picturing (e.g., TV) and maximize active mental picturing that grows dendrites on your neurons





# Component 8 – Sunlight

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***Sunlight is the best disinfectant*** —Steve Kazee

**You need sunlight to live so flood your home with sunlight but minimize direct exposure to bright sun as this can: damage DNA and lead to skin cancers; increase your risk for macular degeneration and cataracts; damage collagen and accelerate aging of the skin**

**Avoid sunburn, tanning parlors, and ultraviolet light as they may increase your risk for skin cancer and suppress immune system function, as well**

# Component 9 – Quality Nutrition

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*Compelling research shows that plant protein allows for slow but steady synthesis of new proteins, and is the healthiest type of protein*

—T. Colin Campbell PhD

**Lean toward a Mediterranean-style cuisine using plant-based unrefined and unprocessed foods; eat when you are physiologically hungry; minimize snacking, especially of empty calories**

**Practice appropriate portion-control—eat like a king at breakfast, a prince at lunch, and a pauper at dinner**



# Component 10 – Laughter & Play

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*A happy heart is good medicine and a cheerful mind works healing* —Old Proverb

Humor and laughter are beneficial to both brain and the immune system—laugh mirthfully a minimum of 30 times per day. Very happy people reportedly laugh between 100 and 400 times a day—and they tend to be healthier and often very long lived



Schedule regular opportunities for play, relaxation, fun, and variety. As the old saying goes: *a change is as good as a rest.*

# Component 11 – Support network

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*One choice can transform you or it can destroy you—but every choice has consequences*

—Veronica Roth

**Be the person you want for your best friend. Choose your close friends carefully because within three years you are at risk for picking up their habits—especially for happiness, smoking, health, and obesity (and you also influence them)**



**Select friends who are smart, affirming, upbeat, reciprocal, and on a *Longevity Lifestyle*; be brave enough to let go of those who are abusive or who drag you down**

# Component 12 – Stress Management

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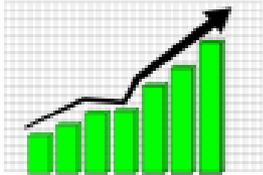
*When humans are under stress, their brains automatically ‘downshift’ to a lower functioning level* —Renate & Geoffrey Caine

**Only 20% of the negative impact to your brain and body is due to the event or situation itself; 80% percent is due to your perception of the event and the weight you give to it—learn to manage the 80%**

**Unmanaged stressors release stress hormones that can kill brain cells, accelerate aging, suppress immune system and brain functions, and trigger eating outside of nutritional balance**

# Component 13 – Raise Your EQ

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*Out-of-control emotions can make smart people stupid* —Daniel J. Goleman PhD

EQ may be linked with heart neurons; learn to identify core emotions quickly, accurately, and manage them effectively

Feelings follow thoughts so change what you think to change the way you feel

Avoid JOT behaviors:

- Jumping to conclusions
- Overreacting
- Taking things personally

IQ (20%) + EQ (80%) =  
SQ or success quotient

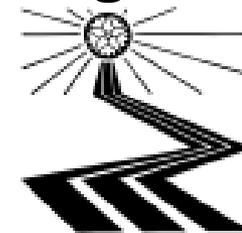
# Component 14 – Life Satisfaction

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*Life satisfaction is one of the most decisive factors for healthy aging and longevity* —David Schnaiter

**Studies of healthy and long-lived adults have shown that ‘life satisfaction’ is one of the most decisive factors for healthy aging and longevity**

**Hone your spirituality—the spirit in which you live life**



**Craft your own personal life vision and move toward it; make what you contribute count!**



# Fill Your Cup ...

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*Put on your oxygen mask first* —Airline Instruction

*Self-care is not selfish; you cannot serve from an empty vessel* —Eleanor Brownn

**An empty cup has nothing of value to share—true caring service comes from a full cup that just overflows to others**

**Live the 14 LLM brain-based components in balance to help you be healthier, potentially live younger longer, role-model, and share**



# A Full Cup

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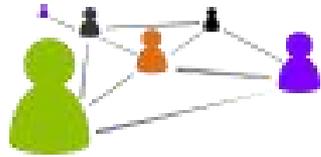


***Put on your oxygen mask first*** —Airline Instruction

**An empty cup has nothing of value to share; true caring service comes from a full cup that simply overflows to others**

**Practice ‘healthy selfishness’**

**Live the 14 LLM brain-based components in balance to keep your cup full and help you live healthier and younger for longer**



# Age of Networking

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*You can do anything as long as you have the passion, the drive, the focus, and the support*

—Sabrina Bryan

**LLM is a brain-based cost effective program that can be used by individuals and organizations regardless of religious affiliation or none**

- ✓ **Facilitators can become certified on line**
- ✓ **CA USA BRN CE credit is available for nurses**
- ✓ **Six Steps and Application form are available**