



A Longevity Lifestyle Matters— How to Stay Healthier and Younger for Longer...

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9-18

Worldwide Pandemics: Alzheimer's and other dementia

2017: estimated 50 million were living with dementia

2030: estimates are that 76 million will be affected

By 2050 this number is expected to reach 135 million



—Alzheimer's Disease International, WHO

Worldwide Pandemics: Obesity and Diabetes

- **USA - 1 person is diagnosed with diabetes every 20 seconds**
- **Australia - 1 person diagnosed every 5 minutes with type 1 or type 2 diabetes**
- **Obesity is now linked with more than 50 diseases including diabetes, cancer, and cardiovascular issues—many linked to lifestyle; dieting doesn't work long term; within 3 years most gain back all they lost and often with a higher fat-to-muscle ratio**



LLM is a brain-based program that embraces the exponential power of science working with the brain and body and designed to help people pursue gradual / permanent **lifestyle changes to:**

- **Help prevent what is preventable**
- **Deal more effectively with what has not been or could not be prevented**

14 researched components link back to the brain—since everything starts there



How to stay healthier and younger for longer

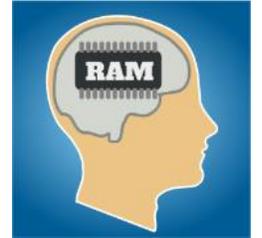


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- *Your mindset matters—it affects everything* —Peter Diamandis
- *Be transformed by the renewing of your mind* —Romans 12:2

1. Mindset: A Positive, Active, and Creative mindset provides the foundation and direction for a Longevity Lifestyle (and for the *Lifestyle Matters* program)—because everything starts in the brain—optimism is associated with health, longevity, and retention of cognition



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.

- *Self-talk is the channel of behavior change* —Gino Norris
- *Think on these things ...* —Philippians 4:8

2. Self-talk. Use a positive self-talk style. Tell your brain what you want to do as if it's a done deal and stop talking about what you don't want to have happen (avoid words like don't, can't, and won't, or future tense)



Jim/Joan, You are living a Longevity Lifestyle and you are ...

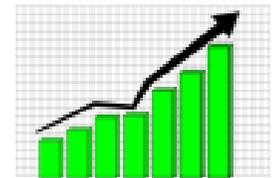
Effective communication begins with your own self-talk as you tend to communicate with others in that same style

- *Out-of-control emotions can make smart people stupid* —Daniel J. Goleman, PhD
- *As you think in your heart so are you* —Proverbs 23:7

3. Your Emotional Intelligence. Raise your EQ; learn to identify core emotions quickly and manage them effectively; feelings follow thoughts so to change the way you feel, you must change the way you think—dump JOT behaviors

- Jumping to conclusions
- Overreacting
- Taking things personally

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



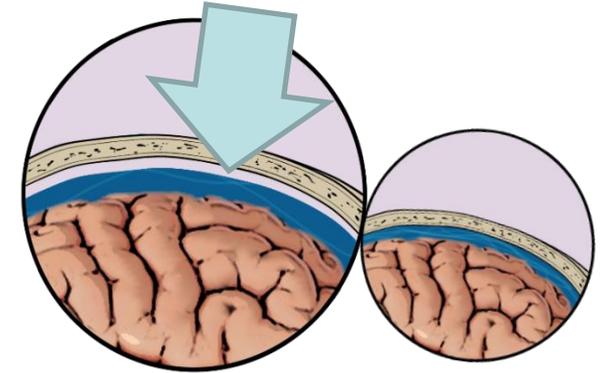
- *Sleep is independently linked with longevity* —INR
- *When you lie down your sleep will be sweet* —Proverbs 3:24

4. Sleep. Obtain sleep your brain needs, in a dark room, free from electronics to avoid interfering with melatonin—so the brain can night-time tasks: move short-term memories to long-term storage, repair cells and DNA, dream processing, waste removal, flushing of synapses, multiply glial cells, repair immune system . . .



Sleep deprivation can drain energy, trigger weight gain, accelerate aging, suppress both brain and immune system functions, shorten longevity, and lead to dementia

- **Water deprivation kills faster than lack of any other nutrient** —Boeckner & McKinzie
- **Give us water to drink** —Daniel 1:12



5. Water. Water is your most essential nutrient—a 1% level of dehydration results in a 5% reduction in cognitive function—dehydration and shrink brain tissue and pull it away from the skull, which is now linked with dementia . . .

Drink enough water to have 1-2 pale urines per day—avoid becoming a *‘pee brain’*; drink a glass of water 15-30 minutes before you eat; learn to differentiate physiological hunger from thirst (thirst sensation diminishes over age 50)

• *Safety ... happens between your ears* —Jeff Cooper

• *God will ... keep you in all your ways* —Psalm 91:11



6. Safety. Protect the brain and body that have been leased to you for use on this planet—you're not taking them off this planet as far as we know

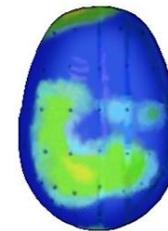
Brain injuries as mild as a concussion can increase your risk of brain decline and dementia —Alzheimer's Association, USA

Avoid pugilistic sports and games that 'head the ball,' arrange your environment to prevent falls, buckle up, wear a helmet when bike-riding and for other sports activities

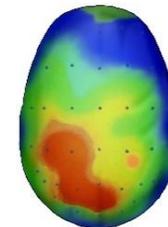
- *Movement is a medicine for creating change in a person's physical, emotional, and mental states* —Carol Welch
- *Physical training is of value ...* —I Timothy 4:8

7. Physical Activity. Exercise is critical to brain function. It brings nutrients to the brain, removes waste, promotes balance (homeostasis), and tones the body

Use it or lose it. Variety is key to keeping your brain interested and motivated; select activities you enjoy and have fun doing them—Minimize *sitting*; exercise (be active) for 30 minutes a day



Sitting

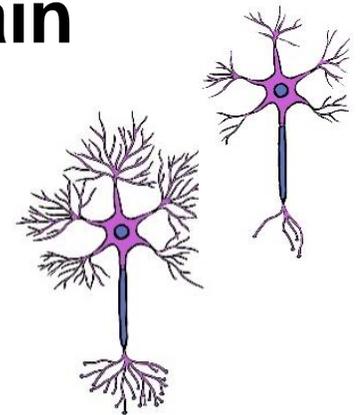


After walking for 20 minutes

- *Those who think they have no time for exercise ... will have to find time for illness* —Edward Stanley
- *Study to show yourself approved . . .* —2 Timothy 2:15

8. Brain Stimulation. Engage in challenging mental exercise for at least 30 minutes a day to keep your brain active and your dendrites stretched out—read aloud for 10 minutes a day, learn to play an instrument, play brain games, develop a stimulating hobby...

Minimize *passive* mental picturing (e.g., television, movies) and maximize active mental picturing that can help to grow dendrites on your neurons



- *Sunlight is the best natural source for Vitamin D (acts like a hormone and likely plays a role in serotonin production) —NIH*
- *The sun ... will rise with healing in its rays —Malachi 4:2*

9. Sunlight. It's required for life! Lack of sunlight can lead to SAD, problems with calcium/bones, serotonin, may be linked with Multiple Sclerosis...



Overexposure can damage DNA and collagen, impact macular degeneration and cataracts, accelerate skin aging...

Avoid sunburn, tanning parlors, and ultraviolet light

- *What you eat clearly impacts not only your risk of developing cognitive disturbances but affects potential longevity (Mitochondria DNA mutations may link to dementia)*

—Norman Relkin MD, Cornell University

- *Every tree and green plant yielding seed ...* —Genesis 1:29-30

10. Quality Nutrition. Lean toward a Mediterranean-style cuisine; select plant-based unrefined, and unprocessed foods; eat when you are physiologically hungry; avoid snacking and ingesting “empty” calories



Plant protein ... is the healthiest type of protein

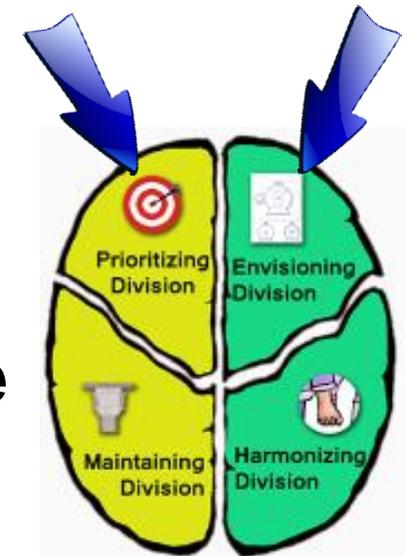
—T. Colin Campbell, PhD

- *Laughter is the best medicine*
—Dr. Madan Kataria
- *A cheerful mind works healing* —Proverbs 17:22

11. Laughter & Humor. They are beneficial to your brain and immune system—hone your sense of humor; laugh mirthfully at least 30 times a day.

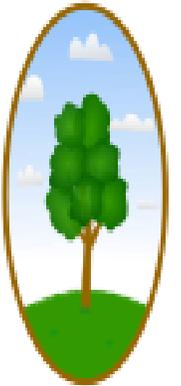
People judged to be very happy reportedly laugh between 100 and 400 times a day, tend to be healthier, and often are very long lived; schedule regular opportunities for fun and *variety—a change is as good as a rest.*

Laughter - Humor



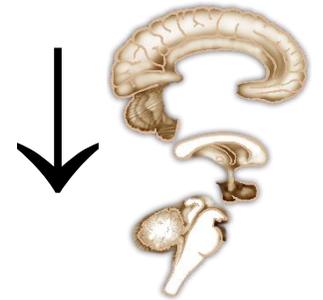
- *Be around people who will help you grow* —Joyce Rachelle
- *Bad company ruins good morals* —I Corinthians 15:33

12. Support Network. You need some close friends who you can trust; choose them carefully because within three years you are at risk for picking up the habits of the four or five persons with whom you spend the most time—including yourself—in particular happiness, smoking, health, and obesity (and you also influence them in return)



Hang out with those who are smart, affirming, reciprocal, and who are living a Longevity Lifestyle—it *Matters!*

- ***Under stress, the brain automatically ‘downshifts’ to a lower functioning level*** —Renate & Geoffrey Caine
- ***Never worry about anything*** —Philippians 4:6



13. Stress management. Only 20% of the negative impact is due to the event; 80% percent is due to your perception of it—if you cannot prevent the 20%, you can manage the 80%

Unmanaged stress accelerates aging, suppresses immune system, kills brain cells, triggers eating outside of nutritional balance, and increases the risk of dementia. Studies of unstressed mice showed the same brain changes after they had spent time being around stressed mice...

- *Life satisfaction is one of the most decisive factors for healthy aging and longevity* —David Schnaiter
- *Love, joy, peace, longsuffering, gentleness, goodness, faith...* —Galations 5:22



14. Life satisfaction. Hone your spirituality—the spirit in which you live life; make time for relationships and things that bring you a sense of awe; tap into your super-ego and take good care of yourself (practice *healthy selfishness* and don your own oxygen mask first) even as you care about and share with others! Craft a personal life vision and move toward it as you role-model wellness and longevity...

- *You received a gift of 86,400 seconds today—have you used even one to say "thank you?"* —William A. Ward
- *Give thanks in all circumstances* —I Thess 5:8

Gratitude is the antidote for fear; joy cannot coexist simultaneously in the brain with anger, fear, or sadness

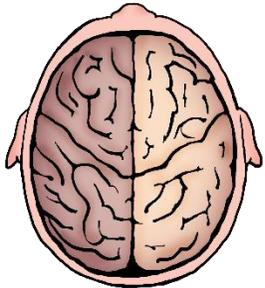


Give thanks for your brain because everything begins in the brain and for your body because it carries your brain around—thank yourself for doing everything in your power to keep them both working efficiently for as long as possible. Pay forward blessings you have received by giving back to life on this planet—and make it count...

- *It is possible to stay healthier and younger for longer!* —INR
- *Prosper and be in good health . . .* —3rd John: 2

If you want to know what your thoughts were like in the past, look at your body today

If you want to know what your body will be like in the future, look at your thoughts today...



70% of how well and how long you live is in your hands—and it begins in your brain . . .

—Tanzi and Chopra, *Super Brain*

