

Optimizing One's Health-Span and Life-Span

Each of the factors multiply to give a total importance in health and longevity

EGA[®] Diet Exercise Sleep Circadian Rhythm

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| <p>Need multiple compounds to synchronously turn on pattern recognition enzymes that change the informational instructions of cell biology</p> <p>1) NAD+ 2) SAM 3) Nrf2 to</p> <p>These together activate both Sirtuins (7) and PARPs (17)</p> <p>Drink EGA[®] on empty stomach dissolved in water in sync with your Circadian Rhythm</p> | <p>1) How much you eat? Calorie restrict</p> <p>2) What do you eat? Sugar leads to glycolysis and more oxidation and aging (vs. Fat leads to satiation and more energy via TCA cycle)</p> <p>Protein (dietary restriction is under 10% protein)</p> <p>Polyphenols lead to xenohormesis benefit</p> <p>3) When do you eat? A time restricted diet, is how long you do not eat, which gives you time to repair. This is mandatory for Calorie Restriction effect. It is to eat fewer hours and do it between NAD+ peaks</p> | <p>1) How much do you exercise? Especially compared to yesterday and last week: More? Less? A very gradual increase is best.</p> <p>2) How strenuous is your exercise? Especially compared to yesterday and last week: More? Less? A very gradual increase is best.</p> <p>3) Strength exercise's cellular muscle effect ends after 3 days. Need >or= 2X / week</p> <p>4) How much endurance exercise? Day? Week? A very gradual increase is best.</p> <p>5) When do you exercise? Best done with NAD+ peak</p> <p>6) When do you not exercise? Best done with NAD+ trough</p> <p>7) What is the predictability of your exercise?</p> <p>8) Other forms of Hormesis? Best done with NAD+ peak.</p> <p>1) Cold plunge 2) Hot bath or sauna</p> | <p>1) How much do you sleep? 4-1.5 hour cycles (6 hours) 5-1.5 hour cycles (7.5 hours)</p> <p>2) How much time does it take to fall asleep?</p> <p>3) How much Non-REM slow wave sleep (deep sleep) do you get? This is when repair happens and this diminishes with biological age. Sleep for the brain actually acts as a wash cycle taking away the trash made from the daily use of brain cells.</p> <p>4) Do you sleep at the same time every day?</p> <p>EGA[®], Diet, Exercise, Sleep and Circadian Rhythm together can synergistically induce weight gain or weight loss. Weight is, itself, functionally correlated to health-span and life-span.</p> | <p>Your body needs to plan ahead for efficiency of energy use. It needs to separates out a time to make things which include the repair of things (anabolism) and a separate time to break things down (catabolism) to make energy and cellular building materials. When these circadian cycles break down; biological age increases, and health-span and life-span decrease.</p> <p>Do you do these activities in accordance with your Circadian Rhythm Cycle? (Best below)</p> <ol style="list-style-type: none"> 1) Take EGA[®] morning-12 hours-evening 2) Eat food midpoint of EGA[®] doses 3) Exercise, morning/evening with EGA[®] 4) Sleep, night time is best (6 -> 8 hrs.) <p>Is your activity, thus your circadian rhythm, out of synchrony with the nature world? These things are best not to do, or limit, if you can.</p> <ol style="list-style-type: none"> 1) Do you work a night shift? 2) Do you take long airplane rides across time zones? This puts NAD+ levels out of sync with Circadian Rhythm. 3) Do you eat in the hours before sleep? 4) Do you get blue light after sundown? |
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