The HUMANLONGEVITY Project

THE TOP 8 SECRETS
OF THE WORLD'S HEALTHIEST, LONGEST-LIVING POPULATIONS

Learn the Remarkable Science-Approved Daily Habits to:

MAKE AMAZING IMPROVEMENTS IN YOUR HEALTH, INNER PEACE AND ENERGY TODAY!



THE TOP 8 SECRETS

of The World's Healthiest, Longest-Living Populations

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INTRODUCTION:

Why are certain populations in the world living longer & healthier?



"Cancer, Alzheimer's and dementia are all on the rise. What's causing this dramatic increase? ***And if you know somebody suffering from these issues, what can they do about it? All of these questions are answered in Episode Eight. Enjoy."*** -Jason P.

In this ebook, we'll share the most important health habits practiced by our world's healthiest elders and centenarians. We made sure to only pick the lifestyle habits most accessible to give you immediate results. While some of these may seem obvious, or even common-sense, we encourage you to reconsider everything here with renewed curiosity and commitment to creating health & longevity. Enjoy!

The research we shared in the original documentary series is the difference between a lifestyle of chronic disease, stress and exhaustion, and enjoying true radiant health, energy and fulfillment. By applying just the 8 Habits in this short PDF, you can totally revolutionize your health and quality of life. For you, your family, and the future of our planet, we are committed to sharing the secrets to taking back ownership of your body & health.

These are just ten of the 104+ Action Steps we covered in the 75-page Action Plan included with the full membership of The Human Longevity Project documentary series. **We consider these the basics, the most important first steps to get started reclaiming your health & longevity... the most impactful, easy to apply changes to create momentum in your health, energy and quality of life today.**

We encourage you to dive in and take action today.

Thanks for joining us.

-Jason P.

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DAILY HABIT 1: Consistent & Lifelong Movement

"The leading cause of preventable death for men and women in America beyond 70...?"

Falling down! But that doesn't need to happen.



*"They found out that it's actually not because they fell and broke their hip, it's actually because they were falling and they were able to grasp on to something but **they weren't able to withstand their own weight and they let go and had to fall. So, there's... muscle weakness that's in there."***

Episode 8 - Dr. Ted Achacoso

You can maintain an active lifestyle into your latest years. Maintaining an active, vigorous lifestyle that supports the health of the mitochondrial DNA, keeping your muscles strong, healthy and fully able to support you. **All it takes is spending more time practicing some form of mobility practice like walking, swimming or yoga!**



"Staying healthy requires moving.** In fact, if you're sedentary which is now defined as getting less than 7,000 steps per day, **the health risk of being sedentary appears to be equivalent to a two-pack a day cigarette habit." **Episode 3 - Dr. Andrew Hill**

3 Science-Approved Tips to Stay Active:

1. Get Started Today: Go on a walk. Take a bike-ride. Join a class.

2. Find a Practice You Love: Find something fun. (Tai Chi is ideal)

3. Focus on Mobility: Move to strengthen and mobilize your joints.

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DAILY HABIT 2: Eat Organic, Local & Seasonal

Did you know Local Food does wonders for your Microbiome?

Since human beings are actually 20X more microbe than "human cells", nourishing your gut microbiome has amazing benefits for your long-term health. One of the greatest sources of healthy gut bacteria is food from your local farmer's market. Food grown in organic, healthy, local soil is full of the healthiest bacteria available for you. Plus, as Microbiologist Kiran Krishnan shares, it can work wonders for your mood! Read on:

"Imagine this, that bacteria within your gut can actually produce chemicals like neurotransmitters, peptides, *things that could influence your thought and the way you react to the world around you and directly send it to your brain..."*

Episode 2 - Dr. Kiran Krishnan



It's been established that our microbiota communicate with our mitochondria, but in order to create health we have to give our microbes local, organic, and whole foods. Through these foods and the genetic information they carry, our microbiota are able to pass on the appropriate molecular and genetic messages to our DNA and our mitochondria so our genes can properly respond in a healthy and balanced way... **In short, feeding your gut microbiome is a huge step toward greater health and longevity. Make sure to implement the action-steps below!**

4 Steps to Sourcing Food Locally:

1. Find your Local Farmer's Market: Get it picked ripe and fresh.

2. Pick Organic/Pesticide Free: These are best for the microbiome.

3. Make it a Weekly Ritual: Healthy habits start with consistency.

4. Gardening: Growing food is the best way to ensure quality.

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DAILY HABIT 3: Intermittent Caloric Restriction

Is eating too often over-working our system?

It turns out that eating is the most toxic things we do on a daily basis, but when we understand that we have built in mechanisms in our body to deal with not having the availability of food, we start rethinking the current model. Being able to leave our microbiome alone and not feed it for a period of time is one of the healthiest things you can do for your microbiome and **in fact increases the diversity of the microbiome and that's completely counterintuitive!**



"We're now understanding that giving the digestive process a break, giving the immune system a break by some degree of ***intermittent fasting seems to be really powerful.****"*

Episode 3 - Robb Wolf

*"**Caloric restriction seems to improve mitochondrial longevity**, seems to improve bioenergetics and it's something that is a key factor when you look at people that are starting to get chronically ill, this caloric fasting type of strategy is here to stay."*



Episode 3 - Dr. Datis Kharrazian

5 Steps to Eat Less Often:

1. **Reduce or avoid snacking:** Try to eat 2 - 3 meals.
2. **Eat higher quality food:** Nutrient dense means more satiation.
3. **Stay hydrated:** Sometimes thirst is mistaken for hunger.
4. **Space out dinner and breakfast:** Allow 14-18 hours in between.
5. **Mindful Eating:** Avoid distractions while eating.

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DAILY HABIT 4: Get Outside & Synchronize w/ Nature

They say Nature is the best medicine... is it true?

In Episode 7, Dr. Andew Hill shares, "One of the things that seems to do really wonderful things to how we perceive stress and manage stress is being in natural environments. It does appear like being in green spaces... improves cognition, decreases stress and cortisol, improves reaction time. It improves strategic and creative thought." The benefits of being outside also affect quality of sleep and so much more!

*"There's thousands of studies showing that **our bodies react to light no more or less than plants.** It's that important for us, our skin is light sensitive, our eyes are light sensitive, our brain is light sensitive. You realize that the type of light you put into the system should matter quite a bit."*

Episode 5 - Dave Asprey





Also in Episode 7, Dr. Maya Shetreat-Klein shares:

*"One of the most profound ways...of preventive medicine is through something called **'Shinrin-yoku,' which means 'forest bathing.'** Immersing yourself in the beauty of the forest on a regular basis improves mood, reduces stress level, boosts immunity... sleep, focus, memory, better executive function. **There's no drug that does that."***

4 Steps to Get Outside More:

1. **Combine Other Habits:** Meditation, hiking and gardening.

2. **Morning Sun:** Within the first hour get light in your face, every day.

3. **Lunch Break:** After eating, try to get in some noon sun.

4. **Camping & Travel:** Book a weekend roadtrip to nature's beauty.

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DAILY HABIT 5: Authentic Connection

What's the formula for a happy life?

Social isolation has been shown to contribute to chronic disease and early death just as much as smoking or obesity. Several elders talk about the human connection and spiritual aspect of their cultures, and why they feel that it's so important to health and longevity. When we don't have a connection to something greater than ourselves, we feel stressed, anxious, lonely. All of our experts & elder interviews showed social support is critical for long-term health and psychological well-being. **What actions are you taking to foster community & social connection?**

"We are social beings. We need each other. *When we have community, when we have friends, when we have people that hold space for us, we tend to perform better. We tend to enjoy life more."*

Episode 7 - Preston Smiles





There's a trust that we have in our body, but I think there's a trust that people have in this spiritual super force or this benevolent force. I think that it takes a lot of stress off of people. When they can hand their problems over to a larger force, whether it be God or whether it be spiritual, and trust that God will take care of those problems for them, think about how that offloads stress on people, right?

Episode 7 - Dr. Sachin Patel

4 Steps to Ignite Connection:

1. **Go Attend Group Events:** Share experiences together.

2. **Prioritize Human Connection:** Hangout without screens.

3. **Meditation and Prayer:** Take quiet time to go inward and connect.

4. **See Divinity:** Notice the Divine in all creation as a daily practice.

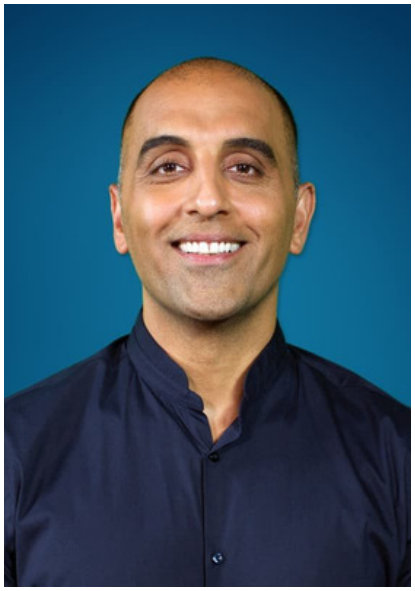
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DAILY HABIT 6: Meaningful Existence

It might not be what you think..

With everyone being busier than ever, it is important to be aware of if it is really what we want? Waking up excited or feeling filled by how we spend our time is the difference between regret and contentment. Health is a willingness to engage life, and what it takes to fully engage life is the bravery to do the things that you love to do. It does not matter the scale, you can craft a purpose out of just about anything and turn it into something of great meaning.

"The real question is where do you want to spend your days?
Who do you want to spend them with?
Are you living the life you should be living?
Are you making an impact, and what's your legacy?
Then once you're on that, then that passion and that desire to continue to serve drives you to want to still be here, and want to serve, and want to be a part of this goodness that you're spreading on the planet and then, absolutely, use the technology, use the hacks. Use all these things to keep the ship sailing in that direction but without that bearing that is going to drive and dictate where the ship is going - that's like being a ghost ship, right? You're just wandering aimlessly in the sea. For what?"



Episode 7 - Dr. Pedram Shojai

4 Steps to a more Meaningful Life:

1. **Listen to your heart:** Use it to guide you.

2. **Start where you are:** Is there a way to add meaning?

3. **Serve Others:** Helping others feeds the soul.

4. **Resolve Pain:** Address traumas or emotional baggage in the way.

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DAILY HABIT 7: Reduce Stimulation, Embrace Simplicity

If you're the kind of person who easily gets frazzled when something goes wrong, hey, we understand. If you want to make a difference in your health long-term, though, it's a great time to start reducing stress and create more peace in your life. Negative stress is known to contribute to accelerated aging, and the reason is the load on our system and our energy reserves. **Thankfully, there's a lot of great ways to reduce the stress response, and the burden it has on your body. Read further to learn how.**



***"Stress I call the big hairy monster toxin,** and it is one of the biggest factors in aging.*
*It's this subtle, underlying stress that they don't even realize is stress. They've just become so acclimated to it, and I think that wears down on us...**It wears on who we are as people. When we're stressed, we're completely different."***

Episode 7 - Dr. Deanna Minich

*"**The amount of information hitting our brains second by second in the modern world is unprecedented.** Our brain's ability to process this information is compromised continuously.*
Whether it's from the stimulation of dopamine or noradrenaline from coffee while watching some fast-paced video on our phone to some other hyperstimulation - the reality is that our brains are being hyperstimulated on a regular basis."



Episode 7 - Michael McEvoy

4 Steps to Manage your Daily Load:

1. Reduce your Lifestyle Load: Remove stressful stimuli in your life.

2. Time in Nature: Being outside is amazing for lowering stress.

3. Minimalist Style and Feng Shui: Declutter and open space up.

4. Evening Ritual: Relax before bed, try reading or meditation.

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DAILY HABIT 8: Eliminate Household Toxins

Most Modern Household Products are not so good for you...

Obviously, we're laying out some pretty major information here, but each small improvement is adding up to a greater improvement in your personal health and the collective's well-being. Making a conscious choice in the kinds of products you use daily makes a personal and global difference: body care products, cleaning products, hygiene, scents. **Plus, switching to eco-friendly can actually save you money!**



*"**When people go to things that are from the earth, our body really responds well to that.** Once you take that dust to dust relationship and you separate and put a chemical into it and then chemists try to mimic that chemical structure, the body just instinctively knows this isn't from the earth. There's something wrong here."*

Episode 4 - Dr. Eric Zielinski

"My hope is to shift the conversation towards actionable change.** What can we change so that we can alleviate the burden of our bodies to have to try to process and deal with all these toxins. Our bodies are magical for being able to do that. **The fact that we're alive is incredible."

Episode 4 - Lara Adler



5 Steps to Eliminating Household Toxins:

1. **Choose Plastic-Free:** From kitchen to bathroom supplies.
2. **Source Quality Water:** Spring water is best. Buy a Filtration unit.
3. **Eco-Products:** Especially if it goes down the drain or in the trash.
4. **Skincare & Beauty products matter!** Your skin absorbs it all.
5. **Be Microbe Friendly:** Like your gut, your skin has a microbiome.

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