



# Longevity

## MEDICAL CLINIC

### **Anti-Cancer Lifestyle**

**1. Eat organic produce and organic, range-fed poultry, meat, dairy and eggs.**

Eating organic reduces the overall chemical stress on the liver, kidneys, & immune system.

**2. Balance your blood sugars** – eat more protein and complex carbs.

Low blood sugars are another source of stress for the body. Stress provokes the release of Cortisol, which raises the blood sugar, in turn releasing Insulin into the blood system, which provokes inflammation and also causes weight gain. A high carb diet also provokes the release of Insulin and sets the same chemistry in motion.

**3. Eat as wide a variety of vegetables as you can.**

Enjoy eating vegetables of every color. Color equates to anti-oxidants. Eat purples, reds, blues, yellows, oranges, and all shades of green. Anti-oxidants soothe your chemistry.

**4. Optimize Omega 3 oils – Fish oil (EPA/DHA) 1000 mg.**

Take 2 twice a day with meals (4 total daily). (If you have a hard time digesting them, take bile acids 1-3 per dose of oils to help you digest them.)

Fish oil calms down the body biochemistry, and are anti-inflammatory.

**5. Use Olive oil for light or short frying only (<100 degrees), or in your salads.**

Olive oil is quite delicate and is damaged by high heat, making it worse for you. It is better to use **coconut oil or butter** for high-heat, lengthy frying.

**6. Eat 1-2 T of Fiber daily** – be sure to include 1Tbspn flax fiber in that serving.

**7. Drink clean, filtered water 60 - 80 ozs per day.**

This helps to keep your cells hydrated and functioning better, and helps to wash breakdown products out of your system.

**8. Improve stress management.**

Stress only serves to irritate the system, which is already aggravated and irritated. Get plenty of rest, relaxation, and exercise to help manage stress.

**9. Maintain a positive attitude.**

If you have ill feelings towards others, resolve them. Carrying grudges or resentments towards others only perpetuates the stress.

**10. Get adequate rest.**

At least 6-8 hours of restful sleep nightly. Use Melatonin if needed.

**11. Take: LMC BASIC 6 as directed**

Plus: **vitamin C + Quercetin 3000 mg per day (Optimal C 3 twice a day)**

**Green Tea Extract 500 mg per day - Optimal Prostate or Optimal Estrogen 1**  
*twice a day*  
**Vit D (per lab test),**  
**Full Spectrum E 1 twice a day.**  
**Melatonin 1-5 mg at night**  
**Co Q 10 300 mg twice a day**

**12. Get as much of your body into sunshine for 20 minutes daily (without sunscreen).**

*This increases your vit D levels – which is anti-inflammatory & anti-cancer.*

**13. Reduce/eliminate sugars and sweets, and foods made from refined flour.**

Consuming these foods will tend to raise the blood sugars which will provoke release of Insulin to keep the blood sugar normal. Insulin is a “mischief maker”, and is pro-inflammatory (ie provokes and aggravates the inflammation process), and will convert the unused calories to fat, causing you to gain. See page 3 – The Five Worst Foods.

**14. Reduce/eliminate Omega 6 vegetable oil.** (Corn, Canola, sunflower, safflower, peanut, soy.) See page 3 – The Five Worst Foods.

These oils are actually pro-inflammatory. They are present in most commercial baked and deep fried foods. Better to avoid meals requiring these oils for deep-frying.

**15. Avoid trans- fats and hydrogenated fats.**

Margarine, chips, most processed, packaged foods. Non dairy creamers, cool whip, frostings etc.

Learn to look for these bad fats on labels. See page 3 – The Five Worst Foods.

**16. Reduce animal fats – butter, whole milk, fatty cuts of meat.**

Animal fats are, in part, composed of Arachidonic Acid which is also pro-inflammatory.

**17. Avoid foods with artificial additives – sweeteners, flavorings, colorings, preservatives.** See page 3 – The Five Worst Foods.

These additives just place more chemical load on the system which is already aggravated and irritated.

**18. Avoid skin creams and lotions with a mineral oil base.**

Mineral oils are petroleum products and again pose a stress to the liver and immune system. Anything applies to the skin is all absorbed into your body. Instead, use creams made from a base of almond, olive, coconut or avocado.

**19. Stop Smoking.**

**20. Remember:**

- Add these strategies as you see fit, choosing the easiest first.
- The more you are willing to do, the more benefit you will experience.
- Be patient and persistent and the changes will begin to happen.
- If you need help in any of these areas, be sure to talk to your doctor.
- Optimal health is the accumulation of healthy choices over the years.
- Get your hormones balanced and keep them balanced.