PUREHEALTH®
RESEARCH

10 LONGEVITY SECRETS OF THE WORLD'S OLDEST PEOPLE

10 LONGEVITY SECRETS OF THE WORLD'S OLDEST PEOPLE

by

PUREHEALTH®
RESEARCH

This book is not intended as a substitute for medical advice of physicians. The reader should consult a physician in matters relating to his/her health. The information provided in this book is designed to provide useful informed advice on the subjects that are being discussed. This book is not meant to be used to diagnose or treat any medical condition. For diagnosis or treatment of any kind, consult your own physician. Moreover, the techniques and exercises listed in this book are meant to be carried out in a safe environment and on the readers own personal responsibility. The publisher and author are not responsible for any specific health issues or injuries that might occur from inappropriate practice.

Copyright © 2020 by PureHealth Reasearch

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, contact the publisher, at the address below.

WWW.PUREHEALTHRESEARCH.COM

TABLE OF CONTENTS

Introduction 4

Secrets of Living Longer 5

Secret #1 – Get the Body Moving 5

Secret #2 – Eat Right 6

Secret #3 – Keep the Mind Sharp 8

Secret #4 – Socialize More 9

Secret #5 – Find Ways to Reduce Stress 9

Secret #6 – Sleep Well 10

Secret #7 – Engage in Hobbies and New Activities 11

Secret #8 – Moderate Alcohol 12

Secret #9 – Don't Smoke 13

Secret #10 – Embrace New Technology 14

Conclusion 15

Citations 18

Resources 18

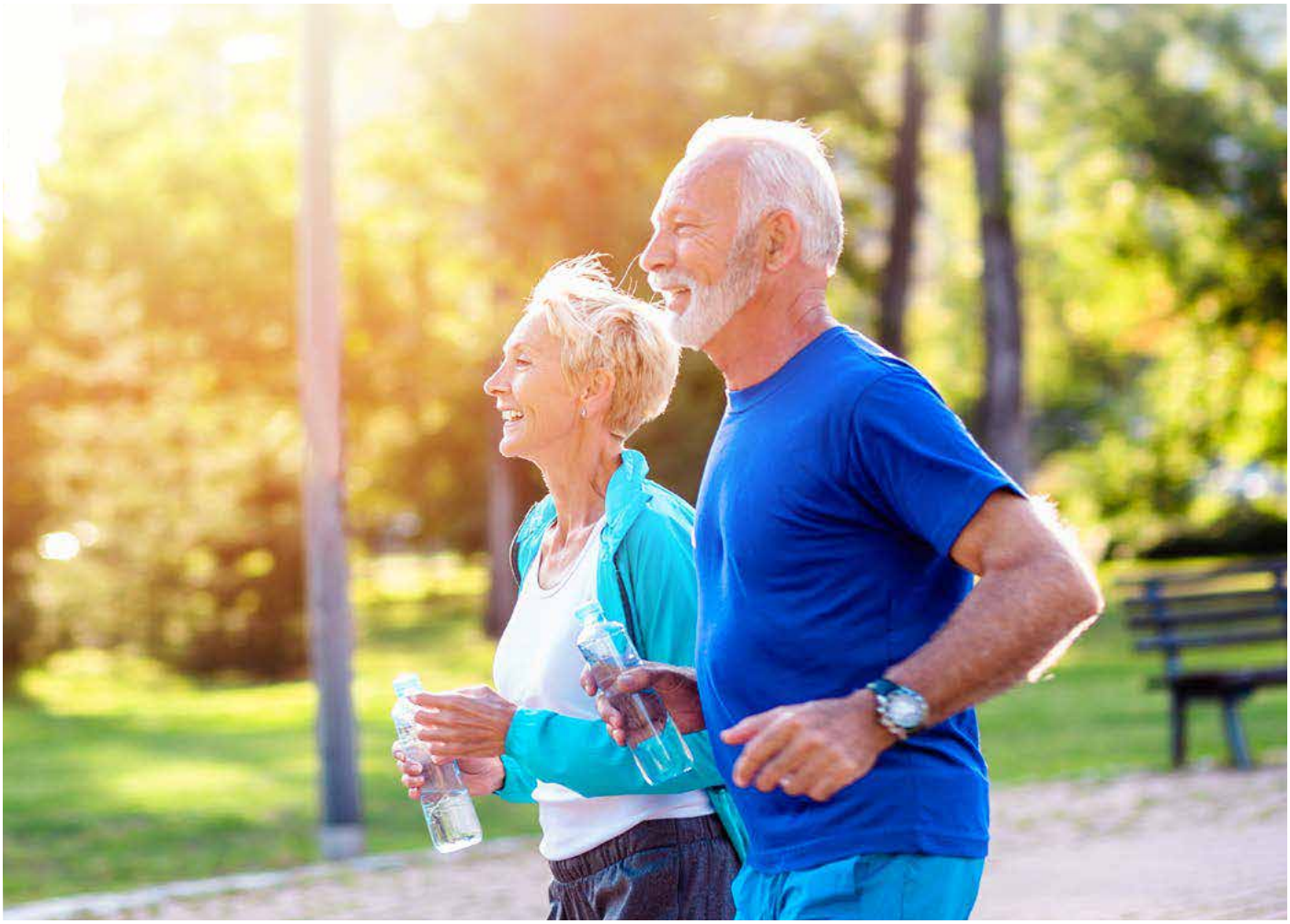
INTRODUCTION

Wouldn't you like to live longer and have a healthier life? Everyone wants to remain strong and healthy, but they don't always know what it takes to maintain that level of health into their golden years. If you would like to live past your 100th birthday, while still being healthy and vibrant, it's important to follow a few basic rules. There are some things you'll want to do and some things you'll want to avoid.

In this report, you'll learn 10 secrets you can start using in your life right now. These are simple tips and secrets that will make a difference in how you feel now, and they will help you to live longer.

SECRETS OF LIVING LONGER

People who live past 100 and who are still vibrant and independent tend to have certain things in common. You'll find that most healthy elderly people utilize many of the secrets we'll be discussing below. Start adding these changes into your own life so you can have a better chance of living a longer and healthier one.



SECRET #1
GET THE BODY MOVING

You'll find that most people who are still thriving in their later years are people who exercise in some capacity. While they may not all be out running marathons, you will find that many of them do things to keep busy and physically active, even if it is just walking around the neighborhood.

If you want to improve your chance of a longer life, you need to take note and ensure you are getting plenty of exercise. In 2019, the AARP published an article that delved into the benefits of physical activity.

> ***"If you want to improve your chance of a longer life, you need to take note and ensure you are getting plenty of exercise. "***

Their article said that even though the federal guidelines suggest that you get at least 2.5 hours of moderate exercise a week, or 1.5 hours of vigorous exercise, Harvard University researchers found that even as little as 15 minutes of daily exercise could boost life expectancy by up to three years[1].

The key to making sure that you are getting plenty of exercise is to find things that you enjoy doing. This could be hiking, swimming, biking, or using an exercise machine at home. Find what works for you.

SECRET #2
EAT RIGHT

Exercise is an important step to a long and healthy life, but it's not the only step. You also need to be sure that you are eating well. An article in Harvard Health Publishing, states eating right is one of the most important keys to having a healthy lifestyle that can help to prolong your life. The article explored research from the Harvard T.H. Chan School of Public Health that used data from more than 120,000 participants to determine a healthy lifestyle[2].

"Always think about the foods you are putting into your body. "

A healthy diet includes eating healthy foods such as:

- **Vegetables**
- **Fruits**
- **Nuts**
- **Whole grains**
- **Omega-3 fatty acids and other healthy fats**

You should stay away from processed meats, trans fat, sodium, and beverages sweetened with sugar. Your body doesn't recognize these foods as nutrition and does one of three things:

1. **treat it as a toxin triggering an inflammatory response**
2. **store it as fat**
3. **ead to disease**

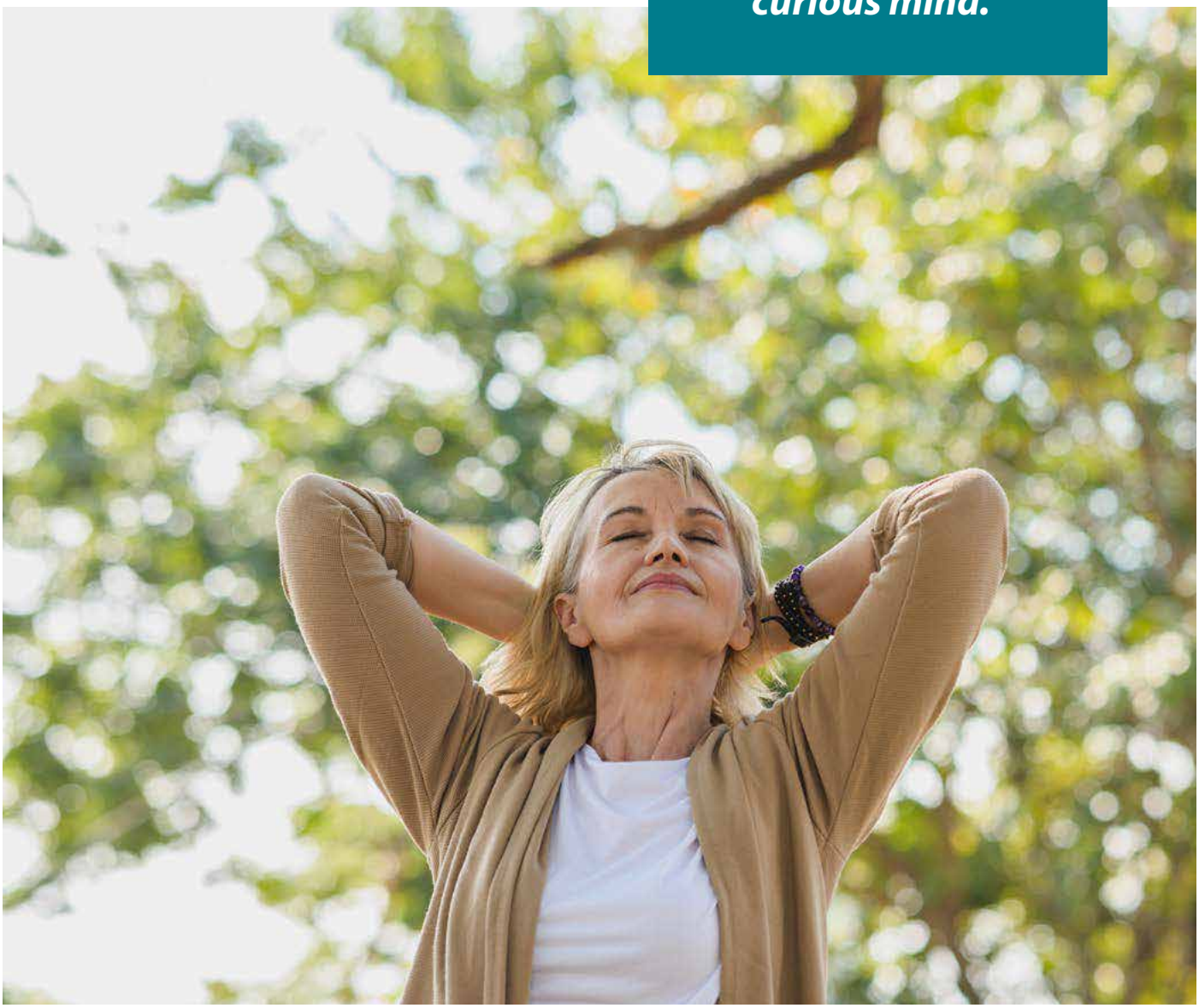
Always think about the foods you are putting into your body. You can have some sweets or bad food occasionally, such as on a birthday or a special occasion, but you should keep unhealthy foods to a minimum. Diet, along with exercise, plays a huge role in your overall health.

SECRET #3
KEEP THE MIND SHARP

You may have heard that "getting old is a state of mind". There's certainly some truth to this statement. By working to keep your mind sharp as you start to get older, it can help you to stay more mentally fit. Of course, there are other factors, such as genetic predispositions to Alzheimer's, to consider. However, keeping the brain active by socializing, learning new skills, reading, writing, etc., can help to improve your memory and your cognitive skills.

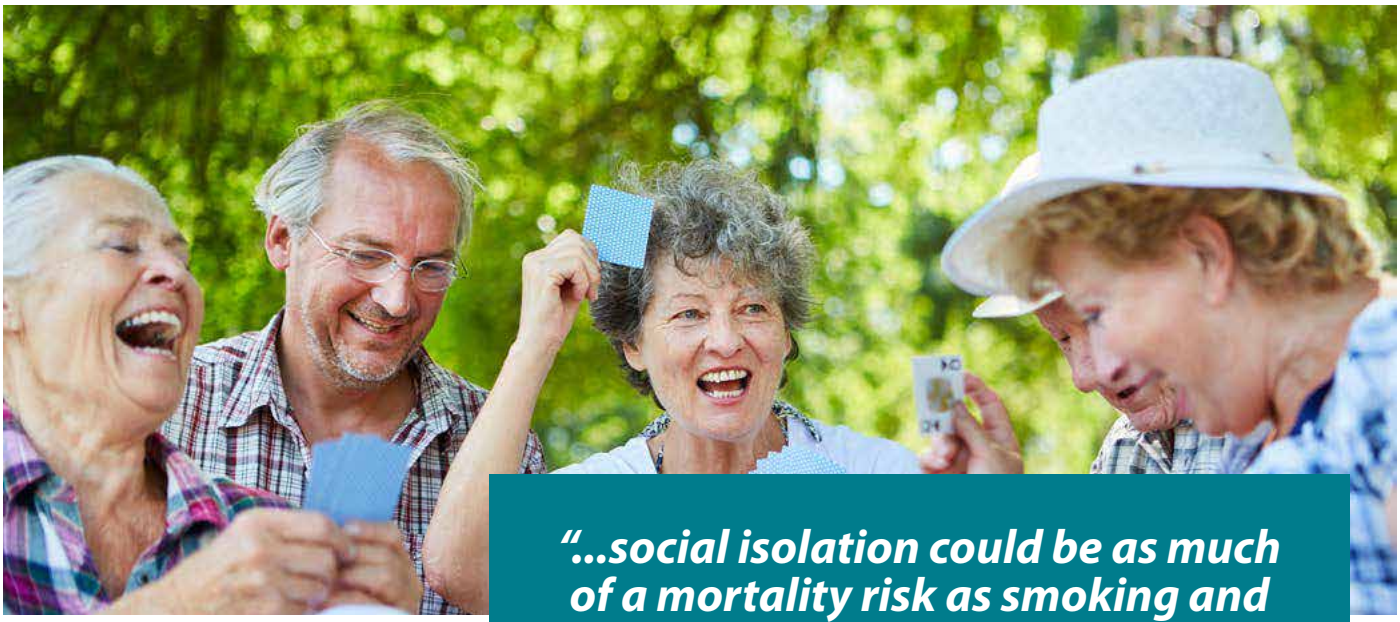
Make it a point to ensure that training your brain is a part of your daily routine, just like training your body. Learning new skills could help to keep your brain in shape[3]. Find some new things you would like to learn and never stop having a curious mind.

"Find some new things you would like to learn and never stop having a curious mind."



SECRET #4
SOCIALIZE MORE

When people age, they sometimes start to lose touch with their friends and even their family members. It's far too easy to suddenly find that you are alone as you get older. Even though you might be surrounded by people in a retirement facility or apartment complex, and even though you might have family, isolation can occur.



"...social isolation could be as much of a mortality risk as smoking and other major risk factors[4]."

However, social relationships and longevity go hand in hand. An article from Harvard T.H. Chan School of Public Health discussed research, including a review of 148 studies, that showed how having a social life could help people to live longer. The director of the Harvard Center of Population and Development Studies cited other studies that suggest social isolation could be as much of a mortality risk as smoking and other major risk factors[4].

SECRET #5
FIND WAYS TO REDUCE STRESS

We all feel stress. However, if you have chronic stress and you don't take steps to control it, you could have a shorter lifespan, according to research from the Finnish National Institute for Health and Welfare[5]. Being under heavy stress, according to the study, could reduce life expectancy by up to 2.8 years. The same study found that consuming fruits and vegetables could increase life expectancy.

"Ignoring is not the same thing as dealing with the problem."

Stress is something that you shouldn't ignore. Some people can handle stress better than others do, but just because you can "handle" the stress doesn't mean that it's gone. Ignoring is not the same thing as dealing with the problem.

Some of the common ways to reduce stress include exercise, which we've already talked about earlier, along with meditation, writing about what's causing the stress or what makes you grateful, laughing, spending time with loved ones, and aromatherapy. Find what works for you to reduce stress.

SECRET #6
SLEEP WELL

Getting the right amount of sleep is important for a happy and healthy life, and it could also help to increase your longevity. According to research, you may not need to get the eight or more hours of sleep that are typically recommended. You could sleep just six to seven hours a night and potentially live several years longer[6]. The research also found that sleeping for less than five-and-a-half hours or more than eight could decrease longevity.

If you have trouble getting to sleep, as many people do, consider changing up your nightly routine. Make sleep a priority. Some of the ways to improve your sleep routine include:

- **Set a bedtime schedule and stick to it**
- **Turn off electronic devices about an 2-3 hours before bed** [9]
- **Get in bed about half an hour before you want to fall asleep**
- **Take a hot bath calms, relaxes, and helps makes you sleepy.**
- **Read a "paper" book.**
- **Don't have any caffeine at least 5 hours before bed**
- **Don't have any alcohol before going to bed**
- **Make sure the room is a cool temperature and there is limited light exposure**

It might take some time to get accustomed to a sleep schedule. Once you have a routine that becomes a habit, though, it will be easier to fall asleep at night and get your six to seven hours of sleep.

SECRET #7
ENGAGE IN HOBBIES AND NEW ACTIVITIES

If you want to live not just a long and healthy life, but also a happy life, you need to prioritize yourself sometimes. You should make it a point to do things that you want to do for your own fun and amusement.

Take the time to engage in and enjoy hobbies. Learn some new activities and find more things to love about the world and the people who are in it. Essentially, you want to get out and live life to its fullest. Always be on the search for the next fun and interesting thing that you want to enjoy or that you want to try for the first time.

SECRET #8
MODERATE ALCOHOL

Consuming too much alcohol is linked to health issues, such as liver, heart, and pancreatic disease, which can all increase the risk of early death, according to research published in the International Journal of Cardiology. However, the same research shows that light-to-moderate alcohol consumption could help to reduce coronary heart disease, ischemic stroke, peripheral arterial disease, and more, particularly in western populations[7].

What does this mean for you? It means that moderating alcohol intake is important. Having one or two drinks a week may be fine, as long as you don't have a problem with alcohol. However, heavy drinking is likely to reduce your life expectancy.

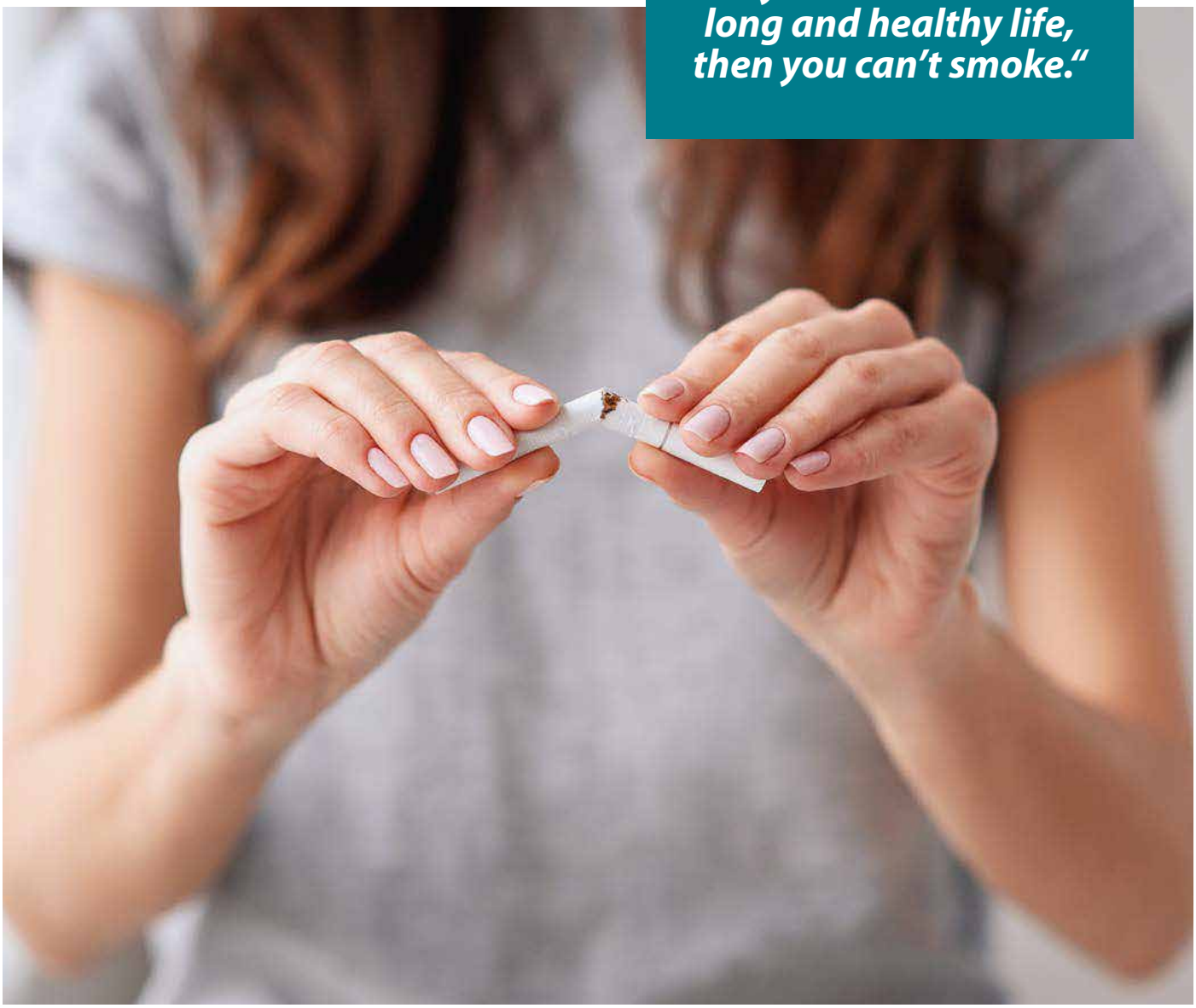
"...heavy drinking is likely to reduce your life expectancy."

SECRET #9
DON'T SMOKE

Everyone knows how unhealthy and dangerous smoking can be. The CDC plainly states that cigarette smoking causes premature death and that the life expectancy of smokers is at least 10 years shorter than nonsmokers[8]. If you want to live a long and healthy life, then you can't smoke. It's as simple as that.

Smoking causes a host of health issues including cancer, emphysema, heart disease, stroke, and more. Even if you were following every other secret on this list, if you still smoke, you aren't going to live as long as you could have.

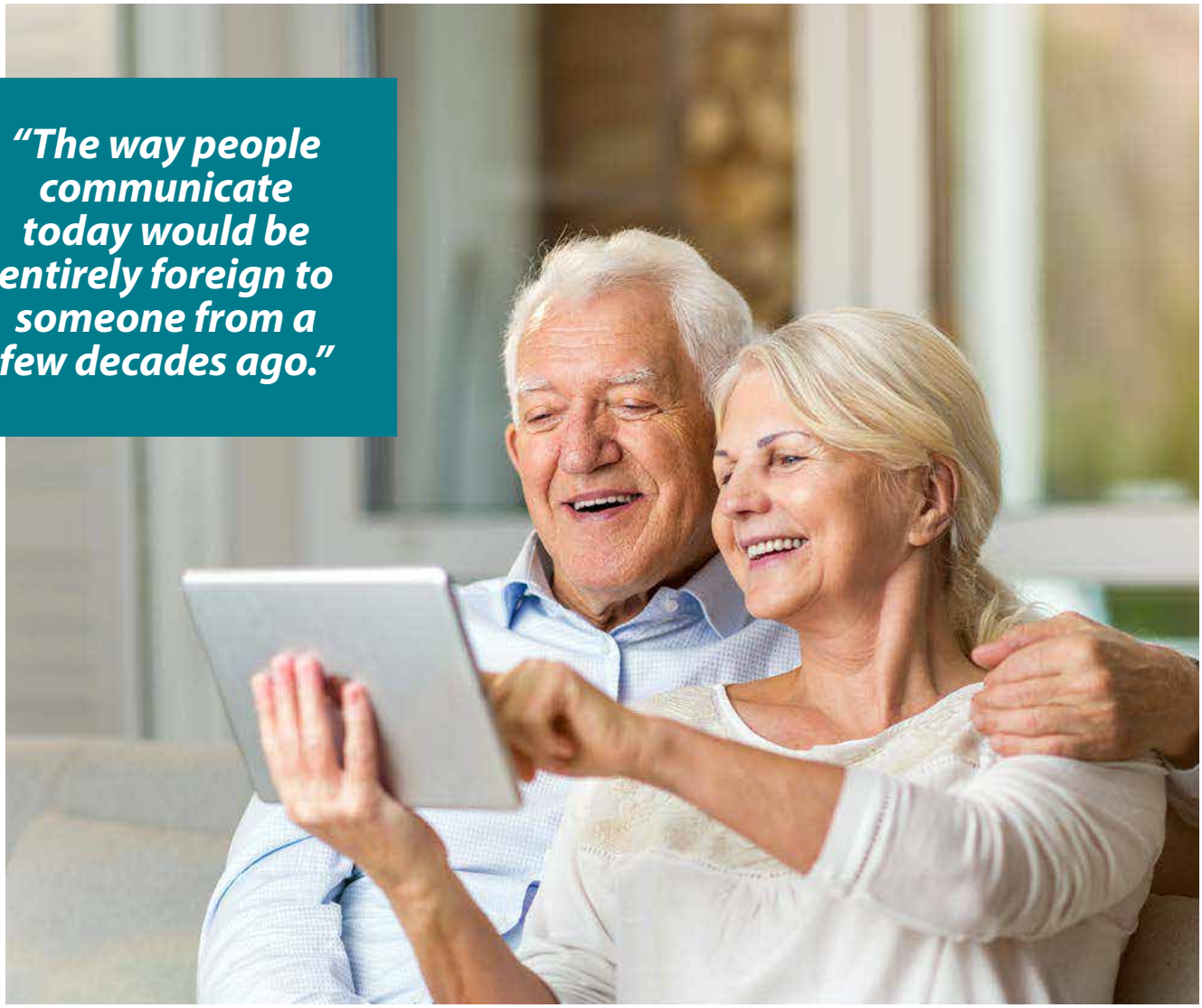
"If you want to live a long and healthy life, then you can't smoke."



Quitting smoking might seem hard, but you can do it when you put your mind to it. Consider all of the various cessation methods you can try and seek help from a medical professional if needed.

SECRET #10
EMBRACE NEW TECHNOLOGY

Getting older sometimes means being left behind by technology. This could have more of an effect on your longevity than you might think. Consider how quickly technology advances today and the various ways it's being used. Many people communicate through social media, such as Twitter and Facebook. Texting is more prevalent than picking up the phone and having a conversation. The way people communicate today would be entirely foreign to someone from a few decades ago.



"The way people communicate today would be entirely foreign to someone from a few decades ago."

Because technology moves quickly, it often means that older people don't bother keeping up. However, this could end up leaving you out of the loop with your family and younger friends. Keeping up with technology can help make staying social (Secret #4) easier. It doesn't mean elderly people need to set up their own TikTok accounts, of course, but it does mean having at least a passing interest in tech.

CONCLUSION

As you can see, there's no miracle when it comes to living longer, staying healthier, and keeping your independence as you age. Instead, you simply take control of your life as best you can and make the changes listed in the report above

Using these tips will help to make a clear difference in your overall health and wellbeing. The power is in your hands.

"The power is in your hands."

CITATIONS

1 – Crouch, Michelle, "To Live Longer, Exercise Daily", AARP, 8 Jan. 2019

2 – Tello, Monique MD, MPH, "Healthy Lifestyle: 5 Keys to a Longer Life", 25 March 2020

3 – Association for Psychological Science, "Learning New Skills Keeps an Aging Mind Sharp", 21 Oct. 2013

4 – Harvard T.H. Chan School of Public Health, "An Active Social Life May Help You Live Longer"

5 – Science Daily, "Heavy Stress and Lifestyle Can Predict How Long We Live", National Institute for Health and Welfare"

6 – Glauser, Ed, M.Ed., LPC, "Increase Longevity with Seven Hours of Sleep: Dispel the Myth of Getting Eight Hours of Sleep a Night", Psychology Today, 27 Oct. 2012

7 – Movva R, Figueredo VM. "Alcohol and the Heart: To Abstain or Not to Abstain?" Int J Cardiol. 2013 Apr 15

8 – Centers for Disease Control, "Tobacco-Related Mortality"

9 – Harvard Health Letter Blue light has a dark side

RESOURCES

https://time.com/5159852/the-surprising-secrets-to-living-longer-and-better/

https://www.aarp.org/health/healthy-living/info-2019/exercise-longevity-wellness-benefits.html

https://www.hsph.harvard.edu/news/hsph-in-the-news/active-social-life-longevity/

https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side

ACTIVATING NATURE'S CODE OF HEALTH

We at **PureHealth Research** are a growing group of skilled experts, innovative, and talented people with one goal – to help people **reclaim the control of their own health.** Each has seen friends and loved ones struck by illness or disease, which makes our vision personal.

Our mission is to **improve your overall health with superior quality therapeutic nutraceuticals** scientifically proven effective by research.

OUR PROCESS

INTEGRITY – FLAWLESS EXECUTION – RESPONSIBILITY

PureHealth Research develops scientifically proven products that **help you achieve the pure, healthy lifestyle you deserve.** We only use natural ingredients you trust and put them through a 5-Stage Research and Testing Process, so they become "PureHealth Approved & Certified!" Here's how it works:

We believe in our products, we use our products, and every step of our manufacturing and development process was created to ensure we deliver only the highest quality formulas for your body day in and day out. **After all, that's what you deserve, and we're here to help give it to you with every product we produce.**

Learn more about PureHealth Reserch products

VISIT PUREHEALTH® SHOP
RESEARCH

10 LONGEVITY SECRETS OF THE WORLD'S OLDEST PEOPLE

by

PUREHEALTH®
RESEARCH