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## Intro



- According to Merriam-Webster, longevity is a noun that means “a long duration of individual life” or “long continuance : permanence, durability”. Some synonyms are continuance, continuity, durability, and permanence. Some examples of using longevity in a sentence are:
  - His longevity was remarkable considering he had been so sick when he was a child.
  - Better medical treatment has led to greater longevity.
  - [They’re trying to increase the product’s longevity<sup>1</sup>.](#)
- [According to Webster’s 1913 Dictionary, longevity is a noun that means "long duration of life; length of life"<sup>2</sup>.](#)
- [According to Dictionary.net, longevity is a noun that means “long duration of life; length of life” or "life prolonged to an unusually old age"<sup>3</sup>.](#)

Longevity is a topic that fascinates both mystics and scientists, but they may have different approaches and goals.

[Mystics are people who seek direct experience of the divine or ultimate reality, often through meditation, prayer, or other spiritual practices<sup>1</sup>.](#) They may believe that longevity is a gift from God or a result of spiritual alignment. [They may also seek longevity as a means to achieve enlightenment, transcendence, or liberation<sup>2</sup>.](#)

[Scientists are people who use observation, experimentation, and reasoning to understand the natural world and its phenomena<sup>3</sup>.](#) They may study longevity as a biological process that can be manipulated or enhanced by various interventions, such as drugs, gene therapy, or cellular reprogramming. They may also seek longevity as a way to improve human health, quality of life, or social progress.

Both mystics and scientists may share a common curiosity and passion for exploring the mysteries of life and death. They may also have some overlapping interests and

methods, such as using meditation or biofeedback to influence the mind-body connection. However, they may differ in their assumptions, values, and expectations about longevity. Mystics may view longevity as a spiritual journey that requires faith and surrender, while scientists may view longevity as a scientific challenge that requires evidence and control.

<sup>1</sup>: 4 <sup>2</sup>: 5 <sup>3</sup>: 6 : 1 : 2 : 3

## The concept of longevity



REVERSE AGING: What To Eat & When To Eat For LONGEVITY | Dr. Mark Hyman & Lewis Howes  
858K views · 9 months ago  
Lewis Howes  
<https://lewishowes.com/gmyo> - Get my NEW book The Greatness Mindset today! <https://lewishowes.com/greatnessdelivered> - Sign ...

The concept of longevity has been around for centuries. Ancient Chinese, Indian, and Egyptian texts all mention the search for the elixir of life, a potion that would grant immortality. However, it wasn't until the 20th century that scientists began to study the aging process in earnest.

According to an article from **\*\*Verywell Health\*\***, life expectancy has increased dramatically since prehistoric times. In fact, in some ways, life expectancy has not changed all that much from 1800 to what it is today. Setting aside infant and child mortality, the average lifespan for women and men of the mid-Victorian era was 73 and 75 respectively. By comparison, in 2021, the average life expectancy for females in the United States was 79 while the average life expectancy for males was 73<sup>1</sup>.

In pre-modern times, life expectancy was around 30 years in all regions of the world<sup>2</sup>. However, according to an article from **\*\*Our World in Data\*\***, life expectancy has increased rapidly since the Age of Enlightenment. In the early 19th century, life expectancy started to increase in early industrialized countries while it stayed low in the rest of the world<sup>3</sup>.

Source: Conversation with Bing, 10/22/2023

(1) Life Expectancy From Prehistory to 1800 to Today - Verywell Health. <https://www.verywellhealth.com/longevity-throughout-history-2224054>.

(2) Life Expectancy - Our World in Data. <https://ourworldindata.org/life-expectancy>.

(3) The life expectancy myth, and why many ancient humans lived long

... <https://www.ancient-origins.net/news-evolution-human-origins/life-expectancy-myth-and-why-many-ancient-humans-lived-long-077889>.



## Inner Harmony



### Inner Harmony

Fletcher Soul Traveler • 12 views

Fletcher Soul Traveler Click on link for PDF

<https://evolutionrevolutionoflove.com/PDF/Books/Longevity/Longevity.pdf>

Welcome! It's an incredible morning, and today I'll discuss the evolution revolution happening worldwide. Technology is changing rapidly, and over my 40 years in this field, I've witnessed dramatic recent transformations. Let's journey back in time to the early '80s. I was a young adult, late 20s or early 30s, involved in the PC revolution at the outset. I worked for the Miami Beach release, using a Xerox 820, a machine with only 16k of memory and floppy disks with 64k memory.

We accomplished amazing things despite limited memory. One notable creation was a crime analysis program to deal with the surge in crime in Miami Beach during President Carter's acceptance of Cuban refugees sent by Castro. We developed a program to analyze and identify criminals based on characteristics like height, tattoos, etc., significant in a time when gangs used specific markings.

We also designed a pawnshop program to track thefts, helping law enforcement match stolen items. Back then, with only 16k of memory and 64k storage, we achieved this. Meanwhile, my business partner and I created the first visual real estate database, a unique search and virtual house tour system. Though it won awards, the real estate industry was hesitant to adopt this innovative approach.

We also explored virtual town concepts, envisioning virtual real estate's high value, but larger entities like Amazon began to monopolize these ideas. The innocence of early internet and social media, like Facebook, connected us with old friends. However, social media evolved into a highly addictive industry, impacting our lives significantly.

Recent developments in AI are both fascinating and alarming. AI technology could replace a significant portion of the world's workforce, posing challenges when wisdom is scarce. Our society's structural and financial disparities lead to immense stress, worsened by the overwhelming impact of social media and technology.

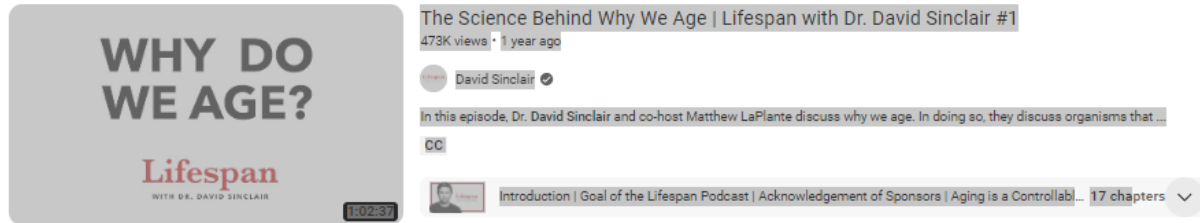
The medical field's commercialization via advertisements underplays drug side effects, leading to an increasingly unhealthy society. We are among the unhealthiest nations, dealing with mental and physical stress. However, there's immense hope too. The world is shifting positively, and with awakening, we can restore harmony.

Yoga and preventive medicine, once considered unconventional, are now widely accepted. However, the world's focus is external, neglecting the treasure within us, our own wisdom and divinity. Humanity is yet to realize the immense power and wonders within ourselves. Our senses continuously aim outward, distracting us from internal exploration.

As we venture into space exploration or technological advancements like AI without understanding ourselves, our minds, and without uniting for common good, we face immense risks. Understanding our interconnections, nurturing wisdom, and embracing simplicity and nature's beauty are crucial for a harmonious and fulfilling life.

In essence, our societal journey reflects our inability to unite, understand the mind, and discover our true nature. We should explore our inner depths, prioritize wisdom, embrace simplicity, and cherish life's wonders. Instead, we're engrossed in materialism, seeking happiness externally, yet true contentment lies within.

## David Sinclair and his work on longevity



David Sinclair is a renowned longevity researcher and professor of genetics at Harvard Medical School. He is the co-director of the Paul F. Glenn Center for Biology of Aging Research at Harvard Medical School and a co-founder of several biotechnology companies<sup>1</sup>.

According to an article from **HealthNews**, Dr. Sinclair's core principles for aging and longevity include diet, exercise, and fasting. Although he does not endorse specific supplements, he does have a suggested list of supplements that benefit longevity. Dr. Sinclair endorses exercise and cold therapy as a modality to treat many conditions and extend life<sup>1</sup>.

Dr. Sinclair has become one of the most vocal proponents of the idea that aging is a disease that can and should be treated. He has even gone so far as to say that aging is humanity's "biggest epidemic" and that we should devote more resources to finding a cure<sup>1</sup>.

Source: Conversation with Bing, 10/22/2023

(1) David Sinclair Diet and Key Principles for Longevity | HealthNews.  
<https://healthnews.com/longevity/healthspan/david-sinclair-diet-and-key-principles-for-longevity/>.

(2) Morning Routine of Longevity Expert Who Claims He's Reversed ... - Insider.  
<https://www.insider.com/morning-routine-longevity-expert-david-sinclair-reversed-biological-age-2023-6>.

(3) Longevity Researcher, 53, Says His 'Biological Age' Is a ... - Insider.  
<https://www.insider.com/longevity-researcher-harvard-david-sinclair-53-biological-age-decade-younger-2023-3>.

## Aging is a disease



Is Aging a Disease? David Sinclair explains it best  
1.9K views • 10 months ago

House of Longevity

Is aging a disease? The answer to this question will determine the direction of anti-aging and longevity science. David Sinclair ...

CC

Dr. Sinclair has become one of the most vocal proponents of the idea that aging is a disease that can and should be treated. In an interview with **\*\*mbg Podcast\*\***, Dr. Sinclair explains that aging is a disease because it causes pain, suffering, and death<sup>2</sup>. He believes that classifying aging as a disease opens up the door for incredible opportunities in the field of anti-aging therapies<sup>5</sup>. Dr. Sinclair has even gone so far as to say that aging is humanity's "biggest epidemic" and that we should devote more resources to finding a cure<sup>1</sup>.

Source: Conversation with Bing, 10/22/2023

(1) Why Aging is a Disease With David Sinclair | EP #18 Moonshots and Mindsets. <https://www.youtube.com/watch?v=IUalc1r4sKY>.

(2) AGING is a disease we can REVERSE: David Sinclair, Ph.D. | mbg Podcast. <https://www.youtube.com/watch?v=mhJ9XEIJJaA>.

(3) Dr. David Sinclair—A World-Renowned Scientist's View ... - InsideTracker. <https://blog.insidetracker.com/longevity-by-design-david-sinclair>.

(4) Aging is a Disease | Joe Rogan & David Sinclair. <https://www.youtube.com/watch?v=eKc8FV8atYk>.

(5) The debate over whether aging is a disease rages on. <https://www.technologyreview.com/2022/10/19/1061070/is-old-age-a-disease/>.

(6) Is aging a disease? Treating it like one could be worth trillions .... <https://www.tampabay.com/life-culture/2021/07/13/is-aging-a-disease-treating-it-like-one-could-save-us-trillions-study-says/>.

(7) What if aging weren't inevitable, but a curable disease?. <https://www.technologyreview.com/2019/08/19/133357/what-if->

[aging-werent-inevitable-but-a-curable-disease/](#).

(8) undefined. <https://www.youtube.com/watch?v=HOTS0HS7aq4>.

Attachments area

Preview YouTube video Why Aging is a Disease With David Sinclair | EP #18  
Moonshots and Mindsets



Preview YouTube video AGING is a disease we can REVERSE: David Sinclair, Ph.D. | mbg Podcast



Preview YouTube video Aging is a Disease | Joe Rogan & David Sinclair



## Dr. David Sinclair's core principles for aging and longevity



1. **\*\*Healthy diet\*\***: Dr. Sinclair's diet is plant-based, with a very low intake of sugar, pasta, and other starchy foods. He drinks lots of water while eating probiotic-rich yogurt throughout the day. He believes that high animal protein diets (carnivores) can accelerate aging by inducing inflammation. He is a proponent of Keto diets because studies have found that high-carb diets have the highest mortality and fat <sup>1</sup>.
2. **\*\*Intermittent fasting\*\***: Dr. Sinclair uses intermittent fasting in his daily practice. He explains that caloric restriction - eating fewer calories than you normally would - has been shown to extend lifespan in animals <sup>3</sup>.
3. **\*\*Regular exercise\*\***: Dr. Sinclair endorses exercise as a modality to treat many conditions and extend life <sup>1</sup>.
4. **\*\*Meditation\*\***: Dr. Sinclair suggests stress management as a way to promote longevity <sup>2</sup>.
5. **\*\*Cold therapy\*\***: Dr. Sinclair endorses cold therapy as a modality to treat many conditions and extend life <sup>1</sup>.

Dr. Sinclair also avoids excessive sun exposure, x-rays, microwaved plastics, and

smoking<sup>1</sup>.

Source: Conversation with Bing, 10/22/2023

(1) David Sinclair Diet and Key Principles for Longevity |

HealthNews. <https://healthnews.com/longevity/healthspan/david-sinclair-diet-and-key-principles-for-longevity/>.

(2) 4 Must-Listen Episodes of David Sinclair's Lifespan

Podcast. <https://healthnews.com/longevity/healthspan/4-must-listen-episodes-of-david-sinclairs-lifespan-podcast/>.

(3) Dr. David Sinclair—A World-Renowned Scientist's View on Longevity and

.... <https://blog.insidetracker.com/longevity-by-design-david-sinclair>.



## The Secret of the Golden Flower and longevity



### The Secret of the Golden Flower

Fletcher Soul Traveler • 8 views

Fletcher Soul Traveler Click on link for PDF

<https://evolutionrevolutionoflove.com/PDF/Books/SecretOfTheGoldenFlower/SecretOfTheGoldenFlower.pdf>

The Secret of the Golden Flower is a Chinese Taoist book on neidan (inner alchemy) meditation, which also mixes Buddhist teachings with some Confucian thoughts <sup>2</sup>. The book was produced by the spirit-writing (fuji) groups of two altars devoted to the deified Lü Dongbin: Bailong jingshe ("Pure Assembly of the White Dragon", 白龍精舍), and a branch of Gu hongmei ge ("Old Red Plum Hall", 古紅梅閣) in Piling <sup>5</sup>. The book is attributed to the famous Chinese immortal Lü Dongbin who is believed to have lived on earth for more than 800 years <sup>2</sup>.

The Secret of the Golden Flower was initially received incompletely in a first group in 1688; it remained unfinished when seven of its recipients died. In 1692, it was continued by the other group. It is claimed that the teachings of Xu Xun were transmitted by intermediate spirits, such as Lü Dongbin, Qiu Chuji, and Chuduan <sup>5</sup>.

The book does not directly discuss longevity. However, it does provide guidance on how to cultivate one's inner self and achieve spiritual enlightenment.

According to an article from **\*\*New World Encyclopedia\*\***, The Secret of the Golden Flower teaches that one can achieve longevity by using action to attain non-action. One must not wish to leap over everything and penetrate directly. The doctrine I transmit directly brings up working with essence and does not fall into a secondary method. That is why it is so wonderful <sup>2</sup>.

Source: Conversation with Bing, 10/22/2023

(1) The Secret of the Golden Flower - New World

Encyclopedia. [https://www.newworldencyclopedia.org/entry/The\\_Secret\\_of\\_the](https://www.newworldencyclopedia.org/entry/The_Secret_of_the)

Golden Flower.

(2) The Secret of the Golden Flower -

Wikipedia. [https://en.wikipedia.org/wiki/The\\_Secret\\_of\\_the\\_Golden\\_Flower](https://en.wikipedia.org/wiki/The_Secret_of_the_Golden_Flower).

(3) Golden Retrievers Have the Secret for a Long Life ... -

Newsweek. <https://www.newsweek.com/golden-retrievers-secret-longer-life-gene-cancer-1836484>.

(4) Yellow Court Classic -

Wikipedia. [https://en.wikipedia.org/wiki/Yellow\\_Court\\_Classic](https://en.wikipedia.org/wiki/Yellow_Court_Classic).

(5) The Secret of the Golden Flower. <http://thesecretofthegoldenflower.com/>.

(6) SECRET OF THE GOLDEN FLOWER

- [stillnessinyoga.com](https://stillnessinyoga.com). <https://stillnessinyoga.com/wp-content/uploads/2021/09/GOLDEN-FLOWER-CHAP-1-WITH-LESSON-NOTES-1-3.pdf>.

(7) Alchemical Studies -

Wikipedia. [https://en.wikipedia.org/wiki/Alchemical\\_Studies](https://en.wikipedia.org/wiki/Alchemical_Studies).

## The Secret of the Golden Flower and longevity 2



The Secret of the Golden Flower is a Chinese Taoist book on neidan (inner alchemy) meditation, which also mixes Buddhist teachings with some Confucian thoughts . The book was produced by the spirit-writing (fuji) groups of two altars devoted to the deified Lü Dongbin: Bailong jingshe (\\"Pure Assembly of the White Dragon\\", 白龍精舍), and a branch of Gu hongmei ge (\\"Old Red Plum Hall\\", 古紅梅閣) in Piling . The book is attributed to the famous Chinese immortal Lü Dongbin who is believed to have lived on earth for more than 800 years .

The Secret of the Golden Flower does not directly discuss longevity. However, it does provide guidance on how to cultivate one's inner self and achieve spiritual enlightenment. According to an article from **\*\*New World Encyclopedia\*\***, The Secret of the Golden Flower teaches that one can achieve longevity by using action to attain non-action. One must not wish to leap over everything and penetrate directly. The doctrine I transmit directly brings up working with essence and does not fall into a secondary method. That is why it is so wonderful .

In other words, the book suggests that one can achieve longevity by focusing on cultivating their inner self and achieving spiritual enlightenment. By doing so, one can attain a state of non-action that will help them live a long and healthy life.

## Ray Kurzweil and Singularity



Ray Kurzweil is a renowned inventor, futurist, and author. He is the co-founder of several companies, including Kurzweil Music Systems and Singularity University<sup>1</sup>. Kurzweil is best known for his work on the concept of the singularity, which he describes as a point in time when artificial intelligence will surpass human intelligence<sup>1</sup>.

In his book "The Singularity Is Near," Kurzweil predicts that the singularity will occur by 2045<sup>1</sup>. He believes that once the singularity has been reached, machine intelligence will be infinitely more powerful than all human intelligence combined. He predicts that intelligence will then radiate outward from the planet until it saturates the universe<sup>1</sup>.

Kurzweil's law of accelerating returns predicts an exponential increase in technologies like computers, genetics, nanotechnology, robotics, and artificial intelligence<sup>1</sup>. He characterizes evolution throughout all time as progressing through six epochs, each one building on the one before. He says the four epochs which have occurred so far are Physics and Chemistry, Biology and DNA, Brains, and Technology. Kurzweil predicts the singularity will coincide with the next epoch, The Merger of Human Technology with Human Intelligence. After the singularity he says the final epoch will occur, The Universe Wakes Up<sup>1</sup>.

Kurzweil's timetable for the singularity is consistent with other predictions. However, some experts have criticized his predictions as being overly optimistic<sup>2</sup>. Regardless of whether or not Kurzweil's predictions come true, his work has had a significant impact on the field of artificial intelligence and has helped to shape our

understanding of what the future may hold.

Source: Conversation with Bing, 10/22/2023

(1) The Singularity Is Near -

Wikipedia. [https://en.wikipedia.org/wiki/The\\_Singularity\\_Is\\_Near](https://en.wikipedia.org/wiki/The_Singularity_Is_Near).

(2) The Singularity: When will we all become super-

humans?. <https://bigthink.com/the-future/ray-kurzweil-singularity/>.

(3) The Singularity Is Near « the Kurzweil Library +

collections. <https://www.thekurzweillibrary.com/the-singularity-is-near>.

(4) Kurzweil Claims That the Singularity Will Happen by 2045 -

Futurism. <https://futurism.com/kurzweil-claims-that-the-singularity-will-happen-by-2045>.

(5) Ray Kurzweil says We'll Reach IMMORTALITY by 2030 -

Lifeboat. <https://lifeboat.com/blog/2023/03/ray-kurzweil-says-well-reach-immortality-by-2030-the-singularity-is-near>.

(6) The Singularity is Near » Questions and

Answers. <https://www.singularity.com/qanda.html>.

(7) Humans Will Achieve Immortality by 2030: Ray Kurzweil

Prediction. <https://www.popularmechanics.com/science/health/a43297321/humans-will-achieve-immortality-by-2030/>.

## How man's lifestyle can contribute to lesser longevity



According to an article from **Verywell Health**, life expectancy has increased dramatically since prehistoric times. However, in some ways, life expectancy has not changed all that much from 1800 to what it is today. Setting aside infant and child mortality, the average lifespan for women and men of the mid-Victorian era was 73 and 75 respectively. By comparison, in 2021, the average life expectancy for females in the United States was 79 while the average life expectancy for males was 73<sup>1</sup>.

While genetics plays a role in determining lifespan, lifestyle factors such as diet, exercise, and stress management can also have a significant impact on longevity. According to an article from **Verywell Health**, adopting certain habits can contribute to longevity:

1. **Be physically active**: Regular exercise can help reduce the risk of chronic diseases such as heart disease, diabetes, and cancer.
2. **Eat a healthful diet**: A diet rich in fruits, vegetables, whole grains, lean protein, and healthy fats can help reduce the risk of chronic diseases.
3. **Sleep for at least seven to nine hours every night**: Getting enough sleep is essential for overall health and well-being.
4. **Manage stress**: Stress can have a negative impact on health. Taking deep breaths, taking care of your body, making time to unwind, and connecting with

others can all help manage stress.

5. **\*\*Avoid harmful substances\*\***: Smoking, excessive alcohol consumption, and drug use can all have a negative impact on health.

By adopting these habits and making other healthy lifestyle choices, men can increase their chances of living a long and healthy life.

Source: Conversation with Bing, 10/22/2023

(1) What Is the Average Life Expectancy of U.S. Males? - Verywell Health. <https://www.verywellhealth.com/how-to-live-longer-for-men-2223908>.

(2) How You Can Increase Your Longevity - Verywell Health. <https://www.verywellhealth.com/what-is-longevity-2223930>.

(3) Healthy Longevity - Harvard T.H. Chan School of Public Health. <https://www.hsph.harvard.edu/nutritionsource/healthy-longevity/>.

(4) Healthy lifestyle: 5 keys to a longer life - Harvard Health. <https://www.health.harvard.edu/blog/healthy-lifestyle-5-keys-to-a-longer-life-2018070514186>. Protein and healthy fats can help reduce the risk of chronic diseases. Sleep for at least

as hugging or cuddling. This can create feelings of closeness and connection with others. Just thinking about a loved one releases oxytocin in the brain <sup>1</sup>.

Our thoughts can also influence the release of stress hormones, such as cortisol. When we experience stress, our body releases cortisol as part of the “fight or flight” response. This can be helpful in the short term if we’re responding to a perceived threat. However, if we experience chronic stress, and we regularly think about stressful situations, our body may release too much cortisol, which can have negative effects on our physical and mental health <sup>1</sup>.

Thinking and brain chemistry is a two-way street. While our thoughts influence our brain chemistry, our brain chemistry also influences our thoughts. For example, if we’re thinking about things that make us feel anxious, our brain

releases more cortisol, which can make us feel even more anxious. This creates a negative feedback loop that can be hard to break <sup>1</sup>.

In conclusion, our thoughts have a powerful impact on how we feel and function. By cultivating positive thoughts and beliefs, we can help promote good mental health and overall well-being.

Source: Conversation with Bing, 10/22/2023

(1) How Your Thinking Affects Your Brain Chemistry - Psychology

Today. <https://www.psychologytoday.com/us/blog/living-forward/202304/how-your-thinking-affects-your-brain-chemistry>.

(2) You Have Power Over Your Brain Chemistry | Psychology

Today. <https://www.psychologytoday.com/us/blog/your-neurochemical-self/201610/you-have-power-over-your-brain-chemistry>.

(3) How Your Thoughts Change Your Brain, Cells and

Genes. [https://www.huffpost.com/entry/how-your-thoughts-change-your-brain-cells-and-genes\\_b\\_9516176](https://www.huffpost.com/entry/how-your-thoughts-change-your-brain-cells-and-genes_b_9516176).



## Ways to cultivate positive thoughts and beliefs



1. **\*\*Focus on your strengths\*\***: Instead of focusing on your weaknesses, focus on your strengths. This shift in focus can help you feel more positively about yourself.
2. **\*\*Practice gratitude\*\***: Make a habit of finding things to be grateful for every day. You might try writing a gratitude list or a gratitude journal.
3. **\*\*Focus on your positive qualities\*\***: Ask yourself what makes you who you are. Reflecting on your positive qualities can help you more easily focus on the good parts of yourself.
4. **\*\*Practice self-compassion\*\***: Take a few moments to treat yourself kindly, carefully, and gently. This can help improve your mindset.
5. **\*\*Practice self-care\*\***: Take care of yourself by getting enough sleep, eating healthily, and engaging in regular exercise.
6. **\*\*Shift your attention\*\***: Practice shifting your attention away from negative thoughts by intentionally but gently moving your mind away from them. You might try taking a cold shower or focusing on the details of an object in the room.
7. **\*\*Surround yourself with positivity\*\***: Surround yourself with people who uplift you and make you feel good about yourself.
8. **\*\*Engage in activities that bring you joy\*\***: Engage in activities that make you

happy and bring you joy, such as spending time with loved ones or pursuing a hobby.

9. **\*\*Practice mindfulness\*\***: Practice mindfulness meditation for at least 10 minutes per day to help manage stress and promote well-being.

Source: Conversation with Bing, 10/22/2023

(1) 9 Ways to Cultivate a Positive Mindset | Psychology

Today. <https://www.psychologytoday.com/us/blog/click-here-happiness/202105/9-ways-cultivate-positive-mindset>.

(2) 9 Ways to Cultivate a Positive Mindset | Psychology

Today. <https://www.psychologytoday.com/intl/blog/click-here-happiness/202105/9-ways-cultivate-positive-mindset>.

(3) 9 Ways to Cultivate a Positive Mindset - Psychology

Today. <https://www.psychologytoday.com/gb/blog/click-here-happiness/202105/9-ways-cultivate-positive-mindset>.

## Ultra-processed foods can shorten lifespan



New study reveals that ultra-processed food can shorten your life | Your Morning  
172 views • 4 years ago

CTV Your Morning

According to the report, consuming 10% more processed food can increase your risk of death by 14%.

According to an article from **Harvard Health**, consuming a diet high in ultra-processed foods can shorten lifespan. In an observational study, researchers found that higher intake of ultra-processed food was directly connected to a higher risk of early death from all causes, especially cancers and cardiovascular disease. Ultra-processed foods often have fewer nutrients than unprocessed foods and contain higher amounts of sugar, salt, saturated fat, and food additives, all of which are associated with an increased risk for chronic diseases <sup>1</sup>.

Another article from **The Washington Post** suggests that people can gain sizable health benefits at any age by cutting back on highly processed foods loaded with salt, sugar, and other additives and replacing them with more nutritious foods like fruits, vegetables, nuts, beans, lentils, seafood, and whole grains <sup>2</sup>.

A study published in the **Journal of the American Medical Association** found that replacing a typical Western diet focused on red meat and processed foods with an optimized diet focused on eating less red and processed meat and more fruits and vegetables, legumes, whole grains, and nuts could add up to 13 years to one's life <sup>3</sup>.

In conclusion, consuming a diet high in junk food can have negative effects on longevity. By cutting back on highly processed foods and replacing them with more nutritious options like fruits, vegetables, nuts, beans, lentils, seafood, and whole grains, people can gain sizable health benefits at any age.

.

Source: Conversation with Bing, 10/22/2023

- (1) Eating more ultra-processed foods may shorten life span. <https://www.health.harvard.edu/staying-healthy/eating-more-ultra-processed-foods-may-shorten-life-span>.
- (2) At any age, a healthy diet can extend your life. <https://www.washingtonpost.com/wellness/2022/10/18/healthy-eating-aging/>.
- (3) Changing your diet could add up to 13 years to your life, study says - CNN. <https://www.cnn.com/2022/02/08/health/longer-life-diet-wellness/index.html>.
- (4) Longevity: What lifestyle habits could help you live to 100?. <https://www.medicalnewstoday.com/articles/what-to-know-about-the-blue-zone-diet-and-other-healthy-habits-for-longevity>.
- (5) Getty Images. <https://www.gettyimages.com/detail/photo/fast-carbohydrates-food-royalty-free-image/844466808>.

## Eating a nutritious diet has many benefits



How to make healthy eating unbelievably easy | Luke Durward | TEDxYorkU

6.2M views • 9 years ago



After breaking his leg, undergraduate student Luke Durward used his time to return home and mentor his little brother on health



9:18

1. **\*\*Longer life\*\***: A nutritious diet can help you live longer by reducing your risk of chronic diseases such as heart disease, type 2 diabetes, and some cancers.
2. **\*\*Healthy weight\*\***: Eating a nutritious diet can help you achieve and maintain a healthy weight.
3. **\*\*Strong bones and teeth\*\***: A nutritious diet that includes calcium and vitamin D can help prevent osteoporosis and keep your teeth healthy.
4. **\*\*Better mood\*\***: Eating a nutritious diet can help improve your mood and reduce symptoms of depression.
5. **\*\*Improved memory\*\***: A nutritious diet that includes omega-3 fatty acids can help improve memory and cognitive function.
6. **\*\*Better sleep\*\***: Eating a nutritious diet can help improve the quality of your sleep.
7. **\*\*More energy\*\***: A nutritious diet can help boost your energy levels and reduce fatigue.
8. **\*\*Improved gut health\*\***: Eating a nutritious diet that includes fiber can help improve gut health and reduce the risk of digestive problems.
9. **\*\*Reduced inflammation\*\***: A nutritious diet that includes anti-inflammatory foods can help reduce inflammation in the body.

In conclusion, eating a nutritious diet has many benefits for overall health and well-being.

Source: Conversation with Bing, 10/22/2023

(1) Incredible Benefits of Healthy Diet: Here's What Happens Inside Your Body When You Follow a Nutritious

Diet. <https://www.thehealthsite.com/fitness/incredible-benefits-of-healthy-diet-heres-what-happens-inside-your-body-when-you-follow-a-nutritious-diet-1018427/>.

(2) The Key to a Healthy Diet? Making It Your

Own. <https://www.yahoo.com/lifestyle/key-healthy-diet-making-own-152814365.html>.

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cancer. <https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/healthy-diet-and-wellness-tips-to-fight-breast-cancer/articleshow/104558593.cms>.

(4) Benefits of Healthy Eating | Nutrition | DNPAO |

CDC. <https://www.cdc.gov/nutrition/resources-publications/benefits-of-healthy-eating.html>.

(5) Nutrition - Harvard Health. <https://www.health.harvard.edu/topics/nutrition>.

(6) Benefits of eating healthy: Heart health, better mood, and more. <https://www.medicalnewstoday.com/articles/322268>.

## Latest scientific research on longevity and the East



### Researchers Say They Are Close To Reversing Aging

1.4M views • 11 months ago



Researchers at Harvard University are investigating whether human genes could reverse the effect

CC

The concept of longevity has been around for centuries in the East. Ancient Chinese, Indian, and Egyptian texts all mention the search for the elixir of life, a potion that would grant immortality. However, it wasn't until the 20th century that scientists began to study the aging process in earnest.

According to an article from **Phys.org**, scientists at the MDI Biological Laboratory, in collaboration with scientists from the Buck Institute for Research on Aging in Novato, Calif., and Nanjing University in China, have identified synergistic cellular pathways for longevity that amplify lifespan fivefold in *C. elegans*, a nematode worm used as a model in aging research <sup>2</sup>.

Another article from **ScienceDaily** describes how researchers have developed a biosynthetic 'clock' that keeps cells from reaching normal levels of deterioration related to aging. They engineered a gene oscillator that switches between the two normal paths of aging, slowing cell degeneration and setting a record for life extension <sup>1</sup>.

In addition to scientific research, there are also many practices in the East that are believed to promote longevity. For example, according to an article from **The New York Times**, Okinawa, Japan has one of the highest life expectancies in the world. The Okinawan diet is rich in vegetables, fruits, and whole grains and low in meat and dairy products. Okinawans also practice a form of meditation called *hara hachi bu*, which involves eating until you are 80% full <sup>3</sup>.

Another practice that is believed to promote longevity is tai chi. Tai chi is a form of martial arts that originated in China. According to an article from **Harvard Health**, tai chi can help improve balance and flexibility and reduce stress <sup>4</sup>.

In conclusion, combining the latest scientific research on longevity with practices from the East can help promote healthy aging and increase lifespan.

Source: Conversation with Bing, 10/22/2023

(1) Biologists identify pathways that extend lifespan by 500% -

Phys.org. <https://phys.org/news/2020-01-biological-scientists-pathways-lifespan.html>.

(2) Scientists slow aging by engineering longevity in cells. <https://www.sciencedaily.com/releases/2023/04/230427173454.htm>.

(3) These factors can help predict 2-, 5-, or 10-year longevity | World .... <https://www.weforum.org/agenda/2022/10/these-factors-predict-who-ll-live-2-5-or-10-more-years/>.

(4) Pathways that extend lifespan by 500 percent identified. <https://www.sciencedaily.com/releases/2020/01/200108160338.htm>.



## Some other practices from that promote longevity



1. **Natural movement**: Instead of going to the gym or jogging, people in Blue Zone cultures naturally move their bodies all day. They walk to shops instead of driving and garden without the help of electric or gas-powered tools.
2. **A sense of purpose**: Having a sense of purpose in life can give you up to seven years of extra life expectancy.
3. **Taking time to de-stress**: Having a routine or ritual to de-stress every day is vital to lessening the harmful, aging impact of stress on your mind and body. For example, Okinawans pause daily to remember their ancestors, Adventists pray, Ikarians have a siesta, and Sardinians enjoy a happy hour.
4. **Eating light and less**: Eating until you are 80% full could make the difference between losing or gaining weight. Blue Zoners also eat their smallest — and their last — meal in the late afternoon or early evening.
5. **A plant-based diet**: Legumes such as fava beans, black beans, soybeans, and lentils are what you'll have to eat to make it to 100. Meat, usually pork, is eaten just a few times a month in small 3- or 4-ounce portions.
6. **Happy hour**: All centenarians drink one or two glasses of alcohol (often wine) per day, but always with friends or with food, which is key.
7. **Mimic mountain living**: Ikarian's mountain lifestyle is a big contributor to their longevity.

8. **Tai chi**: Tai chi can help improve balance and flexibility and reduce stress.

9. **Mindfulness meditation**: Mindfulness meditation can help manage stress and promote well-being.

In conclusion, there are many practices from the East that promote longevity, including natural movement, having a sense of purpose in life, taking time to de-stress, eating light and less, following a plant-based diet, enjoying happy hour with friends or family members, mimicking mountain living, practicing tai chi and mindfulness meditation.

Source: Conversation with Bing, 10/22/2023

(1) Nine Longevity Secrets and Practices From Around the World. <https://extramile.thehartford.com/wellness/healthy-living/longevity-secrets/>.

(2) IKIGAI: The Japanese Secret to a Long and Happy Life ... - Growthabit. <https://growthabit.com/self-help-books/ikigai-the-japanese-secret-to-a-long-and-happy-life-summary-review-notes/>.

(3) 6 Longevity Practices From Ikaria, Greece | Well+Good. <https://www.wellandgood.com/longevity-practices-ikaria-greece/>.

Some ways to incorporate healthy habits into your life



1. **\*\*Be physically active\*\***: Incorporate physical activity into your daily routine. You might try taking a walk during your lunch break or doing some stretching exercises before bed.
2. **\*\*Eat a healthful diet\*\***: Focus on eating a diet rich in fruits, vegetables, whole grains, lean protein, and healthy fats.
3. **\*\*Get enough sleep\*\***: Aim for at least seven to nine hours of sleep every night.
4. **\*\*Manage stress\*\***: Practice stress management techniques such as deep breathing, meditation, or yoga.
5. **\*\*Avoid harmful substances\*\***: Avoid smoking, excessive alcohol consumption, and drug use.
6. **\*\*Stay connected\*\***: Make time for social connections with friends and family members.
7. **\*\*Practice mindfulness\*\***: Practice mindfulness meditation for at least 10 minutes per day to help manage stress and promote well-being.

8. **\*\*Engage in activities that bring you joy\*\***: Engage in activities that make you happy and bring you joy, such as spending time with loved ones or pursuing a hobby.
9. **\*\*Focus on your strengths\*\***: Focus on your strengths instead of your weaknesses to help improve your self-esteem and overall well-being.
10. **\*\*Practice self-care\*\***: Take care of yourself by getting enough sleep, eating healthily, and engaging in regular exercise.

Incorporating these healthy habits into your life can help promote longevity and overall well-being.

Source: Conversation with Bing, 10/22/2023

(1) Ways to Extend Your Healthy Years, Not Just Your Life. <https://www.scientificamerican.com/article/ways-to-extend-your-healthy-years-not-just-your-life/>.

(2) Longevity: 7 Healthy Habits To Help You Live Longer. <https://www.onemedical.com/blog/healthy-living/longevity-7-healthy-habits-help-you-live-longer/>.

(3) Positive Lifestyle Factors That Promote Good Health. <https://www.verywellhealth.com/lifestyle-factors-health-longevity-prevent-death-1132391>.

(4) Longevity Practices - Timeless Thrive. <https://www.timelessthive.com/category/longevity/longevity-practices/page/2/>.

(5) Aging: incorporating healthy habits for improved longevity. <https://www.uab.edu/news/youcanuse/item/13097-aging-incorporating-healthy-habits-for-improved-longevity>.

(6) Nine Longevity Secrets and Practices From Around the World. <https://extramile.thehartford.com/wellness/healthy-living/longevity-secrets/>.

(7) IKIGAI: The Japanese Secret to a Long and Happy Life ... -

Growthabit. <https://growthabit.com/self-help-books/ikigai-the-japanese-secret-to-a-long-and-happy-life-summary-review-notes/>.

(8) 6 Longevity Practices From Ikaria, Greece |

Well+Good. <https://www.wellandgood.com/longevity-practices-ikaria-greece/>.

## Ageism is one of the last socially acceptable prejudices



1 - Ageism: the last socially sanctioned prejudice

1.2K views • 8 years ago



Ashton Applewhite

Camera: Joe Arcidiacono Editor: Bonnie Wong.

Ageism is one of the last socially acceptable prejudices. Ageism is defined as discrimination against older people because of negative and inaccurate stereotypes. It's so ingrained in our culture that we often don't even notice. Most organizations now have diversity, equity, and inclusion (DEI) departments to tackle issues such as racism and gender bias. Even in those departments, age bias is seldom on the radar. "Ageism is this odd '-ism' in that it's still socially acceptable in many ways," said Joann Montepare, PhD, director of the RoseMary B. Fuss Center for Research on Aging and Intergenerational Studies at Lasell University in Newton, Massachusetts, and past president of APA's Division 20 (Adult Development and Aging). It is clear, however, that ageism has a host of negative effects, for people's physical and mental well-being and society as a whole <sup>1</sup>.

In conclusion, ageism is still prevalent in our society today, which can have negative effects on people's physical and mental well-being.

Source: Conversation with Bing, 10/22/2023

(1) Ageism is one of the last socially acceptable prejudices. Psychologists .... <https://www.apa.org/monitor/2023/03/cover-new-concept-of-aging>.

(2) What's the key to a long and fulfilled life?. <https://www.weforum.org/agenda/2021/08/heres-what-young-people-think-is-key-to-a-long-and-fulfilled-life/>.

(3) How to meet the challenges of a 100-year life? An expert explains

.... <https://www.weforum.org/agenda/2022/01/the-100-year-life-is-here-how-can-we-meet-the-challenges-of-longevity-an-expert-explains/>.

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Census.gov. <https://www.census.gov/library/stories/2021/05/long-life-does-not-always-mean-a-healthy-life-in-old-age.html>.

## Ageism is a type of bias based on a person's age



### Calling Out Ageism: Does Age Add a Layer of Bias?

97K views • 2 years ago

The Real Daytime

Did you know women of color over the age of 50 face higher job rejection and unemployment rates? We discuss the effects of ...

Ageism is a type of bias based on a person's age. It can take three main forms: stereotypes, prejudice, and discrimination<sup>1</sup>. Here are some strategies to combat ageism:

1. **\*\*Speak up\*\***: If you experience or witness ageism, speak up and challenge the stereotypes<sup>5</sup>.
2. **\*\*Engage in the world\*\***: Staying active both mentally and physically can help overcome ageism more easily<sup>5</sup>.
3. **\*\*Be positive\*\***: Attitude has a lot to do with how people can overcome ageism. A positive outlook can help you stay motivated and engaged<sup>5</sup>.
4. **\*\*Start a mentorship program\*\***: When people of different ages spend time together, both sides can benefit<sup>1</sup>.
5. **\*\*Push back against assumptions\*\***: If you hear someone repeating ageist tropes, challenging those stereotypes can remove the stigma against older adults<sup>1</sup>.
6. **\*\*Include older people proactively\*\***: Including older adults in decision-making processes and activities can help reduce prejudice and promote mutual understanding between generations<sup>1</sup>.

Policies and laws that address ageism, educational activities that enhance empathy and dispel misconceptions, and intergenerational activities that reduce prejudice all help decrease ageism<sup>24</sup>.

Remember that age is just a number, and everyone deserves to be treated with respect regardless of their age.

Source: Conversation with Bing, 10/22/2023

(1) Ageism: Signs, Causes, and How to Address It -



Healthline. <https://www.healthline.com/health/ageism>.

(2) 7 Ways to Overcome Ageism - Everyday

Health. <https://www.everydayhealth.com/longevity/emotional-wellness/fighting-age-discrimination.aspx>.

(3) GLOBAL CAMPAIGN TO COMBAT AGEISM - World Health

Organization. [https://cdn.who.int/media/docs/default-source/campaigns-and-initiatives/global-campaign-to-combat-ageism/global-campaign-to-combat-ageism---toolkit---en.pdf?sfvrsn=6c546ce7\\_22&download=true](https://cdn.who.int/media/docs/default-source/campaigns-and-initiatives/global-campaign-to-combat-ageism/global-campaign-to-combat-ageism---toolkit---en.pdf?sfvrsn=6c546ce7_22&download=true).

(4) Ageism is a global challenge: UN - World Health Organization

(WHO). <https://www.who.int/news/item/18-03-2021-ageism-is-a-global-challenge-un>.

(5) Interventions to Reduce Ageism Against Older Adults: A Systematic

.... <https://ajph.aphapublications.org/doi/pdf/10.2105/AJPH.2019.305123>.

## Ageism can take many forms



Ageism in the USA: The paradox of prejudice against the elderly | Ashton Applewhite | Big Think

29K views • 4 years ago

Big Think

But ageism is prejudice against ourselves — at least, the people we will (hopefully!) become. Different generations needs to ...

CC

Ageism can take many forms, including stereotypes, prejudice, and discrimination<sup>1</sup>. Here are some examples of ageism:

- **\*\*In the workplace\*\***: Refusing to hire people over or under a certain age, asking for someone's age at a job interview when it is not relevant to the work, enacting policies that unfairly privilege one age group over another, viewing older people as out of touch, less productive, or stuck in their ways, viewing younger people as unskilled, irresponsible, or untrustworthy, bullying or harassment<sup>12</sup>.
- **\*\*In personal relationships\*\***: Treating family members as though they are invisible, unintelligent, or expendable based on their age; making ageist jokes that imply someone is less valuable or less worthy of respect based on their age; making offensive generalizations about a specific generation (e.g., that millennials are entitled); disregarding someone's concerns or wishes due to their age<sup>1</sup>.

It's important to recognize these examples of ageism and work towards creating a more inclusive society where everyone is treated with respect and dignity regardless of their age.

Source: Conversation with Bing, 10/22/2023

(1) What is ageism? Types, examples, and impact on health - Medical News Today. <https://www.medicalnewstoday.com/articles/ageism>.

(2) What is ageism? | Discrimination & rights | Age UK. <https://www.ageuk.org.uk/information-advice/work-learning/discrimination-rights/ageism/>.

(3) 11 Ageism Examples (2023) - Helpful Professor. <https://helpfulprofessor.com/ageism-examples/>.

(4) What Is Ageism? - Verywell Mind. <https://www.verywellmind.com/what-is->

[ageism-2794817.](#)

(5) Examples of ageism: Here are 12 that happen every day - Star Tribune. [https://www.startribune.com/12-examples-of-everyday-ageism/451306773/.](https://www.startribune.com/12-examples-of-everyday-ageism/451306773/)

## Longevity and the microbiome

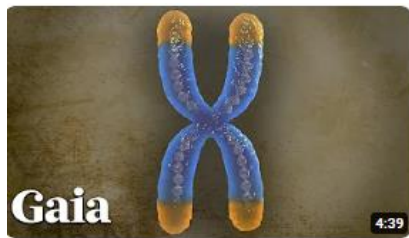


Longevity and the microbiome is a fascinating topic that explores how the gut bacteria influence our aging process and health. [According to some studies, people who live longer and healthier have more diverse and beneficial gut microbiomes than their peers<sup>12</sup>. The gut microbiome may affect our immune system, inflammation, metabolism, and mood, and may be linked to age-related diseases such as cardiovascular disease, obesity, diabetes, cancer, and neurodegeneration<sup>34</sup>. However, the causal relationship between the gut microbiome and longevity is not yet fully understood, and more research is needed to identify the specific microbial signatures and mechanisms that promote healthy aging<sup>45</sup>.](#)

- **The Longevity Diet: Discover the New Science Behind Stem Cell Activation and Regeneration to Slow Aging, Fight Disease, and Optimize Weight** by Valter Longo. This book explains how to eat for optimal health and longevity, based on the latest scientific research and the author's own clinical trials. It also covers how the gut microbiome affects aging and disease, and how to optimize it with diet and fasting.
- **The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health** by Emeran Mayer. This book explores how the gut-brain axis influences our mental and physical well-being, and how we can harness its power to improve our mood, cognition, immunity, and aging. It also provides practical advice on how to nurture a healthy gut microbiome with food and lifestyle choices.
- **The Gut-Immune Connection: How Understanding the Connection Between Food and Immunity Can Help Us Regain Our Health** by Emeran Mayer. This book reveals how the gut-immune axis shapes our health and longevity, and how chronic inflammation, obesity, autoimmune diseases, and aging are linked to an imbalance in the gut microbiome. It also offers a

holistic approach to restore gut health and immunity with diet, exercise, stress management, and natural remedies.

## Longevity and telomeres



This is How TELOMERES Affect LONGEVITY

15K views · 5 months ago

Gaia Gaia ✓

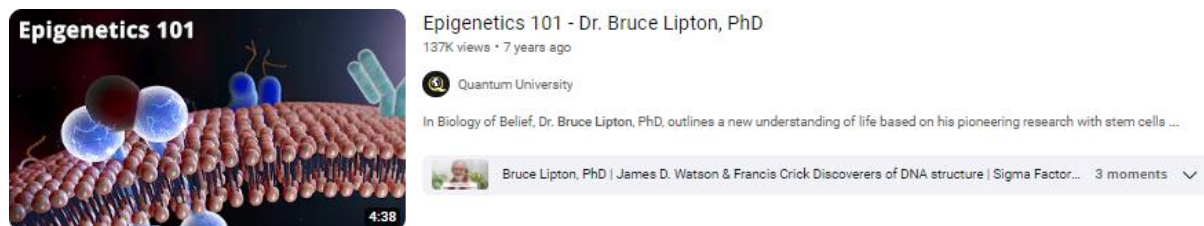
How we perceive our life, good or bad, can affect longevity. Bruce Lipton relays the degree of control that we have over the ...

Longevity and telomeres are two concepts that are related to aging and health. Telomeres are the protective caps at the ends of chromosomes that prevent DNA damage and loss during cell division<sup>1</sup>. Longevity is the duration of a person's life, which can be influenced by many factors, such as genetics, lifestyle, and environment<sup>2</sup>.

One of the theories of aging is that telomere shortening limits the number of times a cell can divide, leading to cellular senescence and aging<sup>1</sup>. According to this theory, longer telomeres would allow cells to divide more times and delay aging. However, this theory is not fully supported by the evidence, as some studies have found that longer telomeres are also associated with increased risk of chronic diseases, such as cancer<sup>3</sup>. Moreover, telomere length is not a consistent marker of biological age, as it can vary depending on the tissue type, cell type, and individual variation<sup>4</sup>.

Therefore, the correlation between longevity and telomeres is not straightforward or causal. It is likely that both longevity and telomeres are influenced by other factors, such as oxidative stress, inflammation, nutrition, and epigenetics<sup>45</sup>. To understand the role of telomeres in aging and health, more research is needed to identify the molecular mechanisms and pathways that link telomere dynamics to cellular function and disease<sup>5</sup>.

## Epigenetics and Bruce Lipton



Epigenetics is the study of how environmental factors and perceptions can influence the expression of genes, without changing the DNA sequence. It is a fascinating and emerging field of science that has many implications for health and well-being.

Bruce Lipton is a cell biologist and author who has contributed to the development and popularization of epigenetics. He has written several books on the topic, such as *The Biology of Belief*, *Spontaneous Evolution*, and *The Honeymoon Effect*. He has also given many lectures and interviews on how epigenetics can help us understand ourselves and our potential.

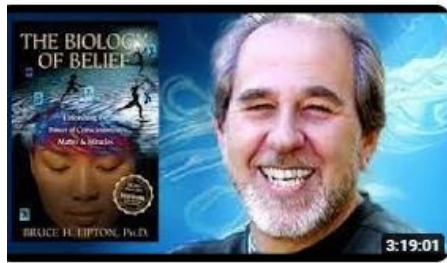
However, Bruce Lipton is not the father of epigenetics. [The term epigenetics was first coined by Conrad Waddington in 1942<sup>1</sup>, and the concept has been explored by many other scientists before and after him, such as Jean-Baptiste Lamarck, Gregor Mendel, Barbara McClintock, and Eric Kandel<sup>2</sup>.](#) Bruce Lipton is one of the many researchers who have advanced the field of epigenetics, but he is not the originator or the sole authority on it.

- [What is Epigenetics? - Bruce H. Lipton, PhD](#)
- [Epigenetics - Bruce H. Lipton, PhD](#)
- [Epigenetics | Innovative Health & Wellness Dallas \(214\) 972-0302](#)
- [Bruce Lipton, Ph.D. Bridging Science and Spirituality, What is ...](#)

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## The biology of belief



### The Biology Of Belief (Full AudioBook)

3K views • 1 year ago



Manifest Infinite Desires

Author: Bruce H Lipton Bruce Harold Lipton is an American developmental biologist noted for his views on epigenetic

The biology of belief is a term coined by Bruce Lipton, a cell biologist and author, to describe how our thoughts and perceptions can affect the expression of our genes. He claims that we can change our biology by changing our beliefs, and that we are not limited by our genetic inheritance. [He bases his ideas on the new science of epigenetics, which studies how environmental factors and signals can modify the activity of genes, without altering the DNA sequence<sup>1</sup>.](#)

According to Lipton, the cell membrane is like a “brain” that receives and processes information from the environment, and then sends signals to the nucleus, where the DNA is stored. He argues that the cell membrane is more important than the DNA in determining the fate and behavior of the cell, and that the DNA is not a fixed blueprint, but a dynamic and adaptable molecule that responds to the signals it receives. [He also suggests that our subconscious mind, which is formed by our early experiences and influences, controls most of our biological functions and behaviors, and that we can reprogram it by using conscious awareness and positive affirmations<sup>2</sup>.](#)

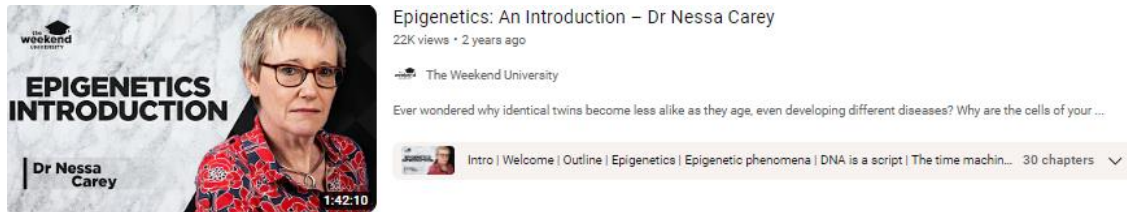
Lipton’s book *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles* is a best-selling book that explains his theory in detail, using simple language, illustrations, humor, and everyday examples. He also provides evidence from his own experiments and those of other scientists who have explored the link between mind and matter. [He hopes that his book will inspire people to realize their true potential and create a more harmonious and healthy world<sup>1</sup>.](#)

- What is Epigenetics? - Bruce H. Lipton, PhD
- [The Biology of Belief Summary - Four Minute Books](#)
- [The biology of belief: Unleashing the power of consciousness, matter ...](#)





## The current state of research on epigenetics



Epigenetics is the study of how environmental factors and perceptions can influence the expression of genes, without changing the DNA sequence. It is a fascinating and emerging field of science that has many implications for health and well-being.

The current state of research on epigenetics is very active and diverse. Scientists are exploring how epigenetic mechanisms, such as DNA methylation, histone modifications, and noncoding RNA, regulate gene expression in different cells, tissues, and organisms. [They are also investigating how epigenetic changes can be inherited, reversed, or influenced by various factors, such as diet, stress, drugs, aging, and disease<sup>1</sup>.](#)

Some of the current topics and applications of epigenetic research include:

- [The role of epigenetics in development and differentiation, such as how stem cells maintain their pluripotency or how epigenetic patterns are established during embryogenesis<sup>2</sup>.](#)
- [The role of epigenetics in cancer, such as how epigenetic alterations can contribute to tumorigenesis, metastasis, drug resistance, or immune evasion<sup>3</sup>.](#)
- [The role of epigenetics in neurobiology and psychiatry, such as how epigenetic processes can affect brain function, behavior, memory, learning, and mental disorders<sup>4</sup>.](#)
- The role of epigenetics in immunology and infectious diseases, such as how epigenetic regulation can modulate immune responses, inflammation, autoimmunity, or host-pathogen interactions.
- The role of epigenetics in metabolism and endocrinology, such as how epigenetic modifications can influence metabolic pathways, hormone signaling, obesity, diabetes, or cardiovascular diseases.

- The role of epigenetics in environmental and evolutionary biology, such as how epigenetic variation can respond to environmental stimuli, adapt to changing conditions, or generate phenotypic diversity.

Epigenetic research is also advancing the development of new technologies and tools for studying and manipulating the epigenome. These include methods for detecting, quantifying, mapping, editing, or modulating epigenetic marks and factors. Moreover, epigenetic research is opening new avenues for diagnosis and therapy of various diseases. These include biomarkers for early detection, prognosis, or prediction of response to treatment; drugs that target epigenetic enzymes or pathways; or gene therapies that correct or modify epigenetic defects.

- [Epigenetics News – ScienceDaily](#)
- [Free Full-Text | Current Approaches to Epigenetic Therapy - MDPI](#)
- [The Current State of Epigenetic Research in Humans - JAMA Network](#)
- [Epigenetics Research News – ScienceDaily](#)

## Dr. Joe Dispenza and the Quest for Longevity



In the quest for longevity and a healthier, more fulfilling life, many individuals turn to various methods and techniques to extend their years and enhance their overall well-being. Among the influential figures in the realm of mind-body medicine, one name stands out prominently - Dr. Joe Dispenza.

Dr. Joe Dispenza is a prominent figure in the fields of neuroscience, meditation, and personal transformation. He is a passionate advocate of the idea that the mind has a profound impact on our physical health and longevity. His work has garnered immense attention, as he combines the latest insights from the field of neuroscience with ancient wisdom and mindfulness practices.

### The Mind-Body Connection

The central concept of Dr. Dispenza's work revolves around the idea that the mind and body are deeply interconnected. He posits that our thoughts and emotions have a direct impact on our physical health and can influence the aging process. Through a combination of meditation, mental exercises, and lifestyle changes, Dr. Dispenza believes we can tap into the body's innate capacity for self-healing and, in turn, extend our longevity.

### Meditation and Longevity

Meditation is a fundamental component of Dr. Dispenza's approach to enhancing longevity. He argues that meditation is a powerful tool for reprogramming the mind and body. By entering a state of deep meditation, individuals can disconnect from their habitual thought patterns and access a higher state of consciousness.

This, in turn, can lead to reduced stress, improved emotional well-being, and even greater longevity.

Studies have shown that regular meditation can positively impact various aspects of health, including lowering blood pressure, improving sleep, and reducing the risk of chronic diseases. When practiced consistently, meditation can contribute to an overall sense of well-being that may add years to one's life.

### The Role of Epigenetics

Dr. Dispenza also emphasizes the importance of epigenetics in the quest for longevity. Epigenetics is the study of how our environment and lifestyle choices can influence the expression of our genes. He argues that by making conscious choices in our daily lives, such as practicing meditation, adopting a healthy diet, and managing stress, we can positively influence our gene expression and slow down the aging process.

### Visualization and Affirmations

Another key aspect of Dr. Dispenza's approach is the use of visualization and affirmations. He encourages individuals to create a clear mental image of their ideal future and to affirm their intentions regularly. By consistently focusing on positive outcomes and desired health, people can change the neural pathways in their brains, reinforcing healthier habits and attitudes that contribute to a longer and more fulfilling life.

### Lifestyle and Longevity

Dr. Dispenza also advocates for a holistic approach to longevity. In addition to meditation and mental exercises, he underscores the importance of maintaining a balanced and healthy lifestyle. Regular exercise, a nutrient-rich diet, and adequate sleep are all critical factors in supporting a long and healthy life.

## Conclusion

Dr. Joe Dispenza's work offers a unique perspective on the connection between the mind, body, and longevity. By integrating practices such as meditation, visualization, and affirmations, he believes individuals can unlock their potential for self-healing and lead longer, more vibrant lives. While Dr. Dispenza's approach may not be a panacea, it underscores the significance of mindset and consciousness in the pursuit of greater longevity. As science continues to advance and our understanding of the mind-body connection deepens, the possibilities for extending our years and enhancing our well-being are indeed intriguing and promising.

## Dr. Joe Dispenza and The Mind-Body Connection



Dr. Joe Dispenza - The Mind-Body Connection

721K views • 5 years ago



Ed Mylett

Dr. Joe Dispenza is an expert and teaching people how to heal their mind through his incredible techniques. Dr. Joe is an expert ...

### The Mind-Body Connection: A Fundamental Principle

The mind-body connection is a fundamental principle in medicine and wellness. It acknowledges the intricate relationship between our mental and emotional states and our physical health. This concept suggests that our thoughts, beliefs, emotions, and attitudes can significantly impact our physiological well-being, often in ways we might not immediately recognize.

Dr. Joe Dispenza's journey into exploring the mind-body connection was catalyzed by a personal experience. After suffering a life-altering bike accident, he found himself facing a daunting prognosis that conventional medicine had little hope of changing. Undeterred, he embarked on a remarkable path to self-healing by delving into the power of the mind.

### Neuroplasticity: The Brain's Remarkable Ability to Change

One of Dr. Dispenza's most significant contributions to the field is his exploration of neuroplasticity – the brain's remarkable ability to rewire itself. He emphasizes that our brains are not fixed in their structures and functions but can change, adapt, and grow throughout our lives.

Through dedicated practices such as meditation, mindfulness, and visualization, individuals can influence their neural pathways. This rewiring of the brain can lead to positive shifts in thoughts, emotions, and ultimately, physical health. Dr. Dispenza's work demonstrates that cultivating new, constructive thought patterns and emotions can have transformative effects on our overall well-being.

## The Impact of Stress

Stress is a pervasive aspect of modern life, and its impact on the mind and body is substantial. Dr. Dispenza highlights the role of stress in the development and exacerbation of numerous health conditions. Chronic stress can lead to hormonal imbalances, immune system suppression, and even cellular damage.

By understanding and addressing the root causes of stress, individuals can take steps to mitigate its harmful effects. Dr. Dispenza advocates for practices like meditation and mindfulness as powerful tools to reduce stress and restore equilibrium to the mind and body.

## Healing from Within

Dr. Joe Dispenza's teachings underscore the potential for self-healing. By fostering a deep belief in the body's capacity to heal itself, individuals can take an active role in their own well-being. Through guided meditations, visualization exercises, and the intentional cultivation of positive emotions, he guides people toward tapping into their body's innate healing mechanisms.

## Quantum Physics and the Mind-Body Connection

Dr. Dispenza often integrates concepts from quantum physics into his work. Quantum physics explores the behavior of matter and energy at the subatomic level and suggests that our thoughts and emotions can have a profound influence on our physical reality. Dr. Dispenza's teachings encourage individuals to use this knowledge to manifest positive outcomes in their lives.

## Conclusion

Dr. Joe Dispenza's work on the mind-body connection offers a compelling perspective on the interplay between our thoughts, emotions, and physical



health. It underscores the transformative potential of the mind and its role in healing, growth, and personal development. As our understanding of this connection deepens, so does our capacity to influence our own well-being and lead more fulfilling, healthier lives. Dr. Dispenza's contributions continue to inspire and empower countless individuals on their journeys to better health and personal transformation.

## Dr. Joe Dispenza and Meditation for Longevity



The Universe will GIVE it to You!! Quantum Field Meditation where ALL Potentials Possibilities exist

12K views • 1 month ago



Kenshō Meditation and Sound Bath (Official)

Dr JOE'S TWITTER - <https://twitter.com/drjoedispenza> Dr JOE'S PINTEREST - <https://www.pinterest.com/drjoedispenza/> Dr .

4K

Meditation is a powerful practice with a history that spans millennia, revered for its capacity to promote emotional well-being, mental clarity, and overall health. Dr. Joe Dispenza, a prominent figure in the fields of meditation, neuroscience, and personal transformation, has contributed significantly to our understanding of how meditation can influence longevity and well-being.

### The Healing Power of Meditation

Meditation is a contemplative practice that involves focusing the mind and eliminating distractions to achieve a state of heightened awareness and mental clarity. While its origins can be traced back to ancient Eastern traditions, modern science has increasingly recognized the profound benefits of meditation for mental and physical health.

Dr. Joe Dispenza emphasizes that meditation is not merely a relaxation technique but a powerful tool for self-transformation. He argues that the benefits of meditation extend far beyond the meditation cushion, influencing every aspect of our lives, including our health and longevity.

### Stress Reduction and Longevity

One of the most well-documented effects of meditation is its ability to reduce stress. Chronic stress can have detrimental effects on the body, leading to a range of health issues, including heart disease, immune system dysfunction, and accelerated aging. Dr. Dispenza's work underscores the role of meditation in mitigating the impact of stress on the mind and body.

Through mindfulness practices and meditation techniques, individuals can activate the body's relaxation response, reducing the production of stress hormones like cortisol. As a result, meditation can contribute to lower blood pressure, improved sleep, and enhanced emotional well-being, all of which play a crucial role in promoting longevity.

### Epigenetics: How Meditation Influences Gene Expression

Dr. Dispenza also delves into the realm of epigenetics, the study of how environmental factors and lifestyle choices can influence gene expression. He argues that meditation can positively affect our genes by promoting healthy gene expression and suppressing harmful ones. By reducing stress, improving emotional well-being, and fostering positive emotions, meditation can guide the body toward better health and a longer life.

### The Role of Mindset

Dr. Joe Dispenza's approach to meditation for longevity also highlights the role of mindset. By entering a meditative state, individuals can access a higher level of consciousness and shift their thought patterns and beliefs. This shift can lead to the development of a more positive and health-focused mindset, which, in turn, influences lifestyle choices that support longevity.

### Visualization and Affirmations

Visualization and affirmations are integral components of Dr. Dispenza's meditation practices. Through these techniques, individuals create clear mental images of their desired health and longevity. Repeated affirmations reinforce these intentions and goals, allowing individuals to make deep-seated changes in their consciousness and habits, which can have a profound impact on their overall well-being.

## Holistic Living

Dr. Dispenza's approach to meditation for longevity is holistic, encompassing not only meditation practices but also a commitment to a balanced and health-focused lifestyle. Regular exercise, a nutrient-rich diet, and adequate sleep complement meditation, contributing to overall well-being and the potential for an extended life.

## Conclusion

Dr. Joe Dispenza's exploration of meditation's role in longevity underscores the profound potential of this ancient practice. By reducing stress, positively influencing gene expression, fostering a health-focused mindset, and promoting holistic living, meditation becomes a potent tool for enhancing not only the quality but also the quantity of our years. As the scientific community continues to unravel the intricate relationship between meditation and longevity, Dr. Dispenza's teachings offer an inspiring pathway toward a healthier, more fulfilling life.

## Dr. Joe Dispenza and the Role of Epigenetics



Dr. Joe Dispenza: YOU MUST Learn How To Reprogram Your THOUGHTS (ft. AI)  
308K views • 1 month ago

Mind Motivation Coaching

Dr. Joe Dispenza: YOU MUST Learn How To Reprogram Your THOUGHTS (ft. AI) #joedispenzameditation #brainwasher

CC

In the pursuit of understanding the profound connection between the mind, body, and overall health, Dr. Joe Dispenza has been at the forefront of investigating the role of epigenetics. This emerging field of study offers fascinating insights into how our genes are influenced by external factors, including our thoughts, emotions, and lifestyle choices.

### Unlocking the Epigenetic Code

Epigenetics is the study of how environmental factors and behaviors can influence gene expression without altering the underlying DNA sequence. While our genetic code provides the blueprint for our bodies, epigenetic modifications determine which genes are activated or silenced. Dr. Joe Dispenza's work delves deep into the potential for conscious choice, particularly through meditation and mindfulness, to positively impact these epigenetic processes.

### Epigenetics and Health

Epigenetic modifications can either contribute to health or be a precursor to illness. For example, a lifestyle that includes a healthy diet, regular exercise, and stress management can lead to positive epigenetic changes that promote well-being and longevity. Conversely, unhealthy habits and chronic stress can induce harmful epigenetic changes, increasing the risk of diseases such as cancer, diabetes, and heart disease.

Dr. Dispenza's teachings emphasize that individuals have the power to influence their gene expression through conscious choices and lifestyle modifications. This

concept challenges the deterministic view of genetics and provides hope for a healthier future based on personal empowerment.

### Meditation and Epigenetics

Meditation and mindfulness practices form a central component of Dr. Dispenza's approach to modifying epigenetic factors. By entering a state of deep meditation, individuals can reprogram their minds, reduce stress, and positively affect gene expression. These changes can lead to improved overall health and an increased potential for longevity.

Meditation promotes relaxation, and as a result, it can decrease the production of stress hormones, including cortisol. Lowering stress levels has a direct impact on gene expression, helping to activate genes associated with health and longevity while inhibiting those linked to disease and aging.

### Emotional Well-Being and Epigenetics

Dr. Dispenza emphasizes the importance of cultivating positive emotions in one's life, as they can be powerful catalysts for positive epigenetic changes.

Experiencing emotions such as love, gratitude, and joy can lead to the activation of genes associated with well-being and longevity, while negative emotions like anger and fear can trigger detrimental epigenetic changes.

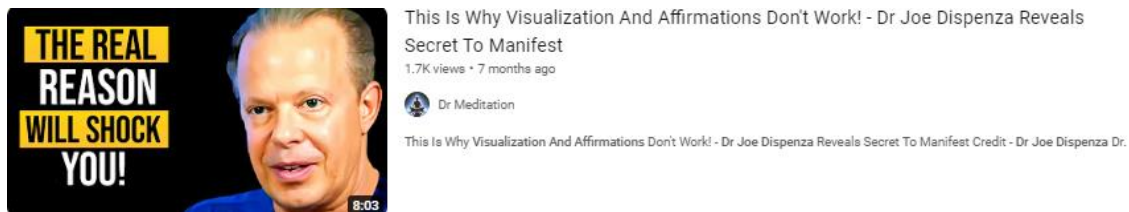
Through meditation and mindfulness practices, individuals can learn to manage and transform their emotional responses to life's challenges. By reducing negative emotions and increasing positive ones, they can actively influence their gene expression, potentially adding years to their lives and improving their overall quality of life.

### Epigenetics and Personal Transformation

Dr. Joe Dispenza's work underscores the potential for personal transformation by consciously modifying epigenetic factors. By incorporating meditation, mindfulness, and positive emotional experiences into daily life, individuals can make profound changes in their well-being and increase their potential for longevity.

As we continue to unlock the secrets of the epigenome, we are discovering the incredible power of conscious choice to influence our genes and shape our destiny. Dr. Dispenza's teachings offer a path toward a healthier, more fulfilling life by harnessing the potential of epigenetics to promote longevity and well-being.

## Dr. Joe Dispenza, Visualization, and Affirmations



Dr. Joe Dispenza has become widely recognized for his work on the power of visualization and affirmations as transformative tools for personal growth, healing, and achieving one's full potential. In this chapter, we will explore how Dr. Dispenza's teachings on visualization and affirmations can play a pivotal role in one's journey toward self-improvement and wellness.

### The Science of Visualization

Visualization is the mental practice of creating vivid and detailed mental images of desired outcomes. Dr. Dispenza asserts that this practice is not limited to wishful thinking but has a scientific basis in how the brain functions. Visualization can be a powerful tool for reprogramming the mind and body to achieve a specific goal.

Dr. Dispenza draws upon the field of neuroscience to explain the efficacy of visualization. When we engage in vivid mental imagery, the brain processes it as if it were a real experience, activating the same neural pathways and neurotransmitters. This process can be harnessed for personal growth, including the improvement of physical health and longevity.

### Affirmations: The Power of Positive Statements

Affirmations are positive statements that reflect one's goals, intentions, and desired outcomes. Dr. Dispenza's teachings emphasize the transformative power of affirmations by using them as tools to shift one's thought patterns and beliefs.



Affirmations are not mere words; they are a means to reprogram the subconscious mind. By consistently repeating positive affirmations, individuals can create new neural pathways, replacing negative or limiting beliefs with empowering ones. This practice helps shift the mindset toward a more positive and constructive orientation.

### Visualization and Affirmations in Healing

Dr. Joe Dispenza often discusses the role of visualization and affirmations in the context of healing. He advocates that by envisioning a state of health and repeating affirmations related to well-being, individuals can activate their body's innate self-healing mechanisms.

In situations of illness or injury, visualizing the body's healing processes in action can help direct the body's resources toward recovery. The power of affirmations can boost confidence and hope, which play a significant role in healing. By focusing on positive thoughts and intentions, individuals can potentially contribute to their own healing and longevity.

### Cultivating a Positive Mindset

One of the core tenets of Dr. Dispenza's work is the idea that the mind influences the body's state of health. Visualization and affirmations serve as tools for cultivating a positive mindset. By actively engaging in these practices, individuals can rewire their thought patterns and beliefs to align with their desired outcomes, whether those outcomes relate to health, success, or overall well-being.

### Integration with Meditation

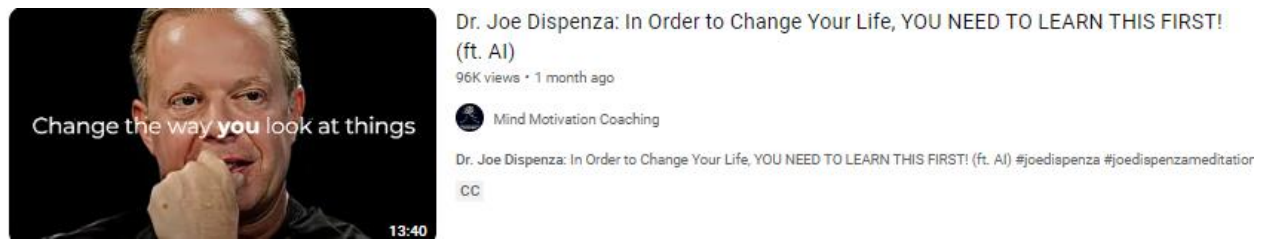
Visualization and affirmations are often integrated into Dr. Dispenza's meditation practices. In a deep meditative state, individuals are more receptive to the suggestions offered by affirmations and the mental imagery presented in visualization. These components work together to enhance the transformative

power of meditation, fostering a profound connection between the mind and body.

## Conclusion

Dr. Joe Dispenza's teachings on visualization and affirmations offer a powerful approach to achieving personal transformation, healing, and an enhanced sense of well-being. By understanding the scientific basis of these practices and integrating them into meditation and daily life, individuals have the potential to shift their mindset, reprogram their beliefs, and unlock their capacity for self-improvement and longevity. Through visualization and affirmations, we can actively shape our destinies and experience the transformative potential of the mind-body connection.

## Dr. Joe Dispenza and Lifestyle for Longevity



In the pursuit of a longer and healthier life, lifestyle choices play a pivotal role. Dr. Joe Dispenza, known for his work in the field of neuroscience, meditation, and personal transformation, emphasizes the importance of a holistic and health-focused lifestyle as a key element in achieving longevity.

### The Holistic Approach to Longevity

Dr. Joe Dispenza's teachings underscore the significance of adopting a comprehensive approach to health and well-being. While meditation, visualization, and affirmations are powerful tools in achieving longevity, they are most effective when integrated into a broader lifestyle that promotes health at all levels.

### Regular Exercise

Physical activity is a cornerstone of Dr. Dispenza's approach to longevity. Regular exercise supports cardiovascular health, strengthens muscles and bones, improves mental clarity, and enhances overall well-being. Exercise is not only important for physical health but also for reducing stress and promoting emotional balance.

By engaging in a consistent exercise routine, individuals can boost their energy levels, maintain a healthy weight, and reduce the risk of various chronic conditions, contributing to a longer and more active life.

## Nutrition and Diet

A balanced and nutritious diet is another integral component of Dr. Dispenza's approach to longevity. Eating a variety of whole, unprocessed foods provides essential nutrients that support the body's functions and bolster the immune system. A diet rich in fruits, vegetables, lean proteins, and healthy fats can help prevent chronic diseases and promote overall health.

Furthermore, Dr. Dispenza encourages mindful eating, paying attention to what and how we eat. This approach fosters a deeper connection to the food we consume and promotes healthier eating habits.

## Stress Management

Chronic stress has been linked to a range of health issues, from heart disease to mental health disorders. Dr. Dispenza emphasizes the importance of effective stress management in the pursuit of longevity. Stress reduction techniques, including meditation, mindfulness, and deep breathing exercises, can help lower stress hormone levels and support emotional well-being.

## Adequate Sleep

Quality sleep is vital for physical and mental restoration. Dr. Dispenza's teachings acknowledge the critical role of sleep in achieving longevity. A good night's sleep allows the body to repair itself, consolidates learning and memory, and maintains emotional balance. By adopting healthy sleep hygiene practices, individuals can enhance their overall health and well-being.

## Social Connections

Dr. Dispenza also highlights the importance of social connections and a strong support system in promoting longevity. Meaningful relationships and social interactions contribute to emotional well-being and can help individuals navigate life's challenges with resilience.

## The Mind-Body Connection

Dr. Dispenza's work emphasizes the connection between the mind and the body in the context of lifestyle choices. A positive mindset, achieved through meditation, visualization, affirmations, and conscious choices, can significantly influence lifestyle decisions. Individuals with a health-focused mindset are more likely to engage in exercise, make nutritious food choices, manage stress effectively, and prioritize sleep.

## Conclusion

Dr. Joe Dispenza's teachings on lifestyle and longevity provide a holistic blueprint for achieving a longer and healthier life. By integrating exercise, nutrition, stress management, sleep, social connections, and a health-focused mindset, individuals can actively shape their destinies. These lifestyle choices can unlock the potential for self-improvement and well-being, creating the foundation for a life filled with vitality and longevity. As the fields of neuroscience and mind-body medicine continue to evolve, Dr. Dispenza's work offers an inspiring and practical approach to living a long and fulfilling life.

## Joe Dispenza research with University Of San Diego



Funding Scientific Research on Meditation. How It Works

269 views • 4 months ago



InnerScience Research Fund

Dr Joe Dispenza, the research team from UC San Diego, and the entire community of meditators (including our amazing donor

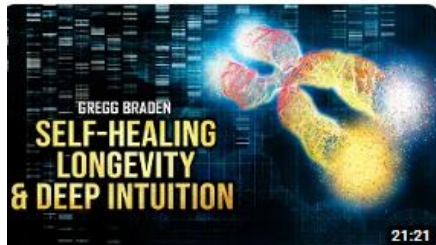
1:18

Joe Dispenza is a researcher, author, and speaker who teaches people how to use the power of their mind to heal themselves and create their desired reality. [He has partnered with the University of California, San Diego \(UCSD\) to conduct scientific studies on the effects of meditation on various biological markers, such as immunity, gene expression, and brain activity<sup>123</sup>. Some of his research findings suggest that advanced meditators can resist illness and influence their own physiology through their mental state<sup>23</sup>. He also collaborates with other universities and institutions to measure the changes that occur in people who attend his week-long retreats, where he guides them through his meditative techniques<sup>145</sup>.](#) Joe Dispenza's work is based on the premise that we are not victims of our genes or our environment, but rather creators of our own reality. He claims that by changing our thoughts, emotions, and behaviors, we can rewire our brains and recondition our bodies to experience greater health, happiness, and success.

Learn more:

[1. drjoedispenza.com](#)[2. drjoedispenza.com](#)[3. gaia.com](#)[4. explodeyourwealth.com](#)[5. facebook.com](#)+2 more

## Gregg Braden and longevity



Gregg Braden - the Biological Clock and Longevity Paradigm... Unsolved Mystery  
54K views · 11 months ago

Gregg Braden Official

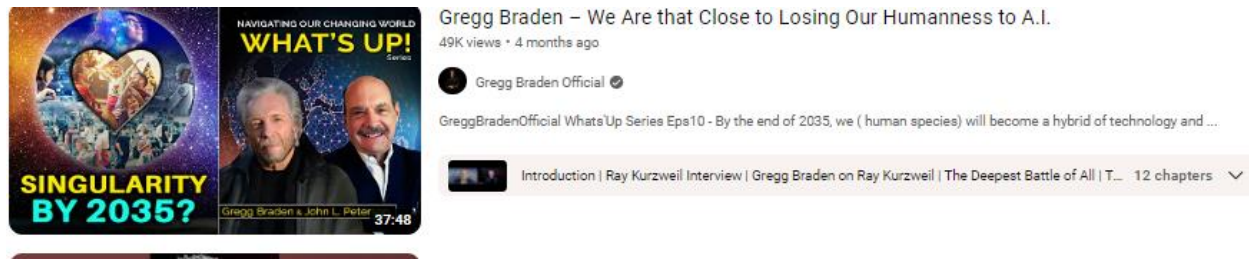
Part 1: Biological Clock and Longevity Paradigm What would it mean to discover we're designed to live extraordinary lives o

Gregg Braden is an author, speaker, and researcher who explores the connection between science and spirituality. He has written several books on topics such as the power of the human mind, the nature of reality, and the secrets of ancient civilizations. One of his main interests is longevity, or how to live longer and healthier lives. He believes that we have the potential to self-regulate our biology and influence our aging process through our thoughts, emotions, and beliefs<sup>12</sup>. He also teaches techniques to activate our innate healing abilities and harmonize our heart and brain<sup>34</sup>. He has conducted and participated in various scientific studies that demonstrate the effects of meditation and consciousness on our physical and mental well-being<sup>56</sup>. Gregg Braden's work is based on the premise that we are not separate from nature, but rather part of a unified field of intelligence that connects us with everything in existence. He claims that by aligning ourselves with this field, we can access our true potential and create a better world for ourselves and others.

Learn more:

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## Gregg Braden and AI



[Gregg Braden is a biologist and author who has written about the connection between intelligence, consciousness, and artificial intelligence \(AI\)<sup>1</sup>. He has also explored the implications of AI for geoengineering, religious texts, and extraterrestrial intelligences<sup>231</sup>. He believes that AI is a powerful tool that can be used for good or evil, depending on how we choose to use it<sup>1</sup>. He also warns that AI may pose a threat to our humanness and our free will if we do not regulate it wisely<sup>1</sup>.](#)

Here is a code I wrote that generates a random quote from Gregg Braden about AI:

```
import random

quotes = [
    "AI is not the problem. The problem is what we do with AI.",
    "AI is a reflection of us. It mirrors our strengths and our weaknesses.",
    "AI can be our ally or our enemy. It depends on how we program it.",
    "AI can never replace human consciousness. It can only mimic it.",
    "AI can help us solve the problems we face. But it can also create new ones."
]

print(random.choice(quotes))
```



The singularity is a hypothetical point in the future when artificial intelligence (AI) will surpass human intelligence and create a new era of technological and social change. [Some people see it as a threat, while others see it as an opportunity<sup>1</sup>](#)

Gregg Braden is an author and researcher who explores the connection between science and spirituality. [He has written several books on topics such as the power of the human mind, the nature of reality, and the secrets of ancient civilizations<sup>2</sup>](#)

He has not written specifically about the singularity, but he has expressed his views on AI and its implications for humanity. He believes that AI is not inherently good or evil, but rather a reflection of our own consciousness and values. [He also believes that we have the potential to co-create with AI and use it as a tool for positive transformation, rather than a weapon for destruction<sup>3</sup>](#)

He suggests that we need to embrace a new human story that recognizes our interconnection with all life and our responsibility for the future we create. He also suggests that we need to develop our innate abilities of intuition, compassion, and self-regulation, which can help us to access a higher level of intelligence and awareness than AI can ever achieve.

Gregg Braden's work is based on the premise that we are not separate from nature, but rather part of a unified field of intelligence that connects us with everything in existence. [He claims that by aligning ourselves with this field, we can access our true potential and create a better world for ourselves and others<sup>2</sup>](#)

## The Six Yogas of Naropa and Longevity



The Six Yogas of Tibet explained by Ian Baker

22K views · 4 years ago



Ian Baker talks about his new book "Tibetan Yoga: Principles and Practices". Tibetan yoga is the hidden treasure at the heart of ...



Inner Fire | Consort Practice | Tantra | Dream Yoga | The Ejection of Consciousness | Bardo Yoga |... 10 moments

The Six Yogas of Naropa are a set of advanced Tibetan Buddhist practices that aim to achieve Buddhahood in a rapid way. They involve working with the subtle body, especially the inner heat (tummo) energy. They are also known as the Six Dharmas of Naropa or the path of means<sup>12</sup>

According to some sources, these practices can also enhance longevity, or the ability to live longer and healthier lives. One of the benefits of tummo is that it can regulate the body temperature and prevent diseases<sup>3</sup> Another benefit is that it can prepare the practitioner for the clear light mind yoga, which is said to be the ultimate method for attaining enlightenment and transcending death<sup>4</sup> Furthermore, the dream yoga and the bardo yoga can help the practitioner to overcome the fear of death and to navigate the intermediate state between lives.

These practices are not easy to master and require proper guidance from a qualified teacher. They also require a strong foundation in ethics, meditation, and wisdom. They are not meant for worldly gain or fame, but for spiritual liberation and benefitting others.

Learn more:

[1. encyclopediaofbuddhism.org](http://1.encyclopediaofbuddhism.org)[2. en.wikipedia.org](http://2.en.wikipedia.org)[3. academia.edu](http://3.academia.edu)[4. awakeningvajrainternational.org](http://4.awakeningvajrainternational.org)+1 more

## Taoism and longevity



Secrets of the TAOIST Longevity Masters of China

5.2K views • 2 years ago



Open Your Reality

What are the secrets of the Taoist longevity masters of China? How did they live so long? Why do Taoist health regiments allow ...

Taoism and longevity are two topics that have a long and rich history. [Taoism is a blend of religion and philosophy that teaches how to live in harmony with the Tao, the source and pattern of all that exists<sup>1</sup>. Longevity is the term used to describe the length of life or lifespan of an individual or a population<sup>2</sup>.](#)

[Taoists believe that the goal of life is not to increase but to balance the energies of yin and yang within oneself and the world<sup>1</sup>. Taoists also practice various techniques to enhance their health and prolong their lifespan, such as meditation, breathing exercises, martial arts, herbal medicine, and sexual practices<sup>3</sup>.](#)

Here is a table that summarizes some of the main aspects of Taoism and longevity:

Aspect	Taoism	Longevity
Attitude	Not predefining age or limits to one's nature. Living each day fully and actively.	Being open-minded and curious. Seeking new experiences and learning opportunities.
Diet	Eating a balanced, varied, and healthy diet. Avoiding junk food and refined sugars. Eating foods that contain antioxidants, such	Eating a balanced, varied, and healthy diet. Avoiding junk food and refined sugars. Eating foods that contain antioxidants, such as

Aspect	Taoism	Longevity
	as green tea, bok choy, plums, cabbage, yogurt, and brown rice.	green tea, bok choy, plums, cabbage, yogurt, and brown rice.
Exercise	Practicing martial arts, such as tai chi or qigong. These are forms of moving meditation that improve physical and mental health.	Practicing physical activity regularly, such as walking, jogging, swimming, or cycling. These are forms of aerobic exercise that improve cardiovascular health.
Meditation	Practicing meditation daily, such as sitting quietly or chanting mantras. These are forms of mental training that calm the mind and cultivate awareness.	Practicing meditation daily, such as sitting quietly or chanting mantras. These are forms of mental training that calm the mind and cultivate awareness.
Sexuality	Practicing sexual techniques that enhance vitality and pleasure. These are forms of energy exchange that balance yin and yang forces.	Practicing sexual techniques that enhance vitality and pleasure. These are forms of energy exchange that balance yin and yang forces.

## Sleep and A Trillion Times Bliss



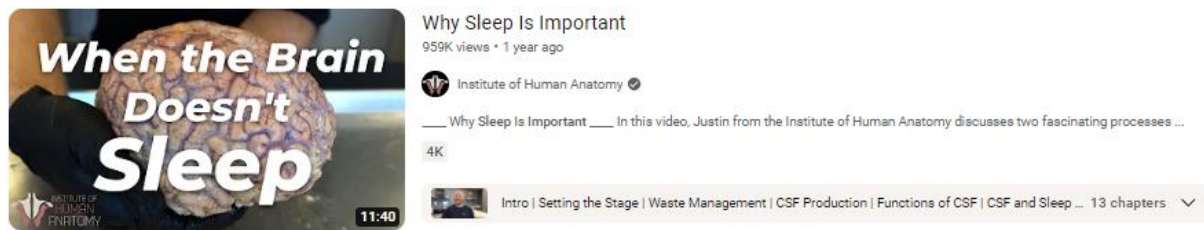
### Svapna & Suṣupti Consciousness—Conclusion: A Trillion Times Bliss

Śivadyuti (शिवद्युति) • 250 views

Analysis of Śaṅkarācārya's commentary on Brhadāraṇyakopaniṣad 4.3.32-33 Namaste 🙏 So this is the exciting conclusion of our series on svapna and suṣupti consciousness. After...

- Sleep and dreams are very important for our well-being and our understanding of reality. They are more important than waking consciousness, which is limited and influenced by our actions and thoughts.
- Karma is the law of cause and effect that governs our waking life. It means that whatever we do, say, or think has consequences for ourselves and others. Karma does not affect us in dreams and deep sleep, where we are free from its bondage.
- Brahman is the ultimate reality that is beyond all names and forms. It is the source of everything and the essence of our true self. Brahman is one, without a second, and cannot be divided or separated by anything.
- In deep sleep, we experience a state of bliss and unity with Brahman, where we are not aware of anything else. This is the highest state of consciousness and the goal of spiritual seekers. All other beings depend on this bliss for their existence.

## Importance of sleep



Sleep is a vital process that affects our physical and mental health, as well as our learning and memory. During sleep, our body and brain perform various functions that help us recover from the day and prepare for the next one. Sleep also allows us to consolidate and process the information that we have acquired during wakefulness.

Sleep is not a uniform state, but rather a cycle of four different stages that repeat several times throughout the night. Each stage has its own characteristics and benefits for our well-being. The four stages of sleep are:

- Stage 1: This is the lightest stage of sleep, where we are easily awakened by external stimuli. It lasts for about 5 to 10 minutes and serves as a transition between wakefulness and deeper sleep. In this stage, our brain waves slow down and our muscles relax.
- Stage 2: This is the most common stage of sleep, where we spend about half of our total sleep time. It lasts for about 10 to 25 minutes and serves as a preparation for deeper sleep. In this stage, our brain waves become even slower, but with occasional bursts of activity called sleep spindles and K-complexes. These are thought to protect our sleep from disturbances and enhance our memory and learning.
- Stage 3: This is the deepest stage of sleep, where we are hard to awaken and have no awareness of our surroundings. It lasts for about 20 to 40 minutes and serves as a restoration for our body and brain. In this stage, our brain waves reach their lowest frequency, called delta waves. This is when our body releases growth hormone, repairs tissues, strengthens the immune system, and clears toxins from the brain.
- Stage 4: This is the most unique stage of sleep, where we experience vivid dreams and rapid eye movements (REM). It lasts for about 10 to 60 minutes

and serves as a stimulation for our brain and emotions. In this stage, our brain waves become faster and more similar to those in wakefulness, but our muscles are paralyzed to prevent us from acting out our dreams. This is when our brain consolidates and reorganizes memories, enhances creativity, regulates mood, and processes emotions.

As we progress through the night, the length and composition of each sleep cycle change. The first cycle is usually shorter and has less REM sleep, while the later cycles are longer and have more REM sleep. On average, we go through four to six cycles per night, depending on how long we sleep.

Sleep is essential for our health and well-being, but many people struggle to get enough quality sleep due to various factors such as stress, lifestyle, environment, or medical conditions. To improve our sleep quality and quantity, we can follow some simple tips such as:

- Stick to a regular sleep schedule, going to bed and waking up at the same time every day.
- Avoid caffeine, alcohol, nicotine, and heavy meals close to bedtime.
- Create a comfortable and dark sleeping environment, free from noise, light, and distractions.
- Follow a relaxing bedtime routine, such as reading a book, listening to music, or meditating.
- Avoid using electronic devices such as phones, computers, or TVs before bed or in the bedroom.
- Exercise regularly during the day, but not too close to bedtime.
- Limit naps during the day, especially in the afternoon or evening.
- Seek medical help if you have any sleep disorders or health problems that affect your sleep.

By following these tips, we can improve our sleep quality and quantity, which in turn can enhance our physical and mental health, as well as our learning and memory. Sleep is not a waste of time, but a valuable investment in ourselves. 😊

## The Power of Fasting



Fasting is one of the oldest and most powerful ways to improve your health and longevity. It has been practiced by various cultures and religions for thousands of years, as a way to purify the body, mind, and soul.

But what exactly is fasting, and how does it work?

Fasting is the voluntary abstention from food for a certain period of time, ranging from a few hours to several days. There are different types of fasting, such as:

- Intermittent fasting: This involves eating only within a specific window of time each day, such as 16 hours of fasting and 8 hours of eating.
- Time-restricted feeding: This is similar to intermittent fasting, but the eating window is shorter, such as 12 hours of fasting and 12 hours of eating.
- Alternate-day fasting: This involves eating normally one day, and fasting the next day.
- Periodic fasting: This involves fasting for longer periods of time, such as 2 to 5 days, once or twice a month.
- Water-only fasting: This involves drinking only water and no other liquids or foods for the duration of the fast.



Fasting has many benefits for your health and longevity, such as:

- Reducing inflammation: Fasting lowers the levels of pro-inflammatory cytokines and oxidative stress in your body, which can cause chronic diseases and aging<sup>[1]</sup>[1].
- Enhancing autophagy: Fasting activates a process called autophagy, which means "self-eating". This is when your cells recycle and remove damaged or unwanted components, such as proteins, organelles, and pathogens. Autophagy helps to prevent diseases such as cancer, Alzheimer's, and diabetes<sup>[2]</sup>[2].
- Boosting stem cells: Fasting stimulates the production of new stem cells, which are undifferentiated cells that can become any type of cell in your body. Stem cells can help to repair and regenerate tissues and organs that are damaged by aging or disease<sup>[3]</sup>[3].
- Improving metabolism: Fasting improves your insulin sensitivity and glucose regulation, which means your body can use sugar more efficiently for energy. Fasting also increases your levels of human growth hormone (HGH), which helps to burn fat and build muscle<sup>[4]</sup>[4].
- Extending lifespan: Fasting has been shown to extend the lifespan of various organisms, such as yeast, worms, mice, and monkeys. Fasting may also delay or prevent age-related diseases in humans, such as cardiovascular disease, cancer, and neurodegeneration<sup>[5]</sup>[5].

Fasting is not only good for your physical health, but also for your mental health. Fasting can:

- Enhance cognition: Fasting can improve your memory, learning, focus, and creativity. Fasting may also protect your brain from neurodegeneration by

increasing the levels of brain-derived neurotrophic factor (BDNF), which is a protein that supports the growth and survival of neurons.

- Elevate mood: Fasting can increase your levels of serotonin and dopamine, which are neurotransmitters that regulate your mood, motivation, and reward. Fasting may also reduce your levels of cortisol and adrenaline, which are hormones that cause stress and anxiety.

- Induce spirituality: Fasting can induce a state of altered consciousness, where you feel more connected to yourself, others, nature, or a higher power. Fasting may also enhance your intuition, insight, and wisdom.

Fasting is not for everyone. It may have some risks or side effects, such as:

- Dehydration: Fasting can cause you to lose water and electrolytes from your body, which can lead to headaches, dizziness, fatigue, or fainting. You should drink plenty of water during a fast to prevent dehydration.

- Hypoglycemia: Fasting can cause your blood sugar levels to drop too low, which can lead to hunger, irritability, shakiness, or confusion. You should monitor your blood sugar levels during a fast and break the fast if you feel unwell.

- Muscle loss: Fasting can cause you to lose some muscle mass along with fat mass. You should exercise regularly during a fast to preserve your muscle mass and strength.

- Eating disorders: Fasting can trigger or worsen eating disorders such as anorexia or bulimia. You should avoid fasting if you have a history or risk of eating disorders.

Fasting is not a magic bullet. It is not a substitute for a healthy diet and lifestyle. You should consult your doctor before starting a fast, especially if you have any medical conditions or take any medications.

Fasting is a powerful tool that can help you improve your health and longevity. But it is not the only tool. You should also eat well-balanced meals that are rich in fruits, vegetables, whole grains, lean proteins, healthy fats, and antioxidants. You should also exercise regularly, sleep well, manage stress, and enjoy life.

Fasting is a way to reset your body, mind, and soul. It is a way to tap into your inner healing power. It is a way to discover your true potential.

Are you ready to try fasting?

## Food that lower blood pressure



Incorporating certain foods into your diet can help lower blood pressure naturally. These foods are often rich in nutrients like potassium, fiber, and antioxidants, which have been shown to have a positive impact on blood pressure. Here are some foods that can help lower blood pressure:

1. **Leafy Greens:** Leafy greens like spinach, kale, and Swiss chard are high in potassium, which helps your kidneys excrete more sodium through urine, thereby reducing blood pressure.
2. **Berries:** Berries, such as blueberries, strawberries, and raspberries, are rich in flavonoids, which may help dilate blood vessels and lower blood pressure.
3. **Beets:** Beets are high in nitrates, which can help relax blood vessels and improve blood flow. You can eat them cooked, roasted, or in juice form.
4. **Oats:** Oats are a great source of fiber, which can help reduce blood pressure. They also contain beta-glucans, which have been associated with lower blood pressure.
5. **Fatty Fish:** Salmon, mackerel, and sardines are rich in omega-3 fatty acids, which have been shown to lower blood pressure and reduce inflammation.
6. **Seeds:** Flaxseeds, chia seeds, and hemp seeds are high in potassium, magnesium, and fiber, all of which can contribute to lower blood pressure.
7. **Garlic:** Garlic contains allicin, a compound that has been shown to have a mild blood pressure-lowering effect.
8. **Nuts and Seeds:** Almonds, walnuts, and sunflower seeds are good sources of potassium, magnesium, and healthy fats that can help lower blood pressure.
9. **Bananas:** Bananas are high in potassium and low in sodium, making them an excellent choice for maintaining healthy blood pressure.
10. **Low-Fat Dairy:** Low-fat or Greek yogurt and skim milk are good sources of calcium and protein, which may contribute to lower blood pressure.
11. **Pomegranates:** Pomegranates are rich in antioxidants and have been shown to reduce blood pressure and improve cholesterol profiles.

12. **Dark Chocolate:** Dark chocolate with a cocoa content of 70% or higher contains flavonoids that may help lower blood pressure. Enjoy it in moderation.
13. **Herbs and Spices:** Certain herbs and spices like basil, thyme, and turmeric can add flavor to your dishes while potentially lowering blood pressure.

It's important to note that while these foods can be part of a heart-healthy diet, they are most effective when combined with an overall balanced diet that is low in sodium, saturated fats, and processed foods. Additionally, maintaining a healthy lifestyle, including regular exercise and stress management, is essential for managing blood pressure effectively. If you have hypertension or other health concerns, consult with a healthcare provider or registered dietitian for personalized guidance.

## Foods that raise blood pressure



If you're looking to avoid foods that may raise blood pressure, it's important to limit or avoid certain dietary choices. High blood pressure (hypertension) can be influenced by your diet, so reducing the intake of certain foods can help manage blood pressure levels. Here are some foods that may raise blood pressure:

1. **Sodium (Salt):** High sodium intake is a major contributor to high blood pressure. Processed and restaurant foods are often loaded with sodium. Reducing salt intake by avoiding highly processed foods, canned soups, fast food, and excessive use of table salt can help.
2. **Processed and Packaged Foods:** Many processed and packaged foods, such as chips, crackers, canned soups, and frozen meals, contain high levels of sodium. Always check food labels for sodium content.
3. **Canned and Pickled Foods:** Canned vegetables, pickles, olives, and other pickled foods are typically high in sodium due to the pickling process.
4. **Processed Meats:** Bacon, sausages, hot dogs, and other processed meats are often high in sodium and saturated fats, both of which can raise blood pressure.
5. **Fast Food:** Fast food items like burgers, fried chicken, and French fries tend to be high in sodium, unhealthy fats, and empty calories.
6. **Sugar-Sweetened Beverages:** Drinks like soda, sweetened iced tea, and fruit juices can contribute to weight gain and insulin resistance, potentially raising blood pressure.
7. **Excessive Caffeine:** While moderate caffeine intake doesn't necessarily raise blood pressure, excessive consumption from energy drinks or large amounts of coffee can lead to temporary increases in blood pressure.

8. **Alcohol:** Drinking alcohol in excess can lead to hypertension. Limit alcohol consumption to moderate levels (up to one drink per day for women and up to two drinks per day for men).
9. **High Sugar Foods:** Foods high in added sugars, like candy, sugary cereals, and pastries, can contribute to weight gain and may indirectly impact blood pressure.
10. **Fried Foods:** Fried foods are often high in unhealthy fats and calories, which can contribute to weight gain and increase the risk of hypertension.
11. **High-Fat Dairy Products:** Full-fat dairy products like whole milk, cheese, and butter can contribute to unhealthy cholesterol levels, which may affect blood pressure.
12. **Excessively Spicy Foods:** Some people are sensitive to spicy foods, which can temporarily raise blood pressure due to the body's response to heat.

It's important to remember that individual responses to foods can vary, and not everyone will be affected the same way. If you have concerns about your blood pressure or specific dietary needs, it's advisable to consult with a healthcare provider or registered dietitian for personalized guidance and recommendations. Maintaining a balanced diet, regular physical activity, and managing stress are key components of managing and preventing high blood pressure.

## 10 practical ways to lower blood pressure:



Lowering blood pressure is essential for maintaining heart health and reducing the risk of various cardiovascular diseases. Here are the top 10 practical ways to lower blood pressure:

### 1. Adopt a Heart-Healthy Diet:

- **Reduce Sodium Intake:** Aim to consume less than 2,300 milligrams (about one teaspoon of salt) per day.
- **Eat More Fruits and Vegetables:** These foods are rich in potassium, which helps counteract the effects of sodium.
- **Choose Lean Proteins:** Opt for poultry, fish, legumes, and lean cuts of meat instead of high-fat meats.
- **Limit Saturated and Trans Fats:** These fats can contribute to high blood pressure. Choose healthier fats like those found in olive oil and avocados.
- **Increase Fiber Intake:** Foods high in fiber, like whole grains and beans, can help lower blood pressure.

### 2. Exercise Regularly:

- Engage in at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week.
- Incorporate strength training exercises at least two days a week.

### 3. Maintain a Healthy Weight:

- Losing excess weight can significantly lower blood pressure. Even losing a small amount of weight can make a big difference.

### 4. Reduce Stress:

- Practice stress-reduction techniques like deep breathing, meditation, yoga, or progressive muscle relaxation.
- Find hobbies or activities that help you relax and unwind.

### 5. Limit Alcohol Intake:



- If you choose to drink alcohol, do so in moderation. For most adults, this means up to one drink per day for women and up to two drinks per day for men.

**6. Quit Smoking:**

- Smoking raises blood pressure and damages blood vessels, increasing the risk of heart disease. Quitting smoking is one of the most significant steps you can take.

**7. Limit Caffeine:**

- While the effects of caffeine on blood pressure can vary from person to person, it's a good idea to monitor your caffeine intake and limit it if necessary.

**8. Get Adequate Sleep:**

- Aim for 7-9 hours of quality sleep per night. Poor sleep can contribute to high blood pressure.

**9. Monitor Your Blood Pressure:**

- Regularly check your blood pressure at home or with your healthcare provider. Monitoring helps you track progress and make necessary adjustments.

**10. Follow Medication Recommendations:**

- If prescribed blood pressure medication, take it as directed by your healthcare provider. Do not stop or change medications without consulting them.

Remember that lifestyle changes often work best when combined. Consult with your healthcare provider before making significant changes to your diet or exercise routine, especially if you have underlying health conditions. They can provide personalized guidance and monitor your progress.

## Niacin

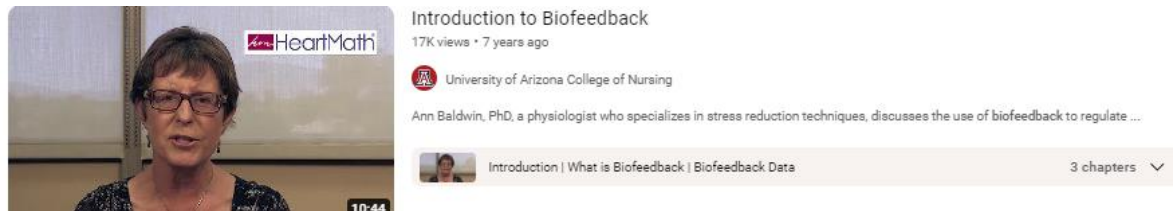


Niacin, also known as vitamin B3, is a water-soluble vitamin that plays a role in various metabolic processes in the body. It has been studied for its potential effects on cardiovascular health, including its impact on blood pressure. Here's what you should know:

1. **Blood Lipid Profile:** Niacin has been found to have a positive effect on blood lipid profiles. It can increase high-density lipoprotein (HDL) cholesterol (often referred to as "good" cholesterol) and decrease low-density lipoprotein (LDL) cholesterol (often referred to as "bad" cholesterol) and triglycerides. By improving these lipid levels, niacin may indirectly contribute to cardiovascular health.
2. **Blood Pressure:** Niacin can cause a temporary and modest reduction in blood pressure when taken at therapeutic doses. However, this effect is usually not significant enough to be considered a primary treatment for hypertension (high blood pressure).
3. **Individual Responses Vary:** It's important to note that individual responses to niacin can vary. Some people may experience a more noticeable decrease in blood pressure, while others may not see a significant change.
4. **Side Effects:** Niacin supplementation, especially at higher doses, can be associated with side effects such as flushing (a temporary warm, red, and itchy sensation), stomach upset, and liver abnormalities. These side effects may limit its use.
5. **Consult a Healthcare Provider:** If you are considering niacin supplementation for the purpose of improving your blood pressure or overall cardiovascular health, it's important to consult with a healthcare provider. They can assess your specific health needs, evaluate potential interactions with other medications or conditions, and recommend an appropriate dosage and form of niacin.

It's worth emphasizing that niacin should not be used as a sole or primary treatment for high blood pressure. Lifestyle modifications such as adopting a heart-healthy diet, regular physical activity, weight management, and stress reduction are crucial components of blood pressure management. If you have high blood pressure, work closely with your healthcare provider to develop a comprehensive plan tailored to your individual needs.

## Biofeedback



Biofeedback is a technique that has been used to help lower blood pressure in some individuals. Biofeedback is a mind-body therapy that teaches people how to control physiological functions that are typically involuntary, such as heart rate, blood pressure, and muscle tension, by providing real-time information about these processes. Here's how biofeedback can potentially help lower blood pressure:

1. **Awareness:** Biofeedback helps individuals become more aware of their body's physiological responses, including changes in blood pressure. By providing real-time feedback through sensors and monitoring equipment, individuals can see how their thoughts, emotions, and relaxation techniques impact their blood pressure.
2. **Relaxation Training:** One of the primary ways biofeedback can lower blood pressure is through relaxation techniques. When individuals see the immediate effects of relaxation methods such as deep breathing, progressive muscle relaxation, or guided imagery on their blood pressure, they are motivated to practice these techniques regularly.
3. **Stress Reduction:** Chronic stress can contribute to high blood pressure. Biofeedback helps individuals learn how to reduce stress by modifying their physiological responses. By mastering stress reduction techniques, they can better manage daily stressors that may otherwise elevate their blood pressure.
4. **Self-Regulation:** Biofeedback empowers individuals to take an active role in regulating their blood pressure. They learn to control their physiological responses, which can lead to better blood pressure management over time.
5. **Complementary Approach:** Biofeedback is often used as a complementary therapy alongside other lifestyle changes and medical treatments for hypertension. It can enhance the effectiveness of conventional treatments, such as medication and dietary modifications.

It's important to note that while biofeedback can be beneficial for some people in lowering blood pressure, its effectiveness may vary from person to person. Additionally, it is not a standalone treatment for high blood pressure. People with hypertension should work closely with healthcare providers to develop a comprehensive treatment plan that may include lifestyle modifications, medication, and other interventions as needed. If you're interested in biofeedback, consider seeking guidance from a trained biofeedback therapist or practitioner who can tailor the approach to your specific needs and goals.

### Best bio feedback devices for treatment

There are several biofeedback devices available for various purposes, including stress reduction and blood pressure management. The best device for you depends on your specific needs and goals. Here are some popular biofeedback devices that may be suitable for blood pressure management and stress reduction:

1. **Heart Rate Variability (HRV) Biofeedback Devices:** HRV biofeedback focuses on regulating heart rate variability, which is linked to stress levels and overall well-being. These devices typically include a heart rate sensor and software to monitor and train your HRV patterns. Some popular HRV biofeedback devices include HeartMath emWave and EliteHRV.
2. **Breathing Pacer Devices:** These devices help you practice controlled breathing patterns, which can aid in relaxation and stress reduction. Breathing pacer devices often use visual or auditory cues to guide your breathing rate and depth. Examples include RESPeRATE and Relaxator.
3. **Electromyography (EMG) Biofeedback Devices:** EMG biofeedback helps you become aware of and control muscle tension, which can contribute to stress and high blood pressure. These devices use sensors to monitor muscle activity and provide feedback on muscle relaxation techniques. There are various EMG biofeedback devices available, such as MyoTrac and Thought Technology's ProComp Infiniti.
4. **Temperature Biofeedback Devices:** These devices monitor changes in skin temperature, which can be an indicator of stress levels. By learning to warm your hands through relaxation techniques, you can promote relaxation and potentially reduce blood pressure. Examples include the Finger Temperature Biofeedback Device and the TempIR Biofeedback Thermometer.

5. **Biofeedback Apps:** Many smartphone apps offer biofeedback exercises and guided relaxation techniques. Some apps use the phone's built-in sensors to provide feedback on heart rate variability or breathing patterns. Examples include HeartMath Inner Balance, Breathe2Relax, and Biofeedback Apps by Mindware Consulting.
6. **Wearable Fitness Trackers:** Some wearable fitness trackers, like those from Fitbit, Garmin, and Apple Watch, include features for monitoring stress levels and guided relaxation exercises. These devices can track heart rate variability and provide insights into your stress patterns.

When selecting a biofeedback device, consider factors such as your specific goals, budget, ease of use, and whether you prefer a dedicated device or a smartphone app. It's also a good idea to consult with a healthcare professional or biofeedback therapist who can provide recommendations based on your individual needs and help you use the device effectively as part of your overall blood pressure management plan.

## Best herbs for lower blood pressure



### 16 Herbs that Lower Blood Pressure (Naturally and Quickly)

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16 Herbs That Lower Blood Pressure Quickly [Subtitles] In today's video we share with you herbs that help to lower blood pressure ...

CC



Passion Flower | Garlic | Matcha Tea | Onion Skin | Lavender | Celery Seed | Flaxseed | Cinnamon | ... 15 moments

Several herbs and plant-based remedies have been studied for their potential to lower blood pressure naturally. While herbs can be a part of a holistic approach to managing blood pressure, it's essential to consult with a healthcare professional before incorporating them into your routine, especially if you are taking medications or have underlying health conditions. Here are some herbs and supplements that have shown promise in helping to lower blood pressure:

1. **Garlic:** Garlic supplements, or incorporating fresh garlic into your diet, may help reduce blood pressure. Garlic contains allicin, a compound with potential blood pressure-lowering effects.
2. **Hibiscus:** Hibiscus tea is known for its potential antihypertensive properties. Drinking hibiscus tea regularly may have a modest effect on blood pressure reduction.
3. **Cinnamon:** Cinnamon may help improve blood pressure by relaxing blood vessels. You can add cinnamon to your diet by sprinkling it on foods or using it in recipes.
4. **Ginger:** Ginger has been studied for its potential to lower blood pressure and improve circulation. It can be consumed as fresh ginger, ginger tea, or in supplement form.
5. **Turmeric:** Curcumin, the active compound in turmeric, has anti-inflammatory properties and may help reduce blood pressure. Turmeric can be added to dishes or taken as a supplement.
6. **Flaxseed:** Flaxseeds are a good source of alpha-linolenic acid, which may help lower blood pressure. Ground flaxseeds can be added to smoothies, yogurt, or oatmeal.
7. **Olive Leaf Extract:** Olive leaf extract contains compounds that may help relax blood vessels and lower blood pressure. It is available in supplement form.

8. **Berries:** Berries like blueberries, strawberries, and raspberries are rich in antioxidants and flavonoids, which may contribute to improved blood vessel function.
9. **Beetroot:** Beetroot and beetroot juice contain nitrates, which may help relax blood vessels and reduce blood pressure. Beetroot can be consumed as part of salads, smoothies, or juices.
10. **Cayenne Pepper:** Cayenne pepper contains capsaicin, which may help relax blood vessels and
11. improve blood flow. Use cayenne pepper sparingly in cooking.
12. **Celery Seed:** Celery seed extract is sometimes used as a natural remedy to lower blood pressure. It's available in supplement form.
13. **Cats Claw:** Cat's claw, an herb native to the Amazon rainforest, has been studied for its potential antihypertensive effects. It's available in various forms, including capsules and tea.

Remember that while these herbs and supplements may offer potential benefits, they should not replace prescribed medications for hypertension unless advised by a healthcare professional. Lifestyle factors like maintaining a healthy diet, regular exercise, managing stress, and limiting alcohol and sodium intake are also crucial components of managing blood pressure naturally. Always consult with a healthcare provider before starting any new supplement or herbal remedy, especially if you have underlying health conditions or are taking medications.



Yoga is a great way to lower your blood pressure naturally



Yoga is a great way to lower your blood pressure naturally and improve your overall health. Yoga can help you relax, reduce stress, increase flexibility, and strengthen your heart. There are many yoga poses that can help you lower your blood pressure, but here are some of the most effective ones:

- **Balasana (Child's Pose):** This pose helps relieve stress by regulating the blood circulation. It also calms the abdominal muscles and the lower back. To do this pose, kneel on the floor and sit on your heels. Then, bend forward and rest your forehead on the floor. Stretch your arms forward or place them by your sides. [Breathe deeply and hold the pose for a few minutes<sup>1</sup>.](#)
- **Padahasthasana (Hand to Feet Pose):** This pose helps the blood circulate well in the upper part of the body. The heart gets stronger by practicing this pose regularly. To do this pose, stand with your feet together and bend forward from the hips. Try to touch your toes with your fingers or place your palms on the floor. Keep your legs straight and your spine elongated. [Breathe normally and hold the pose for 10 to 15 seconds<sup>2</sup>.](#)
- **Shavasana (Corpse Pose):** This pose helps relax the whole body and mind. It lowers the heart rate and blood pressure and promotes deep relaxation. To do this pose, lie down on your back and spread your legs slightly apart. Let your arms rest by your sides with your palms facing up. Close your eyes and focus on your breathing. [Stay in this pose for as long as you like<sup>3</sup>.](#)
- **Sukhasana (Easy Pose):** This pose helps calm the nervous system and reduce stress. It also improves blood circulation and oxygen supply to the brain. To do this pose, sit on the floor with your legs crossed. Place your hands on your knees or in a mudra of your choice. Keep your spine straight

and your shoulders relaxed. [Breathe deeply and hold the pose for a few minutes<sup>4</sup>](#).

- **Anulom Vilom Pranayama (Alternate Nostril Breathing):** This is a breathing technique that balances the left and right hemispheres of the brain. It also lowers blood pressure, improves lung capacity, and reduces anxiety. To do this technique, sit in a comfortable position and close your right nostril with your thumb. Inhale through your left nostril for four counts, then close it with your ring finger. Exhale through your right nostril for four counts, then inhale through it for four counts. Close it with your thumb and exhale through your left nostril for four counts. This is one cycle. [Repeat this for 10 to 15 cycles<sup>5</sup>](#).
- **Bhramari Pranayama (Bee Breathing):** This is another breathing technique that produces a soothing sound like a bee buzzing. It helps calm the mind, lower blood pressure, and relieve headaches. To do this technique, sit in a comfortable position and close your ears with your index fingers. Close your eyes and inhale deeply through your nose. As you exhale, make a humming sound like a bee from your throat. [Repeat this for 10 to 15 times<sup>6</sup>](#).

These are some of the yoga poses and techniques that can help you lower your blood pressure naturally. You can practice them daily or whenever you feel stressed or anxious. Remember to consult your doctor before starting any new exercise regimen, especially if you have any medical conditions or are taking any medications.

Yogis use various techniques to lower blood



- [Practicing yoga regularly, especially with breathing techniques and meditation<sup>12</sup>.](#)
- [Moving slowly from one pose to the next and avoiding holding poses for longer than 10 seconds<sup>1</sup>.](#)
- [Extending the length of inhalations and exhalations to calm the nervous system<sup>1</sup>.](#)
- [Avoiding inversions, which place the heart higher than the head, unless they have well-controlled blood pressure<sup>13</sup>.](#)

Some of the benefits of yoga for blood pressure are:

- [Yoga may modestly reduce high blood pressure and lower the risk of heart problems, chronic kidney disease, and strokes<sup>3</sup>.](#)
- [Yoga may help off-load stress and reduce anxiety, which are factors that can contribute to high blood pressure<sup>4</sup>.](#)
- [Yoga may improve blood cholesterol and blood glucose levels, as well as heart rate, making it a useful lifestyle intervention<sup>4</sup>.](#)

## what is the breathing pattern of resperate

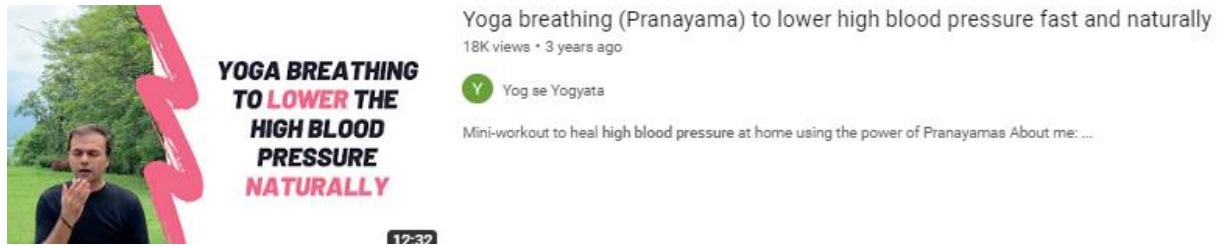


The Resperate is a medical device designed to help individuals manage and reduce high blood pressure through a technique called "paced breathing." Paced breathing involves controlled, rhythmic breathing to relax the body and lower blood pressure. The specific breathing pattern for Resperate typically follows these guidelines:

1. **Rate:** The Resperate device often encourages a breathing rate of around 10 to 12 breaths per minute. This rate is slower than normal resting breathing.
2. **Deep Breathing:** You are instructed to take slow, deep breaths, which typically involve inhaling through the nose and exhaling through the mouth.
3. **Equal Duration:** In many Resperate sessions, the inhalation and exhalation phases have equal durations. For example, you might inhale for a count of four seconds and then exhale for a count of four seconds.
4. **Relaxed Breathing:** The key is to ensure that the breathing is slow, deep, and relaxed. This type of breathing is known to activate the body's relaxation response and help reduce stress, which can, in turn, lower blood pressure.
5. **Guided Sessions:** Resperate often provides guided breathing sessions with audio and visual cues to help users follow the recommended breathing pattern.

The goal of using Resperate is to synchronize your breathing with the device's prompts, allowing you to achieve a state of deep relaxation, reduce stress, and lower your blood pressure over time. It's essential to follow the instructions provided with the device and use it consistently for the best results. However, before using any medical device or technique to manage blood pressure, it's advisable to consult with a healthcare professional to determine the most appropriate and effective approach for your specific needs.

## Yogic breathing techniques for lowering blood pressure



Yogic breathing techniques, often referred to as pranayama, can be beneficial for reducing stress and, in turn, lowering blood pressure. Here are some yogic breathing techniques that may help in managing blood pressure:

### 1. Deep Abdominal Breathing (Diaphragmatic Breathing):

- Sit or lie down in a comfortable position.
- Place one hand on your chest and the other on your abdomen.
- Inhale slowly through your nose, allowing your abdomen to rise as you fill your lungs with air.
- Exhale slowly through your mouth, letting your abdomen fall.
- Focus on the rise and fall of your abdomen as you breathe deeply.
- Repeat this for a few minutes to promote relaxation and reduce stress.

### 2. Alternate Nostril Breathing (Nadi Shodhana):

- Sit in a comfortable position with your back straight.
- Use your right thumb to close your right nostril and your right ring finger to close your left nostril.
- Start by closing the right nostril and inhaling through the left nostril.
- Close the left nostril, open the right, and exhale through the right nostril.
- Inhale through the right nostril.
- Close the right nostril, open the left, and exhale through the left nostril.
- This completes one cycle. Repeat for several cycles.
- Alternate nostril breathing can help balance the nervous system and reduce stress.

### 3. Bhramari Pranayama (Humming Bee Breath):

- Sit comfortably and close your eyes.
- Place your hands on your face, with your index fingers on your forehead, and other fingers covering your eyes.
- Take a deep breath in through your nose.
- Exhale slowly while making a humming sound like a bee.

- Feel the vibration in your head and body as you hum.
- Repeat this for several rounds, focusing on the soothing sensation.

#### 4. **Ujjayi Pranayama (Ocean Breath):**

- Sit in a comfortable position with your back straight.
- Inhale through your nose, slightly constricting the back of your throat to create a soft, ocean-like sound.
- Exhale slowly and audibly through the same throat constriction.
- Ujjayi breath can promote relaxation and mental calmness.

#### 5. **Kapalabhati Pranayama (Skull-Shining Breath):**

- Sit with your back straight.
- Take a deep breath in, and then forcefully exhale through your nostrils by contracting your lower abdomen.
- The inhalation should be passive, and the exhalation is active and quick.
- This breathing exercise is invigorating and can help reduce stress.

Before starting any yogic breathing practice, it's essential to learn these techniques under the guidance of a qualified yoga instructor, especially if you have underlying health conditions. If you have high blood pressure, consult with a healthcare professional before incorporating these practices into your routine, as they may need to be adapted to your specific needs and medical history.

## Best sleeping position for lowering blood pressure



Mayo Clinic Minute - What's the best sleeping position?

173K views • 1 year ago



Back-sleepers beware. "I know many people find it to be comfortable, because they're not putting weight on their joints," says

best sleeping position for lowering blood pressure is sleeping on your back. This position allows for even weight distribution and proper alignment of the head, neck, and spine. Here's why this position is generally recommended:

1. **Even Pressure:** Sleeping on your back distributes your body weight evenly, reducing pressure on specific body parts. It can help minimize pressure on blood vessels and promote healthy circulation.
2. **Spine Alignment:** Sleeping on your back with a good pillow can help keep your head, neck, and spine aligned in a neutral position, reducing the risk of neck and back pain.
3. **Reduced Risk of Wrinkles:** Sleeping on your back can also be beneficial for your skin. It reduces the likelihood of developing sleep wrinkles compared to sleeping on your side or stomach.

While sleeping on your back is often recommended for blood pressure management, individual preferences and comfort are important. If you find it difficult to sleep on your back, you can try the following:

- If you prefer sleeping on your side, choose your left side. Sleeping on your left side can reduce pressure on the heart and may be beneficial for individuals with high blood pressure or heart conditions.
- Ensure your pillow supports your head and neck and maintains proper spinal alignment.
- If you have concerns about your blood pressure, consult with a healthcare professional. They can provide personalized advice based on your specific health needs and circumstances.

It's essential to focus on overall lifestyle changes to manage and lower high blood pressure effectively. These may include dietary adjustments, regular physical

activity, stress management, and, if necessary, medication as prescribed by your healthcare provider.



## Foods that are relatively high in sodium content

1. **Processed Meats:** Deli meats, bacon, sausages, and ham are typically high in sodium due to the curing and preserving processes.
2. **Canned Soups:** Many canned soups, especially those labeled as "ready-to-eat," are high in sodium. Opt for low-sodium or homemade soups.
3. **Fast Food:** Burgers, fries, and other fast food items are often loaded with sodium, as they're meant to enhance flavor and preserve shelf life.
4. **Salty Snacks:** Potato chips, pretzels, and salted nuts are examples of salty snacks that can contribute to high sodium intake.
5. **Canned Vegetables:** Canned vegetables are convenient but can contain added salt for preservation. Choose fresh or frozen vegetables when possible.
6. **Canned Beans:** Canned beans, like canned vegetables, may contain added sodium. Look for low-sodium or no-salt-added options.
7. **Processed Foods:** Processed foods such as frozen dinners, instant noodles, and packaged pasta dishes are often high in sodium.
8. **Condiments:** Condiments like soy sauce, ketchup, and salad dressings can be significant sources of sodium. Opt for reduced-sodium versions.
9. **Cheese:** Cheese, especially processed cheese and certain types of blue cheese, can be high in sodium. Choose lower-sodium cheese varieties.
10. **Bakery Products:** Some baked goods, like bread, bagels, and muffins, may contain more sodium than you realize. Check labels for lower-sodium options.

Remember, it's not just about avoiding high-sodium foods but also about incorporating low-sodium alternatives and cooking methods. Reading nutrition labels and choosing fresh, whole foods is a great way to manage your sodium intake and support lower blood pressure.

## List of snacks that contain high sodium.



### Top 10 Foods High In Sodium

14K views • 2 years ago

Nutrition Villa

Top 10 Foods High In Sodium, Sodium Is An Essential Micronutrient Needed By The Body For Various Body Functions Such As ...

4K

#### 1. **Potato Chips:**

- Brand: Lay's Classic Potato Chips
- Sodium: Approximately 170 mg per 1 oz (about 15 chips)

#### 2. **Pretzels:**

- Brand: Snyder's of Hanover Pretzel Snaps
- Sodium: Approximately 230 mg per 1 oz (about 20 pretzels)

#### 3. **Popcorn:**

- Brand: Orville Redenbacher's Movie Theater Butter Popcorn
- Sodium: Approximately 280 mg per 2 tbsp unpopped (about 4 cups popped)

#### 4. **Cheese Puffs:**

- Brand: Cheetos Crunchy Cheese Flavored Snacks
- Sodium: Approximately 250 mg per 1 oz (about 13 pieces)

#### 5. **Tortilla Chips:**

- Brand: Tostitos Original Restaurant Style Tortilla Chips
- Sodium: Approximately 115 mg per 1 oz (about 6 chips)

#### 6. **Jerky:**

- Brand: Jack Link's Original Beef Jerky
- Sodium: Approximately 590 mg per 1 oz (about 1 strip)

#### 7. **Salted Nuts:**

- Brand: Planters Dry Roasted Peanuts
- Sodium: Approximately 190 mg per 1 oz (about 39 peanuts)

#### 8. **Crispy Snack Mix:**

- Brand: Chex Mix Traditional Snack Mix
- Sodium: Approximately 230 mg per 1/2 cup

#### 9. **Crackers:**

- Brand: Ritz Original Crackers

- Sodium: Approximately 140 mg per 5 crackers

#### 10. **Canned Cheese Dip:**

- Brand: Tostitos Salsa Con Queso
- Sodium: Approximately 330 mg per 2 tbsp

#### 11. **Ramen Noodles:**

- Brand: Maruchan Chicken Flavor Ramen Noodles
- Sodium: Approximately 1,090 mg per one 3 oz serving

Please keep in mind that these are just approximate sodium values and can vary between products and brands. High sodium snacks are commonly associated with processed and convenience foods, so it's a good practice to check the nutrition labels for precise sodium content and consider lower-sodium alternatives or homemade snacks for a healthier choice.

## The nitric oxide 4 minute exercise created by Dr. Zach Bush



ZACH BUSH MD | 4 Minute Workout

2.4M views • 6 years ago



ZachBushMD

The Four Minute Workout is a new concept of exercise that revolves around the body's ability to use Nitric Oxide for muscle growth ...

- [The nitric oxide 4 minute exercise is a high-intensity interval training \(HIIT\) that is designed to stimulate the release of nitric oxide, a molecule that feeds your muscles and improves blood circulation<sup>12</sup>.](#)
- [Nitric oxide is stored in the blood vessels for about 90 seconds, so working each major muscle group for 90 seconds gives you the most efficient workout to tone and build muscles<sup>13</sup>.](#)
- The exercise consists of four movements: squats, arm raises, circular arm swings, and shoulder presses. [Each movement is done for 10 repetitions, and the whole sequence is repeated three times<sup>123</sup>.](#)
- The exercise can be done multiple times per day, as the body can regenerate nitric oxide every couple of hours. [The more frequently you do it, the better your results<sup>12</sup>.](#)
- [The exercise has many benefits, such as lowering blood pressure, clearing the mind, boosting immunity, reducing inflammation, and enhancing performance<sup>123</sup>.](#)

The nitric oxide 4 minute exercise is a simple and effective way to improve your health and fitness. You can watch some videos to see how to do it properly and modify it if needed: [Dr. Zach Bush - Nitric Oxide Dump 4 min Exercise Workout 4 minute workout](#), [The 4 Minute Workout | Nitric Oxide Boost at Any Age](#), and [ZACH BUSH MD | 4 Minute Workout](#).

## Football Aikido



What is Football Aikido? Good question. But first what is Aikido?

Here's the definition of Aikido.

Aikido, Japanese aikidō (“way of harmonizing energy”), martial art and self-defense system that resembles the fighting methods jujitsu and judo in its use of twisting and throwing techniques and in its aim of turning an attacker's strength and momentum against himself. Pressure on vital nerve centers is also used.

I have some friends who have studied Aikido for many years. I learned some of the philosophy and practice from them. What I loved was the principle of turning an attacker's strength and momentum against himself.

I thought about a football game that uses these same principles. Image a defense tries to rush in and the offense used the defense energy against them. These are the principles of Aikido. You use the opponent's force against them.

Here's a short philosophy of Aikido

"Aikido has but ONE principle: The universal reality of life. In their own nature living human beings all possess the basic secret of Aikido. The purpose of Aikido is to better people's lives, to make their spirit blossom and become strong, and by making better people make a better world."

If you replace Aikido with the quantum field you then have a modern-day word.

This book was inspired when the chiefs won the super bowl. I had a flash of inspiration and saw this book in written form.

So far as I know this has never been done in football before. Football has always been a clash of push-pull energy. He who has the greatest energy usually wins the game. It is usually brute force.

What if we changed the course of things? Imagine the defense is rushing in with full force. The offense takes the power and uses it against them. The defense falls

to the ground and wonders what in the world happened? This happens over and over again.

In the quantum field if a person is aggressive you can transmit that aggression back to that person. You don't have to accept it. Suppose someone gets angry.

Usually, the other person will respond with anger back. This is what we do every day. It's quite a kindergarten. The wise man won't say anything but smile. He has nothing to prove. The wise man has gotten over his ego and smiles at life.

These same principles can be used on a football field. It's taking the quantum field and understanding these universal principles. In my eyes, the team that has a higher understanding of these principles will be the team to beat.

The Kansas City Chiefs many times throughout the season were in the zone. At times they were so far behind the opponent's thought the game was over. Yet each time they came from behind and won the game.

Imagine if they could take this to the next level. How about if they could consciously learn how to be in the zone.

What would happen if they learned Aikido and used the opponent's force against them? That would bring them to a much higher level than they are today.

## Going Vegan



300 lb VEGAN NFL Football Player?! | David Carter Interview

42K views · 7 years ago

BiteSizeVegan.org

Defensive lineman David Carter was a meat-eating, milk-guzzling, BBQ-loving football player. About the furthest from vegan you ...

CC



When you think of a professional football player's meal what do you think? Probably a huge piece of steak. This has been a standard for probably half a century.

This has been the norm in the sports world. Yet some players and teams are thinking outside of the box. Take for example the Tennessee Titans.

Here's an article I found. It was written by Ayla Brown

Did The Patriots Lose to a Bunch of Vegans?

The New England Patriots lost last night to the Tennessee Titans in the first round of the playoffs- a team where the majority of the players have been on a plant-based diet for the past few seasons... and a team that swears by the diet to keep them in tip-top physical shape.

The Titans players who are on the vegan diet say that that's why they were able to make it to the playoffs for the first time in a decade back in 2018!

Sounds crazy, I know! But is that the reason why the Patriots lost last night?

In 2018, 11 players on the TN Titans went vegan. Last night, they beat the six-time Super Bowl Champions because they outplayed them, out-hustled them, and maybe they had a better pre-game vegan meal.

I learned about the Tennessee Titans and their plant-based diets from the Netflix Documentary, 'The Game Changers.' It's a documentary that showcases top athletes from across the world who are on plant-based diets.

The documentary also goes into the science of *why* athletes who are on a vegan diet are outperforming athletes who are *not* on a plant-based diet.

In the documentary, they follow the Titans and how the vegan journey all started with the outside linebacker, Derrick Morgan. He was the only one on the team not eating meat, but his wife is a chef. After games on Sundays, he would invite members of the team over to their house to eat a post-game meal.

At first, the teammates made fun of him for eating vegan-but then they tried it themselves and they loved the way it tasted! After just a couple of weeks on the new plant-based diet, they were playing better than they ever had played before. And it looks like they haven't turned back since.

But let's take a look at TB12. Tom Brady eats an 80% vegan diet. That's easy to learn if you've picked up his book, "The TB12 Method." Most of his diet consists of organically grown fruits, vegetables, whole grains, nuts, seeds, and legumes. Ding ding ding...that's a vegan diet.

So is a lack of fruits and vegetables the reason why the New England Patriots aren't going to win a 7th Super Bowl? Brady is still the GOAT, but he can't do it alone.

If I were the Patriots, I'd pick up "The TB12 Method" and start reading it before next season rolls around...and I'd also take a few pages from the "plant-based book" of the Tennessee Titans.

Disagree?



## Meditation



### Meditation for Football Players

1.9K views • 1 year ago



Brandon Epstein

This guided meditation has been designed to help you get your mind right before playing in a football game or leading up to a ...



You may wonder what meditation has to do with football. Isn't that an oxymoron? Yet meditation is the foundation for life. Behind your breath is the power that is keeping you alive.

Here is a small list of its benefits.

- Help reduce stress. The less stress you have the more aware you will be.
- Increased concentration. A player will be more aware of the playing field.
- Move into a higher brain wave state. Most people's standard brain wave state is high beta. This means that cortisone is constantly being secreted in the body. They can't shut it off. Over time this causes many different kinds of diseases. The disease occurs when the mind, body, and soul are not at ease.
- Better timing -Time can seem to move a bit slower. Can you imagine if you could respond just a fraction of a second ahead of your competitor? You would have an advantage. Imagine if the entire team could do this. Wow.
- Enter the zone and quantum field. The team that can enter the zone consciously will have a huge advantage. How did the Chiefs come from behind so many times during the playoffs? The opposing teams thought the game was over. Yet within minutes the chiefs came from behind and won the game.
- In a meditative state, one learns how to turn an attacker's strength and momentum against himself.
- Mind, body, and soul are in synch.

- Decrease chatter of the mind. Can you imagine playing a football game and the mind is like a swarm of mosquitoes? It is constantly biting you. Football games can be won or lost due to your state of mind.
- You are your own master chemist. Your body and state of mind is a reflection of what you think on and off the football field. Meditation is the door to rewire the hardware and software.
- Meditation teaches one to be cool, calm, and collective. Do a google search for Jerry Lopez. During the early seventies, he learned about Zen. He was an incredible surfer for his time. He surfed a spot called the Banzai Pipeline. At that time it was the most dangerous wave known to man. Jerry was the Zen surfer who was cool, calm, and collective surfing the most dangerous wave on earth. The average person would die or get seriously injured if they tried to do what he did.  
<https://www.youtube.com/watch?v=4xGDam59YhU>
- Sidestep danger. Meditation helps you to sidestep danger. This could be used on and off the football field.
- Increase intuition. The team that has increase intuition will win the game. If you can sense what your opponent is going to do you have a greater advantage. Football is so much more than just the physical aspect. The mind, body, and soul must be in synch.

## Anger And Brain Waves



How to fix the exhausted brain | Brady Wilson | TEDxMississauga

3M views • 6 years ago



What if you could energize your brain? Brady Wilson discusses the chemistry of connection and motivation. Brady Wilson is ...



Intro | Bradys story | Meet Paula | What happens when your brain is depleted | What matters most | ... 7 chapters



Did you know that you are your own chemist? Depending on your thoughts and emotion over 1600 different chemicals will be released into the body. This has been known for thousands of years.

For example, the Buddha said this many moons ago. When you are angry you are drinking your own poison.

It's so easy to get angry. Just turn on the news. So many people are living in high beta states that cortisol levels are constantly being released. This means the human body is in a fight-or-flight response.

Usually, this only happens when danger is all around. Yet in our society today we have so much stress that this is our common state of mind.

I can imagine that each football play contains a high beta state of mind. What do we do? So we carry that anger from the football field to our everyday life. Is this a normal state of mind?

Did you know in the fight or flight response the body can't heal itself? It shuts down the immune system and all energies focus on saving your life. Yet for most people, the danger isn't real.

With the power of your mind and emotions, you create your own high beta state of mind. Just think we play the same tapes over and over again. Our subconscious is in control of around 95% of our actions while only 5% is conscious.

Most of humanity is driven by the past. We are reactive beings. Look we were never taught this in school.

In the past twenty years or so scientists are studying how to reprogram the subconscious. They are learning how to change the hardware and internal software. People are learning how to rewire the neural networks in their brains.

When a man begins to do this he advances to the next level in the video game called life. Most of humanity stays at the same level. They never advance. We act and respond to every event in life. It's automatic. It's part of our habits and personality.

A proactive being lives in the center of the hurricane. The hurricane-force winds of the mind are present while one is perfectly calm.

Look at Jerry Lopez. He took off on the most dangerous waves at that time at the Bonsai Pipeline. He was cool, calm, and collected. He surfed in a Zen state of mind. Scientists have been using instruments that measure the various brain wave states for around thirty-plus years.

They are getting quite sophisticated. Take, for example, Joe Dispenza. He travels all around the world and has a group of scientists that travel with him. He teaches people to enter the Zen state of mind or known as the quantum field.

Each participant is wearing a device that records the different brain waves. He is training his students with training wheels so they can learn how to do this in their everyday life.

I see the world of Mystics and scientists are merging. Both are talking about the same thing. Exciting times are ahead of us.

## Sleep



Dr. Matthew Walker: The Science & Practice of Perfecting Your Sleep | Huberman Lab Podcast #31

2M views • 2 years ago

Andrew Huberman

In this episode, my guest is Dr. Matt Walker, Professor of Neuroscience and Psychology and the Founder & Director of the Center ...

CC



Many people think that sleep is a waste of time. If you are a professional football player your sleep is worth more than all the gold in the world.

Some elite athletes are getting 12 hours of sleep. They are taking an hour's nap during the day. By doing this they have a huge advantage over their competitors. You see during sleep your body is repairing itself.

A football player places a huge demand on the body. Personally, I can't even imagine in just one game the kind of trauma that occurs. Each play is super intense.

Proper sleep is the way for the body to recover, heal and overcome any injuries. I would imagine many young players love to party well into the night. They wake up in the morning with a hangover.

They struggle to get out of bed. Maybe it's game day. Their body and mind are already off-center. They are not 100% ready for the game. What happens if half the team does this? Good luck on the playing field.

Now imagine the entire team getting plenty of sleep. They take an afternoon nap. The body and mind are rested. The team will do much better on and off the field.

When the body and mind are rested and at ease. It functions more efficiently. One becomes more conscious and aware. A person's intuition is enhanced.

Personally, I think the team that has a higher sense of intuition will win the game. A team that goes into the zone when all odds are against them can win the game. The chiefs prove this during the playoffs.

Football players are like warriors. They have better be in tip-top condition during the game. The mind and body must be in sync. My advice is when the game is over don't go out and party.

Go home and get some precious sleep. Party during the daylight hours. Limit your alcohol. That's another subject. Remember you are paid millions of dollars. You're playing years are extremely limited. Your risk for head injuries is probably higher than in any profession. This, unfortunately, is a huge issue for a player that affects you for the rest of your life.

You are young and have a youthful spirit. Learn from the older players who retired. They have great knowledge and lessons to give you. Remember you are a drop in the bucket.

There is always someone who would love to take your place. I'm just saying take care of your own interests. You know that only you can change for the better.

Proper sleep is the key to your success. I'm sure many of you will probably roll your eyes and have a smirk on your face. Yet the next time you are struggling on the field just remember this advice.

Science and the art of football are being aligned. The lifestyles days of the sixties and seventies are over. The game is more intense. Players are bigger and heavier.

As you know they can cause huge damage. Apply some practical sense. Learn how to take advantage. Just a 1% advantage can win the game.

## Cold Water Therapy



### Wim Hof's Top 10 reasons to take ice baths

221K views • 5 months ago



In this video, I share my top 10 reasons why you should start incorporating cold exposure training into your daily routine.

4K CC



Intro | IMPROVED IMMUNE SYSTEM | IMPROVED BLOOD CIRCULATION | INCREASED ENERGY |...

11 chapters



To be honest I have no idea how the body would feel after playing a football game. So much trauma upon the human body.

People get injured all the time. I'm hoping that the teams are taking cold showers, baths, or whole-body cryotherapy. Cold is your friend at

this moment in time.

Your body is extremely inflamed. It's probably 100 times more than the average person. Most players might party the night away and have a few drinks to unwind.

I know that common sense is uncommon. Your coaches train you all week long before the big game. I hope you are learning what to do after the game. Your body needs to recalibrate itself. It needs to rebalance itself.

If you don't all the stress is still active in your body and mind. You will not recover properly. Your body will hold on to this and after each game, your stress will increase. Consequently, your body will decide for you to take early retirement.

Look your body will never be the same after being a professional football player. Nobody will get a free ride. So gather wisdom and knowledge while you can.

Cold is your best friend after your workouts and playing a game. It will help stop inflammation. Inflammation will occur. Cold water will help stop it to go further. In the last ten years, science has been studying the effects of cold water therapy on professional athletics.

Wim Hof is known worldwide as an expert in this field. He holds numerous world records dealing with the cold. For example, he climbed Mount Everest in his shorts. For Wim cold is his friend.

Even if you take a five-minute cold shower after a game your body will respond. It's like pushing a reset button in the body. This is preventive medicine at its finest. Hopefully, your team doctors are teaching you this.

You need all the preventive tips at your disposal. So much is riding on the line. You are treading water. You are walking on a fine edge sword. You must be wise.



## Injuries



NEVER Get Injured - Exercise Injuries 101 - Prevention, Treatment, Recovery |

BeerBiceps

105K views • 6 years ago

BeerBiceps

Recover from muscle soreness : How to deal with muscle soreness : <https://www.youtube.com/watch?v=qnykcS5jeFo> Science of ...



Injuries are a common occurrence in football. Most players will get some sort of injury during the playing season. I'm thinking out loud here.

In my eyes, many injuries could be prevented if we could use the opponent's attack of energy and reverse it.

Imagine the force would go back toward the opponent. Consequently, the body wouldn't absorb the shock. Heavy trauma wouldn't occur. In my chapter on Football Aikido, I explain this.

My next chapter is on Hatha Yoga. Hatha Yoga will help heal and prevent injuries from happening. Many injuries occur when the muscles are extremely tense. The day-to-day workouts. The game during the week contributes to the body and mind being stressed out.

Also when the mind and body are not in the zone injuries will occur much more frequently. In this state of mind, the player is struggling. When you struggle mistakes will happen. Look at the times you got injured.

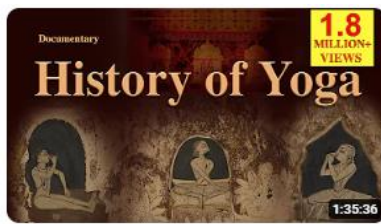
Were you in the zone or were you trying to find the zone? Look I'm not saying that if you are in the zone you won't get injured. What I'm saying by being in the zone you are conscious and aware.

You can see clearly in just a fraction of a second where you should go. Patrick Mahomes is a prime example of this. When he was in the zone and his teammates were they were unstoppable.

Here's a list of tools that help prevent injuries.

- Body and mind totally relaxed. Body can receive trauma and release it.
- Learn how to consciously be in the zone.
- Use the opponent's force against them.
- Get plenty of sleep.
- Daily cold water therapy.
- Meditation
- Release emotional baggage
- Hatha yoga practice.
- Chi gong practice
- Nutrition Learn the latest. See going Vegan chapter.
- Proper weight training. Let the body totally relax. It takes around a week to fully recover. [https://www.ironcompany.com/blog/reassessing-recovery/?fbclid=IwAR1orolx8wTKCFAiyhbFRUMDweOE5RcYN5mG69Xq3liZMsFxH\\_c266pesz8](https://www.ironcompany.com/blog/reassessing-recovery/?fbclid=IwAR1orolx8wTKCFAiyhbFRUMDweOE5RcYN5mG69Xq3liZMsFxH_c266pesz8)

## Hatha Yoga



History of Yoga Full Film English

1.9M views • 1 year ago

Vishuddhi Films

1:10:06 Who were Matsyendranath, Gorakhnath and how are they related to Hatha Yoga? 1:13:35 Who wrote the Hatha Yoga ...

How is Sankhya Philosophy related to Yoga?

80 chapters



I'm sure that many football players roll their eyes when you mention the word yoga. It has the connotation of some pretzel position. Yet I have a few questions to ask.

How flexible are you? Did you know many injuries occur when the body is not flexible enough?

How is your balance? In less than a second, your opponent can knock you off balance. Can you recover in time?

Are you aware of the mind-body connection? If not you are more likely to get injured.

Do you mostly breathe through your mouth or nose? Did you know that in India breathing through your mouth is called the breath of death?

John Douillard has been at the forefront of this since the eighties. Many professional athletes have used his system. It includes proper yoga and breathing.

Another reason to embrace proper nasal breathing? It can enhance your workout! This is what John has to say.

"To experience the zone in training is our birthright, and it is within the design of our human nervous system to access it. To push ourselves to exhaustion when we can allow effortless, perfect performance to flow naturally, from the inside out, seems somehow primitive and a waste of time.

I have never heard of a peak experience that was described as painful, grueling, or exhausting. Rather, the descriptions always fit the original definition of exercise: rejuvenating, stress-relieving, and accessing full human potential."

Personally the concept of no pain no gain is obsolete.

Here's an article about Alexander Popov. <https://swimswam.com/alex-popov/>

On the final night of competition at the 2003 World Aquatic Championships in Barcelona, Alexander Popov mounted the blocks for what would be his final major championship win.

The 31-year-old Russian sprinter had already done it all in the sport.

He'd won back-to-back Olympic gold medals in the 50 and 100m freestyles in 1992 and 1996, the only swimmer to accomplish the feat. He broke the world records in both events while repeatedly swatting away up-and-comers to the sprint events for well over a decade.

When Popov dove in on July 26, 2003, and exploded to the surface on his way to gold in the 50m freestyle, he did so with his trademark precision and grace.

Champion swimmers make the sport look easy—and Popov's somehow made it look even easier. He took just 31 strokes—in a brief, no cap and from an old-school start—to smash the world record in the 50m freestyle in 2000 in a time of 21.64.

Popov's efficiency was developed with a relentless focus on technique in training.

Under the watchful eye of his longtime coach Gennadi Touretski, Popov would regularly swim 5,000m straight freestyle. Touretski avoided doing drills in practice, emphasizing swimming "slow" but with excellent form and target stroke rates at all times.

Popov's stroke didn't change from training to competition. The same effortless-looking technique he used on race day was the same balanced, high-elbow catch

that he brought to practice every day. There was no distinction. There wasn't practice swimming or competitive swimming.

There was only one stroke.

The effect of all those meters with perfect technique in practice was that by the time Popov got up on the block, he didn't need to think about what he wanted to do. He didn't need to worry about his stroke collapsing, choking, or planning how he wanted to feel in the water.

It was just a matter of diving into the water and letting his body do what it had done a million times in training.

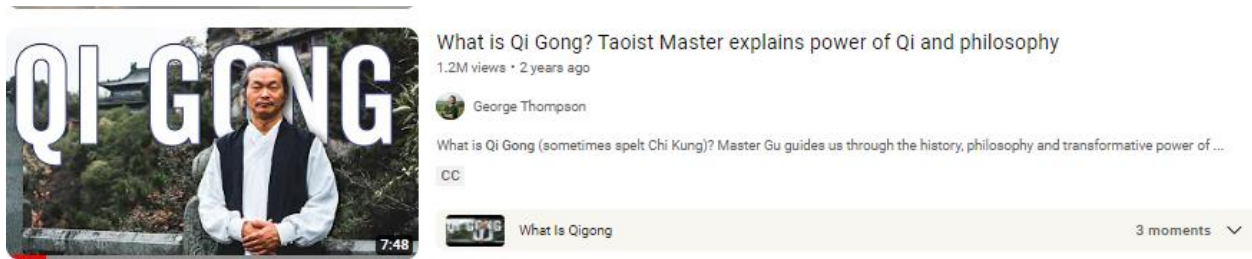
Popov's habitual technical excellence was such that he could regularly swim at a world-record-setting pace in training. Literally. The story goes that at a pre-Olympic training camp in Colorado Springs Popov got up on the blocks for a surprise "get up" 50m effort. The coaches in attendance—including USC's Dave Salo who later talked about the occurrence, clocked Popov on a stop-watch at a time that was 0.10 seconds below the existing world record.

Popov trained the way he raced.

And he raced the way he trained.

How many swimmers can say the same?

## Chi Gong



The Taoists were great Mystics and scientists of their times. They understood there is a central force in the universe which they called the Tao.

“The Tao that can be told is not the eternal Tao. The name that can be named is not the eternal name. The nameless is the beginning of heaven and earth. The name is the mother of ten

thousand things.

Chi Gong has been around for around 4,000 years. They have many different forms yet the essence is the same. They weren't divorced from nature. As a matter of fact, they become one with nature.

In the West, most people are totally divorced from nature. We think all ingenious people are primitive. Their whole society is based upon a relationship with nature. Nature is their home.

We don't have this concept in the west. I say a lot that signpost is all around us yet we don't have the eyes to see. Take for example the human body. We take it totally for granted.

On average, a person at rest takes about 16 breaths per minute. This means we breathe about 960 breaths an hour, 23,040 breaths a day, and 8,409,600 a year. The person who lives to 80 will take about 672,768,000 breaths in a lifetime.

Now imagine that the majority of mankind never is truly conscious of their breath. Behind your breath is the power that is keeping you alive and the universe alive.

Yet we are oblivious to it. Different cultures have different names for this. In India, it's called Prana life force energy. In China, it's called chi. Modern-day western science calls it the quantum field.

The Taoists understood how to balance the human body. They knew how to balance the mind, body, and soul.

Chi gong was a formal exercise to learn how to cultivate chi. The Taoist will extremely familiar with the entire human body. Today modern-day scientists are starting to discover what the ancients knew thousands of years ago.

In the eighties, The Body Electric: Electromagnetism and the Foundation of Life book by Robert O. Becker came out. It was revolutionary for its time. It talked about how energy affects the human body.

Personally, I think Chi Gong is a precious tool that helps an individual to discover the essence of who we are. Imagine there is a quantum field that exists everywhere.

It is beyond time and space. Chi Gong over time brings one's awareness and consciousness to expand. It looks so simple. It is. Breathing is so simple. When I say by focusing on your breath one can experience the power that is keeping you alive most people roll their eyes.

I could go on for hours. Yet our time is limited. For the Football players out there how would you like to be in the zone more often? Meditation and Chi Gong work together to bring you to the zone.

The zone is your natural state. We have simply forgotten. Many tools are out there. You must learn how to think outside of your box. Your beliefs and conditions are holding you back to understand your true nature.

## David The Dragon



Hi, I'm David the dragon. I'm best of friends with Little Ricky. You have read about me in this story. I'm over five thousand years old. I still feel young at heart. You see I take care of myself.

Where I come from the British Isles the dragons didn't have any common sense. You could say common sense is uncommon.

Where I came from the dragons didn't exercise or eat good foods. They partied throughout the night. To be frank they had no clue about universal laws. They were only interested in acquiring stolen treasure and fighting. Boy, what kind of existence is that?

When we flew from the west to the east our entire lifestyle changed for the better. We started to take a look at how to make a better life for the dragons. As you see only young dragons came with us. They were stuck in their old ways. Quite frankly they had no desire to change. They liked misery.

Well, we decided to have a grand adventure. We learned how to meditate from Zoran and the rest is history.

We learned very young that life is an external and internal adventure. Bet you nobody told you that.

We came to a point where we could see energy all around us and in us. If there was a block over time disease could take place.



You see in the bodies of humans and dragons lie a vast number of rivers and streams. In a healthy body, these rivers and streams are flowing properly.

But the more ones live a life out of balance these rivers and streams get clogged up and don't flow properly. The water over time becomes stagnate and mosquitos can fester. This is where disease manifest.

Here's an example of anger. When a person is always angry this blocks the rivers and streams inside of the body. Over time the body becomes angry and can fight against itself. You call this cancer. Cancer is angry cells.

We discovered a long time ago that by using needles at certain points on the body we can begin to unblock the rivers and streams.

Yet the acupuncturist can help to unblock these dams yet it is up to you to change, modify and learn how to be healthy.

In the West, you go to a doctor and take medicine. Your symptoms go away. Your drugs have side effects. The patient takes no responsibility. No wonder your system is messed up.

A wise person begins to listen within and change accordingly. This person realizes that proper rest is the key. In the west sleep and rest is sort of nuance. They don't have an understanding of how important it is. For the body to heal and repair it needs rest. Period.

We live such a fast past life we have forgotten why we need sleep and rest in the first place.

The acupuncturist during this time had an easy job. He knew how to break the dam and let the water flow properly. He might give some healing herbs to the child.

The child understood completely that the acupuncturist could only assist so far in the process. She knew that it was up to her to follow through and live day by day the natural laws of life.

You see their culture was understanding and practicing every moment of these natural laws.

Unfortunately, in the world, today man has lost touch with his true nature. Consequently, the disease is quite common.

Our herbs are giving out our organic and have no side effects. They are extremely beneficial in helping the body balance. Your western medicine has an extreme side effects and can cause death. Listen to the commercials today and you will hear a lovely voice telling all the side effects the drugs have.

They are concerned to make a profit. That is the bottom line.

Now kids listen to this story. Only your generation can change this wacky system. You can look at different and natural ways.

You see chemicals are the least effective ways of healing. Your scientists know about energy but at the present moment, only a few doctors are researching the power of energy This is where acupuncture comes in. In the future, there will be mymarid of different discoveries and inventions.

The more a society becomes aware the more discoveries can occur. You see only in an open society can change occur for the better. These discoveries can be used for good or they can be a complete disaster.

The nuclear bomb is a prime example. The genie got loose and now the world is trying to find out how to reign in the genie.

You see your world has a lot to learn. Imagine most of the world is looking externally. But the jewel lies within. You need a balance between the external and internal.

Millions are people are waking up to this fact. At a certain point in time when humanity truly understands this your inventions will be so-called a miracle in life. In fact, they aren't miracles in life but your understanding is at a different level.

Your cell phone would be considered a gift from God five hundred years ago. I bet each one of you kids knows how to operate one. You have no problem with that.

In the same way, the more you understand the laws of the universe more incredible inventions will come your way.

Nature wants to give her incredible gifts but you have to be in synch to receive them. Anger, war, and greed will never be the way to discover these gifts.

For thousands of years, war is not the answer. It has never solved anything and never will.

Only the kids can truly change for the better. Hopefully, you will listen to this story and remember your generation can change for the better. The seeds have been planted many millions of years ago.

You can be the fruit that can change this world.

You are never alone. Someday you will realize this. You will see that all of humanity and the dragons are in the same boat together.

You are the universe. You just don't know it.

## Monitoring Your Thoughts And Emotions



"Watch Your Thoughts & Feelings" ~Alan Watts

43K views • 5 years ago



Mindfulness 360 - Center For Mindfulness

Alan Watts on the essential process of meditation and the Japanese principle of judo.



As you know by now we live 95% from the subconscious and 5 percent from the conscious mind. Most human beings never stop to see the correlation between the mind and body.

Many scientists say they are the same. They are not distinct and different. Imagine someone pisses you off. That thought creates a chemical in your brain. Cortisone gets released.

Stress chemicals get released. Over 1900 chemicals get released. You are now in an emotional state of anger. This anger gets stored in your body. Many scientists say that cancer is created by angry cells.

Most of the time we have automatic tapes from the past in any given situation. Because we are reactive beings we are like leaves blowing in the wind. We never stop and think before we act. Many people Twitter without thinking.

So the goal is to rewire our circuits. When someone makes us angry stop in your tracks. Focus on your breath. Imagine an infinite field of peace surrounding you. By the way, it does it 24 hours a day. This is your true nature.

Smile and don't say a thing. When you have your composure back speak with kindness.

Mind you this is extremely difficult to do. Here's some advice for you on this journey. Write down all the areas that have caused great trauma in your life.

Many times a great trauma never gets processed properly. It is stored in our subconscious. The greater the trauma the greater the emotional impact.

Unfortunately, so many people hold on to the past. An event may happen over 30 years ago and we still hold on for dear life. We still hold a grudge and are angry toward that one person.

We need to learn and forgive. We need to let go of that emotion. In the last 30 years, much insight has been into the relationship between the mind and body.

There are many different techniques out there to heal and release our emotional scars.

Here is one that I like.



The emotional Freedom Technique (EFT) is a self-help technique that involves tapping near the endpoints of “energy meridians” located around the body. ... EFT works by lowering cortisol levels and the body's stress response because it helps to promote relaxation

Imagine you have some anger issues. The first step is to identify the issue. For this, to work you need to identify the issue. Make sense.

Step two. On a scale of the lowest 1 to the highest 10 what is intensity? What is the intensity of your emotional or physical pain?

### Step 3

In this step, one acknowledges the issue and accepts yourself despite the problem.

We are going to use anger as our problem

The common setup phrase is: “Even though I have this problem, I deeply and completely accept myself.”

The common setup phrase is: “Even though I have this anger issue, I deeply and completely accept myself.”

### Step 4

This is the tapping phase.

Begin by tapping the karate chop point while simultaneously reciting your setup phrase. You may do this for around 30 seconds to one minute. Concentrate on your breath as you do this. The calmer you get the better results you will have.

Karate chop small intestine meridian

Now for each one of these meridian points you use a reminder phrase. Suppose you have an anger issue. You then would recite in your mind “anger” while tapping at these points below. Tap for around thirty seconds at each meridian point.

eyebrow bladder meridian

side of the eye gallbladder meridian

under the eye stomach meridian

under the nose: governing vessel

chin central vessel

beginning of the collarbone kidney meridian

under the arm spleen meridian

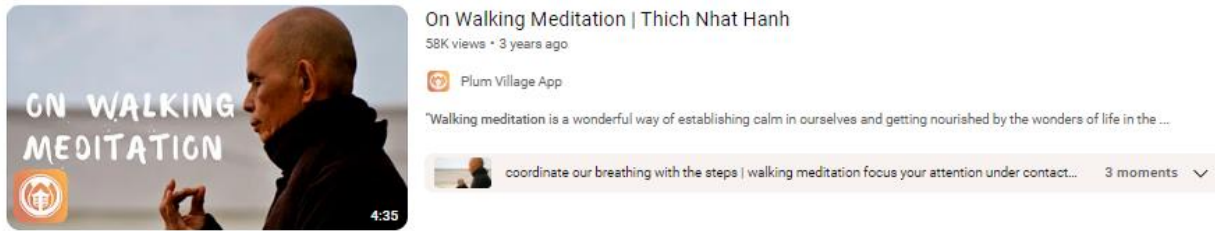
top of head governing vessel

When you are finished rate the intensity level. Let’s say that your initial rate was a 9. Your rate is now at a 5.

Repeat this process until you have reached zero. Mind you some problems will take time to reach a zero.

The greater you take total responsibility for your thoughts and actions the greater results you will have.

## Sarah and Walking meditation



Once upon a time, there was a young woman named Sarah who was feeling lost and disconnected from the world around her. She had tried many things to feel more connected, but nothing seemed to work. One day, she decided to try walking meditation.

At first, Sarah found it difficult to focus on her breath and her steps at the same time. Her mind kept wandering to her worries and fears. But as she continued to practice, she found that it became easier to quiet her mind and be present in the moment.

As she walked, Sarah began to notice the world around her in a new way. She saw the beauty of the trees and the sky, and felt the warmth of the sun on her skin. She felt a sense of peace and calm that she had never experienced before.

With each step, Sarah felt more connected to the earth beneath her feet. She realized that she was not separate from the world around her, but a part of it. She felt united with the universe.

Over time, Sarah's practice of walking meditation became a daily ritual. It helped her to feel more grounded and centered, even in the midst of chaos and uncertainty. She found that it gave her a sense of purpose and meaning that she had been missing.

And so, Sarah continued to walk mindfully, breathing in the fresh air and feeling the earth beneath her feet. She knew that no matter what challenges lay ahead, she would always be connected to the universe.

Source: Conversation with Bing, 10/25/2023

(1) Thich Nhat Hanh's Walking Meditation - Lions Roar.

<https://www.lionsroar.com/how-to-meditate-thich-nhat-hanh-on-walking-meditation/>.

(2) Become One With the Universe Through Meditation - EOC Institute.

<https://eocinstitute.org/meditation/be-one-with-the-universe-through-meditation/>.

(3) A Look at the Powerful Practice of Walking Meditation.

<https://fractalenlightenment.com/37076/spirituality/the-power-of-walking-meditation>.



## As Sarah continued to walk mindfully



Thich Nhat Hanh - Walking Meditation

226K views • 15 years ago

Sounds True

Walking Meditation features esteemed Buddhist master Thich Nhat Hanh along with one of his principle students, Nguyen ...

practicing walking meditation | print your anxiety and sorrow on the ground | make peaceful happy... 3 moments

As Sarah continued to walk mindfully, she began to notice changes in her life. She felt more connected to the people around her, and she found that she was more patient and compassionate with others. She also felt more creative and inspired, and she began to write poetry and paint.

One day, Sarah decided to share her practice of walking meditation with others. She started a group that met every week in the park to walk together mindfully. The group grew quickly, and soon there were dozens of people walking together in silence, feeling united with the universe.

As the group continued to meet, Sarah noticed that people were becoming more open and vulnerable with each other. They shared their struggles and their joys, and they supported each other through difficult times. Sarah realized that walking meditation had not only helped her to feel more connected, but it had also helped others to do the same.

Years went by, and Sarah's group continued to grow. They became known as the "Mindful Walkers," and they inspired others around the world to start their own groups. Sarah felt grateful for the practice of walking meditation, which had brought so much joy and connection into her life.

And so, Sarah continued to walk mindfully, feeling united with the universe and with all those around her who shared her practice.

## Nutritional psychiatry



Nutritional Psychiatrist Shares Diet Mistakes that Cause Depression and Anxiety |

Dr. Drew Ramsey

434K views • 2 years ago



Tom Bilyeu

JOIN THE IMPACT THEORY DISCORD - [HTTP://WWW.IMPACTTHEORY.COM/DISCORD](http://www.IMPACTTHEORY.COM/DISCORD) There you will get direct access to Tom ...

There is a growing field of research called **\*\*nutritional psychiatry\*\*** that studies the relationship between food and mental health <sup>1</sup>. According to this field, what you eat can directly affect the structure and function of your brain, and ultimately your mood <sup>1</sup>. Eating high-quality foods that contain lots of vitamins, minerals, and antioxidants nourishes the brain and protects it from oxidative stress <sup>1</sup>. On the other hand, diets high in refined sugars can be harmful to the brain and have been found to impair brain function and worsen symptoms of mood disorders such as depression <sup>1</sup>.

The inner workings of your digestive system don't just help you digest food, but also guide your emotions. The function of neurons in your gastrointestinal tract is highly influenced by the billions of "good" bacteria that make up your intestinal microbiome. These bacteria play an essential role in your health. They protect the lining of your intestines and ensure they provide a strong barrier against toxins and "bad" bacteria; they limit inflammation; they improve how well you absorb nutrients from your food; and they activate neural pathways that travel directly between the gut and the brain <sup>1</sup>.

While there is still much to learn about the relationship between food and mental health, it is clear that what you eat can have a significant impact on your mood and overall well-being. If you're interested in exploring this topic further, I recommend checking out some of the resources available online or consulting with a qualified healthcare professional.

Source: Conversation with Bing, 10/25/2023

(1) Nutritional psychiatry: Your brain on food - Harvard Health.

<https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>.

(2) Food and mood: Is there a connection? - Harvard Health.

<https://www.health.harvard.edu/mind-and-mood/food-and-mood-is-there-a-connection>.

(3) The link between food and mental health.

<https://www.apa.org/monitor/2017/09/food-mental-health>.

Sarah was fascinated by the idea that what she ate could affect her mental health



Food for thought: How your belly controls your brain | Ruairi Robertson |

TEDxFulbrightSantaMonica

5.3M views • 7 years ago

TEDx Talks

"Have you ever had a gut feeling or butterflies in your stomach? Has hunger ever changed your mood? Our bellies and brains are ...

CC

Sarah was fascinated by the idea that what she ate could affect her mental health. She decided to learn more about the field of nutritional psychiatry and how she could use food to nourish her brain and protect it from oxidative stress.

She started by incorporating more high-quality foods into her diet, such as fruits, vegetables, whole grains, and lean proteins. She also began to pay attention to how different foods made her feel. She noticed that when she ate a diet rich in these foods, she felt more energized and focused.

Sarah also learned about the importance of the gut-brain connection and how the billions of "good" bacteria in her gut could influence her mood. She started to eat more fermented foods like yogurt, kefir, and kimchi, which are rich in probiotics that can help support a healthy gut microbiome.

As Sarah continued to eat mindfully, she noticed that her mood improved. She felt more positive and optimistic about the future. She also found that she was better able to handle stress and anxiety.

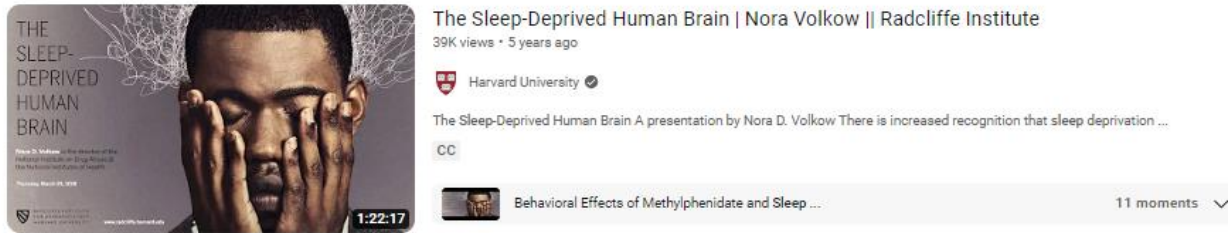
One day, Sarah decided to share her knowledge with others. She started a blog where she wrote about the connection between food and mental health. Her blog

quickly gained a following, and people from all over the world began to reach out to her for advice.

Sarah felt grateful for the practice of walking meditation, which had brought so much joy and connection into her life. But now, with her new knowledge of nutritional psychiatry, she felt even more empowered to take control of her mental health.

And so, Sarah continued to walk mindfully and eat mindfully, feeling united with the universe and with all those around her who shared her practice.

## Sleep Sara



As Sarah continued to walk mindfully and eat mindfully, she began to feel more connected to herself and the world around her. But she still felt like something was missing.

One day, Sarah learned about the importance of sleep. She discovered that sleep plays a vital role in good health and well-being throughout your life<sup>1</sup>. During sleep, your body is working to support healthy brain function and maintain your physical health<sup>1</sup>. Getting inadequate sleep over time can raise your risk for chronic (long-term) health problems<sup>1</sup>.

Sarah realized that she had been neglecting her sleep for too long. She had been staying up late to work on her blog and waking up early to go for her morning walk. She decided to make some changes.

Sarah started by setting a regular bedtime for herself and sticking to it. She also created a relaxing bedtime routine that included reading a book, taking a warm bath, and practicing some gentle yoga poses.

As Sarah began to get more sleep, she noticed that she felt more alert and focused during the day. She was able to write more clearly and creatively, and she felt more connected to her readers.

Sarah also found that she was better able to handle stress and anxiety. She realized that getting enough sleep was an essential part of her self-care routine.

And so, Sarah continued to walk mindfully, eat mindfully, and sleep mindfully, feeling united with the universe and with all those around her who shared her practice..

Source: Conversation with Bing, 10/25/2023

(1) How Sleep Works - Why Is Sleep Important? | NHLBI, NIH.  
<https://www.nhlbi.nih.gov/health/sleep/why-sleep-important>.

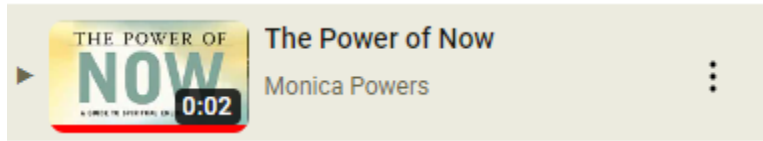
(2) Why Do We Need Sleep? | Sleep Foundation.  
<https://www.sleepfoundation.org/how-sleep-works/why-do-we-need-sleep>.

(3) Why Sleep Is So Important - Verywell Health.  
<https://www.verywellhealth.com/why-you-should-never-regret-a-good-night-s-sleep-5088198>.

(4) Getty Images. <https://www.gettyimages.com/detail/photo/young-female-sleeping-peacefully-in-her-bedroom-at-royalty-free-image/1090813304>.



## Power of now



As Sarah continued to walk mindfully, eat mindfully, and sleep mindfully, she began to feel more connected to herself and the world around her. But she still felt like something was missing.

One day, Sarah learned about the power of now. She discovered that by focusing on the present moment, she could release stress in every situation in life <sup>1</sup>. She realized that much of her stress came from worrying about the future or dwelling on the past. By bringing her attention back to the present moment, she could find peace and calm.

Sarah started by practicing mindfulness meditation. She would sit quietly and focus on her breath, bringing her attention back to the present moment whenever her mind started to wander. She also started to practice mindfulness in her everyday life. When she was walking, she would focus on the sensation of her feet touching the ground. When she was eating, she would savor each bite and pay attention to the flavors and textures.

As Sarah continued to practice mindfulness, she noticed that her stress levels began to decrease. She felt more relaxed and at ease in every situation in life. She also found that she was better able to handle difficult emotions like anger and sadness.

One day, Sarah decided to share her knowledge with others. She started a blog where she wrote about the power of now and how it can help release stress in every situation in life. Her blog quickly gained a following, and people from all over the world began to reach out to her for advice.

Sarah felt grateful for the practice of walking meditation, which had brought so much joy and connection into her life. But now, with her new knowledge of nutritional psychiatry, sleep hygiene, and mindfulness meditation, she felt even more empowered to take control of her mental health.

And so, Sarah continued to walk mindfully, eat mindfully, sleep mindfully, and live mindfully in every moment, feeling united with the universe and with all those around her who shared her practice.

Source: Conversation with Bing, 10/25/2023

(1) 3 simple strategies for stress relief - Harvard Health.  
<https://www.health.harvard.edu/blog/3-simple-strategies-for-stress-relief-2021012521806>.

(2) Where Emotions Get Trapped In The Body and How to Release Them - Healthline. <https://www.healthline.com/health/mind-body/how-to-release-emotional-baggage-and-the-tension-that-goes-with-it>.

(3) Stress Management: How to Reduce and Relieve Stress - HelpGuide.org.  
<https://www.helpguide.org/articles/stress/stress-management.htm>.

## Bugs Bunny



One day, Sarah stumbled upon a quote by Bugs Bunny that resonated with her: "Don't take life too seriously. You'll never get out alive!" <sup>1</sup>. She realized that she had been taking life too seriously and that she needed to lighten up.

Sarah started by incorporating more humor into her life. She watched funny movies and TV shows, read humorous books, and spent time with friends who made her laugh.

As Sarah began to laugh more, she noticed that her stress levels began to decrease even further. She felt more relaxed and at ease in every situation in life. She also found that she was better able to handle difficult emotions like anger and sadness.

One day, Sarah decided to share her knowledge with others. She started a blog where she wrote about the power of humor and how it can help release stress in every situation in life. Her blog quickly gained a following, and people from all over the world began to reach out to her for advice.

Sarah felt grateful for the practice of walking meditation, which had brought so much joy and connection into her life. But now, with her new knowledge of nutritional psychiatry, sleep hygiene, mindfulness meditation, and humor, she felt even more empowered to take control of her mental health.

And so, Sarah continued to walk mindfully, eat mindfully, sleep mindfully, live mindfully in every moment, and laugh mindfully, feeling united with the universe and with all those around her who shared her practice.

Source: Conversation with Bing, 10/25/2023

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<https://kidadl.com/quotes/best-bugs-bunny-quotes-from-the-looney-tunes>.

(2) 50 Bugs Bunny Quotes That'll Bring Positivity to Your Day.  
<https://www.quoteambition.com/bugs-bunny-quotes/>.

(3) The Best Bugs Bunny Character Quotes From 'Looney Tunes' - Ranker.  
<https://www.ranker.com/list/best-bugs-bunny-quotes-looney-tunes/movie-and-tv-quotes>.

## Closing



You have just read a book on longevity, health, and well-being. It was a comprehensive guide that taught you how to live longer and better. Here are some of the key takeaways from the book:

- Longevity is not just about living longer, but also about living well. It is influenced by many factors, such as genetics, lifestyle, environment, and mindset.

- You can improve your longevity by adopting some simple habits, such as:

- Eating a balanced diet that is rich in fruits, vegetables, whole grains, and healthy fats.

- Practicing yogic breathing techniques that can lower your blood pressure and calm your mind.

- Avoiding high sodium intake that can harm your health and self-esteem.

- Getting enough sleep, humor, and meditation that can boost your mental health and happiness.

- Using biofeedback, cold water therapy, and Hatha Yoga that can reduce stress and inflammation.

This book has given you valuable insights and tools for living a long, healthy, and fulfilling life. Don't you want to start using them today? Remember that small changes can make a big difference. Stay healthy and happy!