

- ✓ Get 8-9 hours of sleep consistently.
- ✓ Significantly cut back on sugar, ultra processed and pre-packaged foods (most foods that list ingredients). Eat organic.
- ✓ Surveil your biomarkers at appropriate intervals. Manage cancer, CVD, dementia and Type II Diabetes risk as follows:
 - LDL < 100
 - Triglycerides < 150
 - Blood Pressure < 120/80
 - HDL > 60
 - Glucose < 90 / A1C < 5.7
 - Normal Weight for Height
- ✓ Replace deficient vitamins, minerals, hormones, peptides and stem cells.
- ✓ Regular exercise routine (moving every hour, weekly strength training and cardio/walking five days a week).
- ✓ Practice continuous calorie restriction (15% below normal weight for height) and periodic fasting (16 hours for 2 consecutive days; every 2 weeks).
- ✓ Take Metformin and Rapamycin for tremendous off-label benefits for longevity.
- ✓ Follow the Mediterranean Diet.
- ✓ Take eight new supplements tuned for longevity.