



WAR on AGING

Winning the Daily Battles

Patsi & Rob Krakoff

Book 1: Health and Fitness

Book: 2 Longevity

WAR ON AGING

Today's secrets have look at not aging like the fittest



ROBERT KRAKOFF
DR. PATSI KRAKOFF

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THE SECRETS TO NOT AGING LIKE THE FITTEST



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The new imperative is to keep moving. Our bodies and our brains depend on it.

With the rise of longevity, it's more important than ever to stay fit, healthy, and active. Our bodies and our brains depend on it. This book is the ultimate guide to staying young and healthy as you age.

So, no all that time you waste on the couch, while others are out there doing it.

Learn the secrets of staying young and healthy as you age. This book is the ultimate guide to staying young and healthy as you age. It's the only book you need to stay young and healthy as you age.



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The path to aging well

Aging well from our 60s



Our intense exercise programs



No smoking, alcohol or drugs

Our Plan

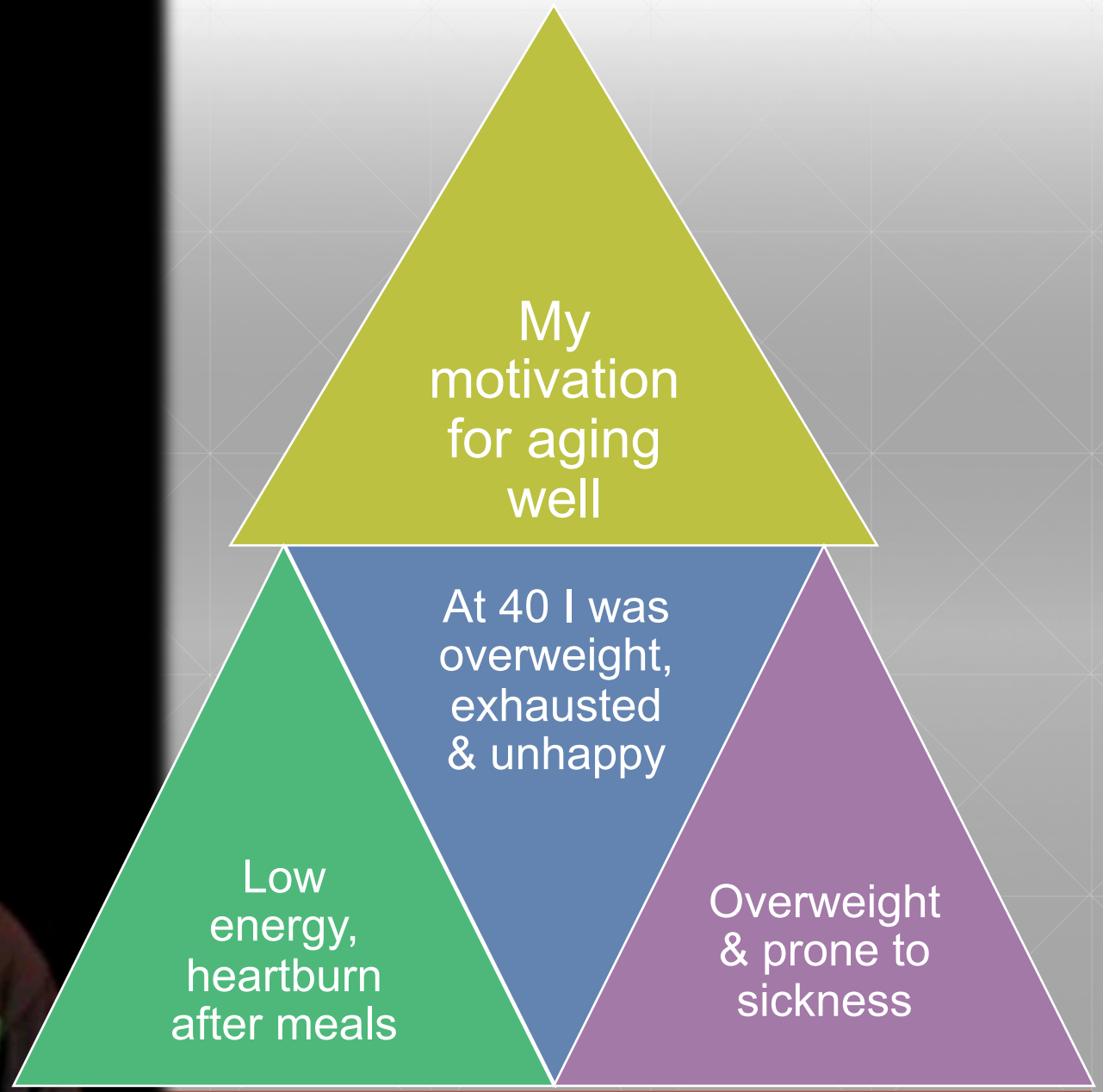


Exercise
and
sports
2-3 hours
daily

Eat
healthy
with 50%
protein
from
plants

Sleep
well &
exercise
our
brains



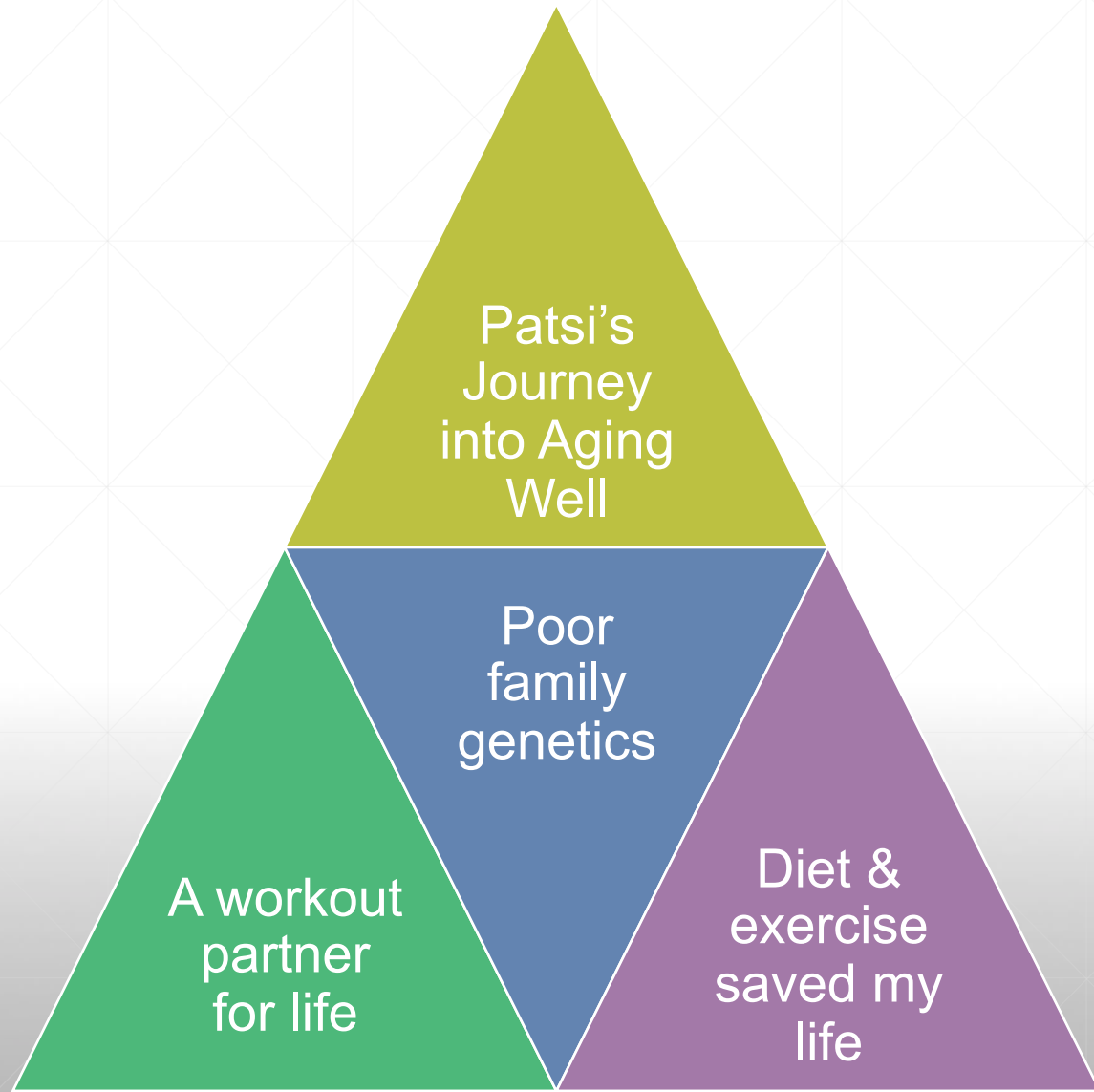


My
motivation
for aging
well

At 40 I was
overweight,
exhausted
& unhappy

Low
energy,
heartburn
after meals

Overweight
& prone to
sickness





How Could We Live Longer?

Where were the books on senior health?

We were inspired by two books

Many of our younger friends were dying

There were few good books on senior health

A man with a beard, wearing a red bandana, sunglasses, and a blue patterned shirt, is riding a bicycle. He is smiling and looking forward. The background is a clear blue sky. A large teal speech bubble is overlaid on the right side of the image, containing the title. A green arrow points from the teal bubble to a purple arrow, which points to a purple speech bubble containing a subtitle. The bottom of the image has a grey background with a white grid pattern.

6 Ways to Age Well & Stay Healthy

Paying attention to 6 areas of life to avoid chronic diseases

We take advantage of the natural, abundant and free resources to live a long, happy life

Six Strategies for Longevity

Exercise

Diet



Sleep

Manage stress



Social life

Purpose & Goals

big6



Who Moved the Goal Posts?

We're growing older ...
and faster

At 70, 75, 80...there are
monumental deviations
in our bodies

Learn more about
health to stay well and
thrive

Just at a time when our
bodies are older and
weaker

Staying Ahead of the Enemy

What are best health habits?

Exercise:
How much,
what kinds?

Dangers and confusion of diets & foods

Age & body limitations



Why another book?

Growing older is even more challenging with each decade

We address the rapid shifts in science and technology that will change the way we age

It's imperative to stay alive & healthy long enough to take advantage of new technologies

The challenges of cellular deterioration

WAR ON AGING

"Today's seniors don't look or act anything like old people"



**ROBERT KRAKOFF
DR. PATSI KRAKOFF**

What do we need to do to stay alive?

The search for magic bullets...

There isn't enough good information on how much control we have over our own aging

People shrug when you tell them to exercise. It's free, available, easy, and it works

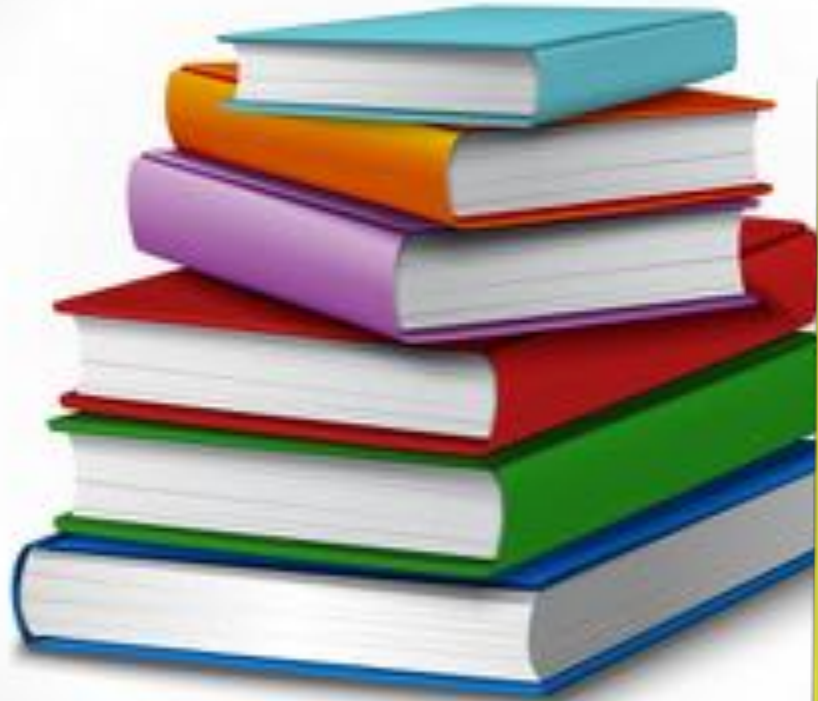
What and when we eat is important, yet people don't believe they can change



In our next book...

WAR on AGING:

Living on the Front Lines of Longevity

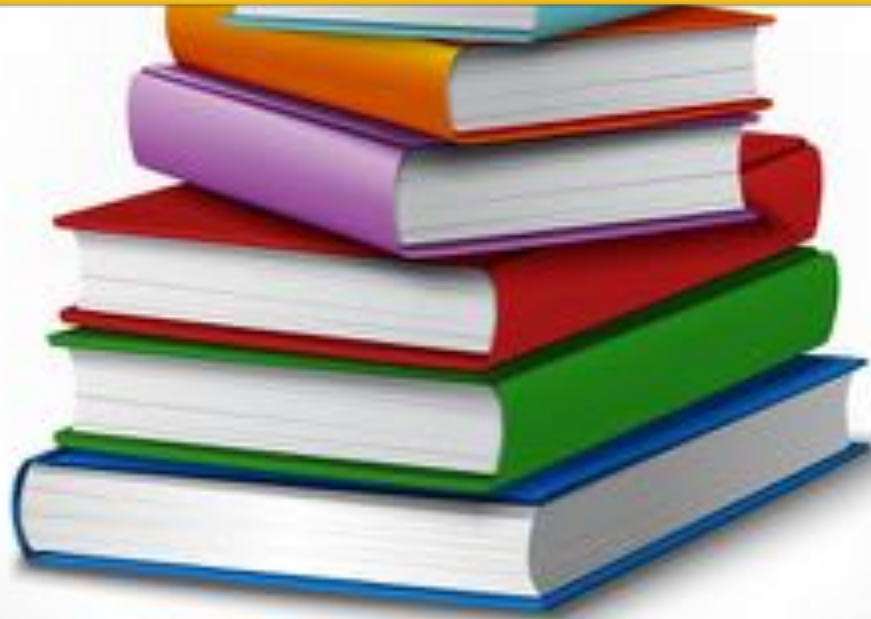


Medicine
treats
symptoms
once you've
got a
disease

Nobody is
informing us
about the
best ways to
grow old

No one
prepares us
for health
challenges
after 70 and
80...let
alone 90,
100+

The Frontlines of Longevity...



To extend our health spans, seniors need to take more responsibility for their own health



Don't wait for doctors to diagnose diseases



Your body will respond to how you treat it

IN THE MEANTIME...

The search continues

- We continue to search ways to stay younger longer and avoid deterioration

We are asking others

- We share their experiences of what works and is worthy of trying

We share more life extension information

- We want to help prevent illnesses before they start



We want to know

We seek cutting edge information on preventing injuries so that seniors can stay active longer

What extreme technologies can help seniors recover from injuries

What do highly-paid players do to avoid injuries and recover quickly

What diets and supplements help repair cells, & extend life and health?



Seniors have chronic conditions due to previous sports injuries and body parts wearing out

Every year, seniors lose muscle mass and bone density

Exercise programs must be individually tailored to avoid pain and more injuries

Preventing injuries is key



Alternative exercises tailored for seniors

Seniors require additional help for their aging bodies

They need to maintain strength, flexibility and balance to prevent falls and fractures

This requires additional programs, such as yoga, Pilates, Tai Chi, and Qigong

Preserving the brain and managing stress

Our brains

Some seniors rely on what worked in the past when they were younger

need

But most seniors can't do what they used to do. They have the same expectations, with a different set of capabilities

exercise

Exercise generates BDNF (brain derived neurotropic factor), capable of growing new brain cells.





Artificial devices:
aids for hearts,
joints, body parts

Intermittent
fasting

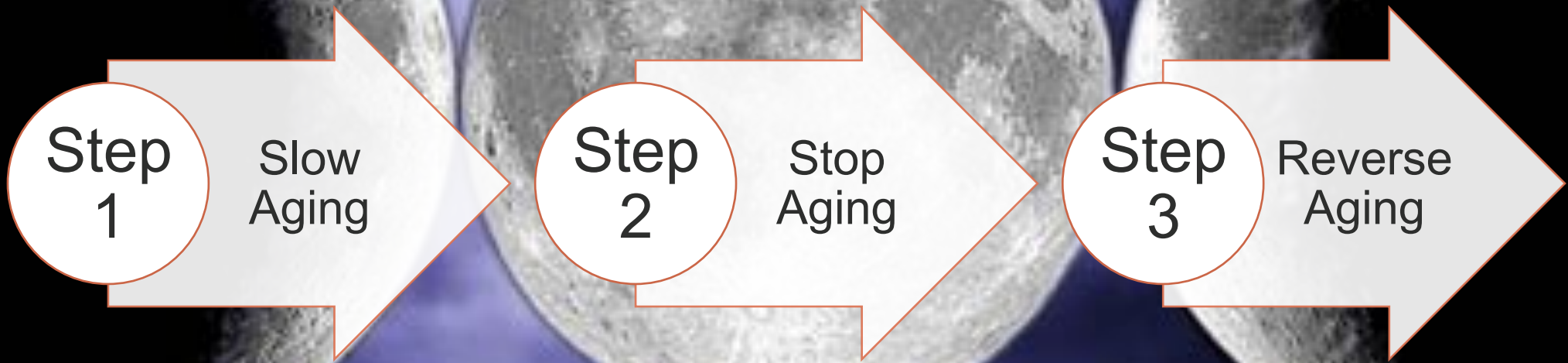
Supplements

Recuperative
movements
(yoga, Pilates,
Tai Chi, Qigong)

Preparing for medical technologies of
the future

There's always a way to fight the War

Three Moons to immortality



How to slow the aging process

- 8 to 9 hours sleep per night
- 8 to 12 glasses water per day
- Eat a healthy diet: vegetables, good fats, protein
- No smoking
- Limit alcohol
- Green tea
- Move: add more exercise, stretch, lift and walk
- Deal with stress
- Enjoy friends and socialize
- Find a purpose and goals



Immortality

“Longer Living through Technology”

Bionics and Power Prosthetics

- This is a form of human augmentation that is already being tested out for a small number of special users
- Are you aware of the Cyber Olympics?



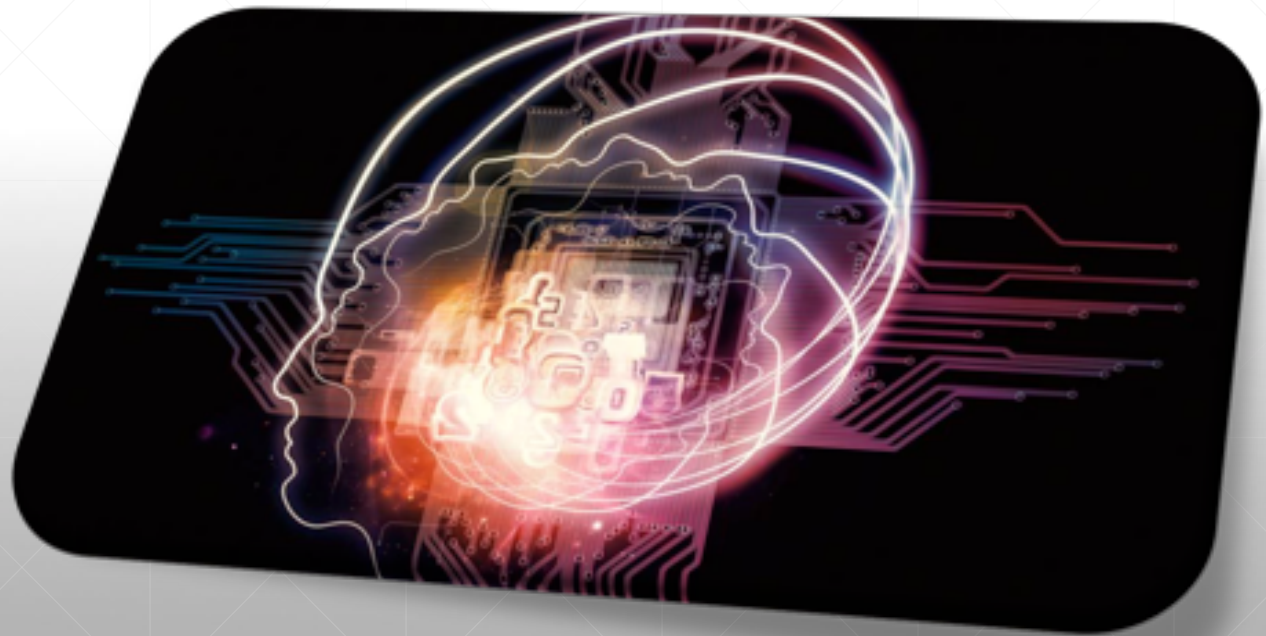
Smart Skin Nanotechnology

- Wearable technology: Adhering to the skin like a temporary tattoo, provides a wealth of possibilities – especially medical
- The high wireless speeds generated could see smart skins used in intensive care units, with nurses monitoring your vital signs remotely
- Built like a 3D puzzle, the technology falls within the 5G standard, potentially bringing an end to hospitals full of wires, cables and clips



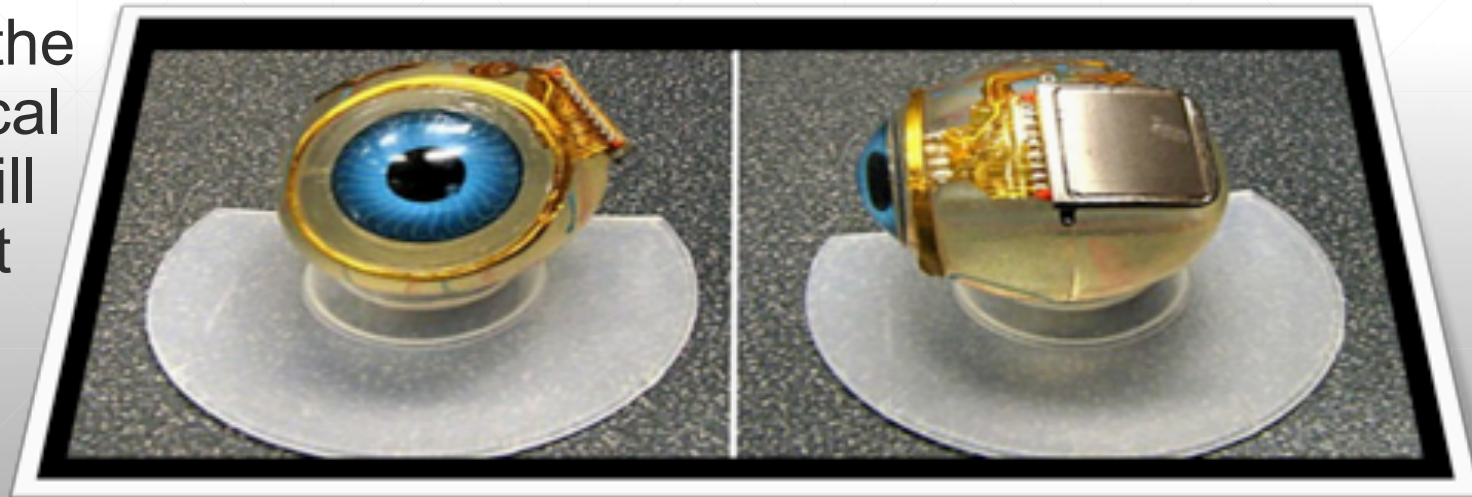
Micro-chip implants

- Innovative concepts such as installing a chip in our heads that can fix health issues are being used today (e.g., Parkinson's Disease)



Bionic eyes

- The user wears glasses containing a digital camera
- A powerful processor modifies these images, before presenting them to a microchip implanted in the back of the brain
- This chip then stimulates the visual cortex using electrical signals, which the brain will learn to recognize as sight



Performance-enhancing drugs

- While doping and other aids are banned for organized sports, why not special usage approved for some seniors to improve quality of life?
- Stimulants, blood-boosters, and synthetic hormones are coming
- A better understanding of the metabolic pathways of growth vs aging is paving the way for better performance supplements



Human auditory enhancement

- For hearing, cochlear implants are used to stimulate the auditory nerve directly



Other longevity help are on the way

Neural implants

Genetic engineering

Nano technologies

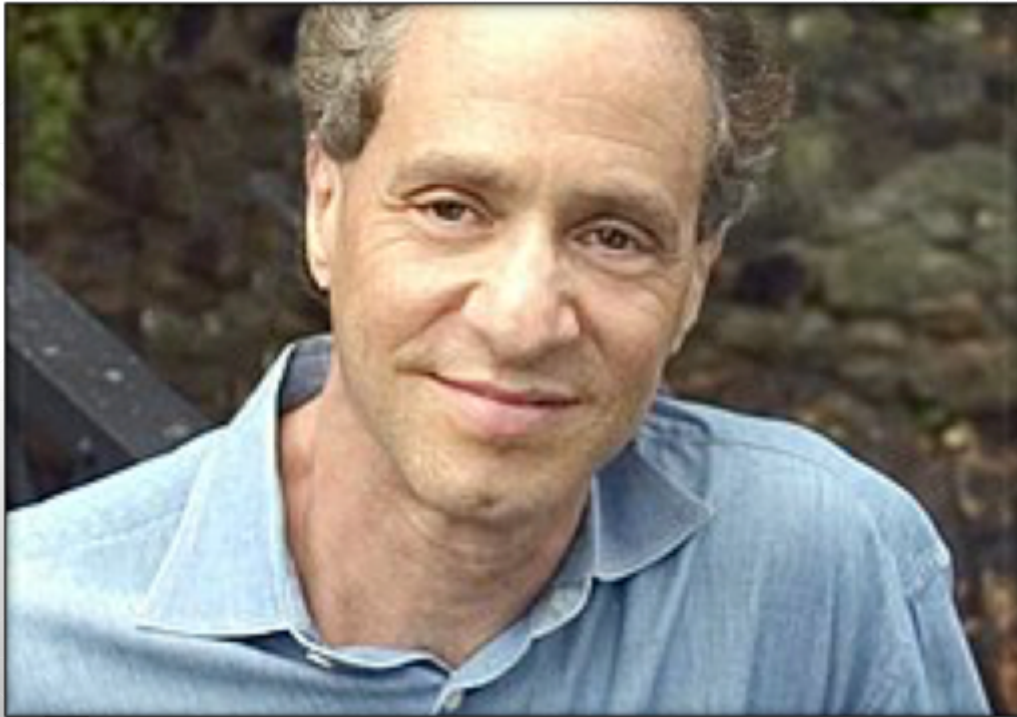
Sports Science

Cellular technology

Biotech longevity



In the words of Ray Kurzweil...



“Live long enough to live forever.”

Q&A

