



BEST
ANTI-AGING PRACTICES

HEALTH SECRET



Dr. Ben Johnson



Jonathan Otto



Dr. Michael Merzenich



Michelle Irwin

Jonathan: You're 45.

Michelle: Mm-hmm (affirmative).

Jonathan: So, pride aside, in all humility, I mean, you look a lot younger than what you are.

Michelle: Oh, hallelujah.

Jonathan: Yeah, praise God for that.

Michelle: Thank you.

Jonathan: It's a witness, right?

Michelle: Yeah.

Jonathan: It's a witness, because a lot of people wanna believe that it has the power and it's worth it. A lot of men and women will make health choices based on aesthetic reasons.

Michelle: Mm-hmm (affirmative).

Jonathan: Do you go and regularly get Botox or anything like that, in order to keep young?

Michelle: Well, you know, it's funny, when I started eating more fruits and vegetables, that was like a natural fountain of youth.

Jonathan: Mm-hmm (affirmative).

Michelle: I started looking better and younger. In fact, I remember looking ... when I was 24, and I was so bloated, and my face was so swollen, and I had this gray ash to my skin. I had really low vitamin D, and once I started walking and just getting sun, you know, they always say, "Don't use sun, because the sun is gonna completely age your skin."

Jonathan: I can tell you get sun.

Michelle: Yeah, I get sun because it is healing my skin. My vitamin D was 22 when I took it, and that's really low. I took it about two months ago, and now it's at 78. Not supplementing, just walking and getting that sun that's so precious to us, in terms of healing, getting that vitamin D. So, no, I don't do those things, I mean, maybe ... I mean, I think natural food is the fountain of youth.

Michelle: When we eat the way we're intended to eat ... In the Old Testament, we look at Abraham's wife, Sarah, and she had a baby at 80, you know? Her body was functioning enough to have a baby, and she was beautiful. So, why wouldn't we think that we would

still ... you know, we're descendants of Abraham, and so we should be able to get the ... what does the Bible say? Heirs of the promise. We're heirs of ... received the promise from Abraham.

Michelle: So-

Jonathan: That's wonderful.

Michelle: Let food be your medicine. Let food be your Botox.

Jonathan: Yeah.

Michelle: But we live in a society-

Jonathan: And sun.

Michelle: Yeah, yes, and sun.

Jonathan: When people learn your age, what kind of reaction do you get? Just honestly.

Michelle: Oh, definitely. Yeah, so people say I look like I'm in my 20's. I've had men who are in their late 20's ask me on a date. I'm not married, my husband was ... I'm a widow. My husband was tragically killed, and I always say, "I'm old enough to be your mom, so no thank you." It's just embarrassing.

Jonathan: I love that you're sharing this part of the story. I think it's just funny and that's a very temperate answer to a 20 year old boy.

Michelle: Yes.

Jonathan: That wouldn't be able to fulfill.

Michelle: And I don't even want to say like ... But most people would say I'm in my 30s. So, in fact, one of my good friends, she says, "You know, I'm 10 years older than you." And I said, "Well, what year did you

graduate?" She says, "91." And I said, "That's when I graduated. We're the same age, girl." So, I was blown away.

Michelle: But it gives I think a testimony to, we can actually go in reverse.

Jonathan: Is it possible to get rid of like, the forehead wrinkles and the crow's feet and things like that? Because women that have it, typically they feel like the only option is Botox and Disport and these types of things. But, do you think that by eating healthy, your skin can restore elasticity and whatever it needs to be more ...

Michelle: More collagen and things like that.

Jonathan: Yeah.

Michelle: Definitely.

Jonathan: And sunlight and things like that. What do you think?

Michelle: Yeah, you know ...

Jonathan: What's your experience? Did you ever have more lines than what you have?

Michelle: It's possible. I probably have more than I had.

Jonathan: Yeah, yeah, I mean because you're getting older.

Michelle: Yeah, you get older and I think sometimes we're going to have maybe some outward manifestations of just growing older.

Jonathan: Yeah.

Michelle: But I just believe that ... I've seen it happen.

I've seen people who had brown eyes, this is going to sound crazy. I know a girl, Christina, she had brown eyes. She started doing more plant based food, raw food, not that people should do raw. But her eyes changed color. She has the before and after and her eyes changed. So I think the skin, it most definitely can change. Why can't it? You get your body to place where it's thriving and you're eating right, and you're exercising. You're drinking water. We know if you don't drink water, your skins going to get saggy. But if you drink and plump up with a lot of water, the skin will plump up too.

Michelle: Yeah, so we can recreate ... We can, I mean, is anything too hard for God? No. It's not and vegetables, I mean if you look at like Christie Brinkley. She's been a vegetarian almost her whole life. She's 55 and a super model for those of you who don't know her. She's an American super model. She attributes a lot of the way she looks and I don't know if she had any work done, but, she looks incredible. She attributes it to the vegan diet or vegetarian diet.

Jonathan: Yeah.

Michelle: That's what it's about. Right? And giving God the glory.

Jonathan: Amen.

Michelle: If you follow his plan and his health that these are the benefits.

Dr. Ben Johnson: Longevity, extension of life and of course, we don't need an alive body if we don't have an alive mind, a healthy, alive mind. So, a critical part of life extension is a healthy, vital, vivacious mind that's fully aware and fully active.

Dr. Ben Johnson: So, we've talked about diet. We've talked about exercise. We've talked about hydration. Supplements, let's go over some supplements because there are a number of supplements to help prevent aging of the brain and the body, keeping things fresh, alive, new. We talked about DHA, EPA

and that's essentially fish oil. If you're eating a fish or two everyday, then you're probably getting enough. That presents it's own set of problems because of all the mercury that we've dumped into the water. So if you're eating that much fish, you need to taking EDTA or DMPS, or DMSA to help remove heavy metals.

Dr. Ben Johnson: If you have mercury amalgams, silver amalgams, which are over 50% mercury. Your dentist didn't tell you that when he put them in. And if you've had those, or have had those, then you have way too many heavy metals in your body. So you need to be actively removing those. That doesn't happen over a week, a month or a year, because our fat cells store those and fat cell might live for five or ten years, and then when it dies, it releases those toxins.

Dr. Ben Johnson: So, we're all the time getting a fresh dose of those even if we took our amalgams out 20 years ago, because of the storage problem. So, we need to be taking heavy metal removing agents on an ongoing basis. Then, as far as nutraceuticals, so I talked about DHA, EPA and then there's benphotiimine, which is pretty amazing at removing heavy metals and as a longevity agent.

Dr. Ben Johnson: EGCG which is green tea extract, Alzheimer's prevention, cardio preventive, prevention of diabetes. A truly significant agent for anti-aging. Magnesium anthranilate, the form of magnesium that crosses the blood/brain barrier much easier because we are mostly magnesium deficient in our society. Acetylcysteine, alpalypoic acid, amazing ACDC, antioxidant. It can be water soluble or fat soluble. Most antioxidants are either fat or water soluble, but this is a go anywhere, do anything antioxidant.

Dr. Ben Johnson: PQQ, hormones as we age, our hormones diminish. So testosterone, estrogen, progesterone, bio-identical only and probably in lesser doses than we're frequently getting. So the body can do a lot with a little, always. Berberine, which is I think Oregon grapefruit, another one of those amazing basic substances. B vitamins, of

course, we all need those in significant quantities. As we age, if you're over 50, if you're over 60, certainly probably at the end of the meal you should be taking batane or hydrochloric acid because we lose digestive, a lot of digestive ability because we don't have enough acid in our stomach to help digest the protein.

Dr. Ben Johnson: We do need that temporarily. People don't understand why we have acid. One of the reasons we have acid in the stomach is it's actually a waste product. As we metabolize all day long, we're making acid. So the stomach is actually an organ of excretion to dispose of excess acid waste because it's making bicarbonate to buffer the acid in our systems all day. So, if you make alkaline substance, you have to make an acid substance. So the pancreas makes alkaline, puts it in the bloodstream, and then secretes the acid through the stomach.

Dr. Ben Johnson: So, this is a dual organ. But it's also useful in the initial phase of digesting food. Then it has to go out. We've got to have a lot of alkaline to be there.

Jonathan: And what you're saying then, do you believe that Alzheimer's can be prevented?

Dr. Ben Johnson: Oh, absolutely. No question. Or you could say delayed, for probably indefinitely in most people. But, I also think that when you do that, the changes that you drive in the brain will be to substantial increases in longevity. So, you're going to have to keep people safer, longer. So that's one of the complications that are in play in driving changes in brains that are protective. People are going to live longer too. They're going to have a longer risk window you could say.

Dr. Ben Johnson: You know how this will actually play out in the demographics of human populations, we'll have to wait and see. I think people will begin to understand, I think they're about to understand now what they should be doing to keep themselves safer.

And with that knowledge, I think that well, ultimately it'll be a sloppy process. I mean, this is sort of like thinking about, people think about what they need to do to keep their cardiovascular system, their heart and cardiovascular system in good shape. Right? Most people don't do what they should be doing, right? It'll be like that. I'll be messy.

Jonathan: Yeah.

Dr. Ben Johnson: But you will have the power in a sense to take control and to manage your brain health, with the guidance of a doctor. Much more powerfully than ... For the first time, brain health will be really managed. That's ... We're there now. We can do that, I'm pretty sure.

Jonathan: And just while we're on that topic again, because I have ... I've seen a lot of people feel really overwhelmed and bewildered by neurodegenerative diseases because many people, maybe even the person watching, feels that it is a mysterious track of nature and there's nothing you can do about it. You don't believe that.

Dr. Michael Merzenich: Well I think that once it's in place, you know, once the train wreck has occurred, it's extremely difficult to deal with because it generates such damage to the physical brain. And the physical brain by this point has undergone very substantial changes that are very difficult to reverse. But up to the point of substantial destruction, the brain has been changing itself plastically. It's been making natural adjustments you could say, to make the most out of the circumstances that apply to it's operations. All of those changes are reversible. We know that now.

Dr. Michael Merzenich: We know that we can change them on a dime. We can throw a switch in a brain. We can engage a brain by for example training it intensely in the right way. And we can show all of those things that are changing physically, chemically, functionally in a youthful-ward direction again. So we can actually rejuvenate a brain rather remarkably.

Dr. Michael Merzenich: The first experiments in which this was done were in animals. We showed that we could take an animal near the end of life, supposed to die pretty soon and look in the brain at a whole series of things. We looked at about 25 things. We saw all of those things were degraded in the old brain versus the young healthy brain. Then we, all of them disadvantaged though, the brain was slow, inaccurate, disconnected. Cell populations were degraded. Everything we looked at was degraded. The vascularization of the brain was degraded. It's immune response was poor. All of these things, down regulated.

Dr. Michael Merzenich: So, we asked, well, how many of these things could we reverse by engaging the brain with appropriate intensive training. And the answer is, all of them. Every physical, chemical, functional change that distinguishes an old brain that's losing it's way from a young brain in the prime of life, can actually be reversed. Most of these things can be driven almost all the way back to the condition that applies for a young brain.

Dr. Michael Merzenich: So, we now know in human studies that we can train a brain intensely in appropriate ways and with not very many hours in a life. You could say less than one 24 hour period worth of time from a life, and we know from a study that was conducted over the past 14, 15 years that that results in a random assigned control trial a protection in trained subjects, and a reduction of the onset of dementia by about 50%. It's almost certain that if we increased the way in which we engage the brain, in which we actually controlled it, we controlled dosing so that we kept the brain in a state of high functionality, reliably. We can do this. That, we'd have seen much greater protection than that.

Dr. Michael Merzenich: So, I believe that we have within our ability not to manage brain health. That is to say, defined through relatively simple assessments, evaluations of what's inside. Then to do something about it to make it stronger. Scientists have talked about this a lot within the framework of what they call cognitive reserve, because they know that if you

just look at the pathology in a brain, you cannot account for the losses in the functionality of the individual by the pathology.

Dr. Michael Merzenich: So, they say, "Well what's the difference? Why do some people develop Alzheimer's disease and some people have terrible functional losses?" They're terribly demented. But there's a mismatch in what you see in the pathology and they say the difference is, is that the person that's still doing well has this magical thing called cognitive reserve.

Dr. Michael Merzenich: Well it turns out cognitive reserve, we now understand what it is. In fact, we now understand in a sense how we can deliver it to somebody by intensively engaging them in training. It's that delivery that is what accounts for the reversal in the physical and functional brain that we see in these studies that we've conducted in animals and humans.

Dr. Michael Merzenich: There's another really important aspect of this. It's not just about reversing it by training. There are also really critical nutritional and nutritional supplemental considerations. Because part of this process of the brain destroying itself results in a strong change in the brain chemistry and the way the brain is basically ... Brain has to have nutritional health to restore itself. So, what's really going to be effective, is to integrate these forms of re-engagement of the brain. Natural and delivered by computer based training like our training on Brain HQ, with nutritional supplementation and with physical exercise. It's going to be a combination of these different resources brought to bear to strengthen brains.