

# **15 Steps to Reduce Your Risk of Premature Death from All Common Causes**

- 1) **Increase serum albumin above 5.0 mg/dL** (improve overall nutritional status, improve personal hygiene, eliminate food allergens [personal clinical observation], improve zinc status, e.g.)
- 2) **Decrease uric acid levels, if elevated.**
- 3) **Increase glutathione levels** (supplementation with selenomethionine, cysteine, and/or glutamine, e.g.)
- 4) **Regular physical exercise**
  - For example only: stairs are a bona fide exercise machine you don't have to go to the gym to use. The Harvard Alumni Health Study of more than 11,000 men found that those who took the stairs for at least 20 floors per week had about a 20 percent lower risk of stroke and of death from all causes during the study period.
- 5) **Decrease resting heart rate** (to less than 75 beats/minute--best way is with regular aerobic exercise)
- 6) **Supplement with niacin daily** (500-2,000 mg daily)
- 7) **Increase Quercetin bioflavonoid intake**(red or yellow onions, apples, black or green tea, red wine, &/or quercetin supplementation, e.g.)
- 8) **Increase Growth Hormone and IGF-1 release:**
  - **Daily aerobic exercise** (increased body temperature releases growth hormone)
  - **Achieve regular stage III & IV (deep) sleep**

- **Loss weight if too fat**
  - **Reduce blood triglycerides & glucose to low normal levels**
  - **Supplement with GH releasers (arginine, tyrosine, glycine, glutamine, ornithine, GHB, etc.)**
- 9) **Increase fresh oily fish intake** (one to two 4-6 ounce servings of baked, broiled or steamed -- not fried or breaded--fresh fish weekly is all that's needed)
- 10) **Supplement with Vitamin A** (fish oil, fresh fish, vitamin A supplementation, e.g.---decreases death from all causes by 34%)
- 11) **Practice/experience optimistic outlook** (vs. pessimism) and live 19% longer.
- 12) **Sleep deeply** (1st 3 to 4 hours of stage III & IV deep sleep releases 75% of all daily growth hormone, a powerful anti-aging agent)

For example women who reported being sleepy during the day--an extremely common symptom of people who don't sleep deeply--had an 82% higher risk of *dying from all causes*, according to the report in the February, 2000 issue of the Journal of the American Geriatrics Society. In men, daytime sleepiness was not linked to the overall risk of dying, but men who had trouble falling asleep did have a 29% higher risk.

- 13) **Lower your serum homocysteine levels** (supplement with the B vitamins, folic acid, B6 and B12).

***NOTE: even mildly elevated homocysteine levels are associated with an increased risk of death from any cause.***

The researchers measured nonfasting plasma total homocysteine levels in 1,788 residents of western Jerusalem, 50 years of age or older. Over the next 9 to 11 years,

- *the risk of death was twice as high among subjects with the highest levels of homocysteine as it was among those with the lowest levels, Kark's team calculated. Subjects with mildly to moderately elevated homocysteine levels had a 30% to 50% higher risk of death from all causes than those with the lowest levels.*

## **14) Vegetarian diet reduces death rate from all causes compared to meat eaters in men**

Abstract

**PURPOSE:** To review the association between vegetarianism, dietary fiber and gastrointestinal disease. **DATA:** There is an increasing trend towards vegetarianism in the United Kingdom.

Studies have shown

- *a lower than expected death rate in vegetarians with a significant association between meat eating and mortality from all common causes in men.*

Vegetarians were found to have a lower incidence of

- gastrointestinal cancer,
- gallstones,
- diverticular disease and
- constipation.

Patients treated with vegetarian/high-fiber diets have ***not*** experienced significant benefits when diets are used in gastro-intestinal cancer, peptic ulcer disease or inflammatory bowel disease.

**CONCLUSION:** The benefits of a vegetarian life-style may be conferred to non-vegetarians by eating a carefully planned non-vegetarian diet consisting of increased fruit, vegetables and fiber.

Nair P; Mayberry JF. Gastrointestinal Research Unit, Leicester General Hospital, UK. Vegetarianism, dietary fiber and gastro-intestinal disease. Dig Dis, 1994 May; volume 12:3: pages 177-185.

**15) Raise serum magnesium levels (adult supplementation = approximately 400 mg of elemental, chelated magnesium daily for women, 600 mg daily for men)**

Serum magnesium concentrations were inversely associated with mortality from ischemic heart disease and *all-cause mortality*.

Ford ES. Serum Magnesium and Ischemic Heart Disease: Findings From a National Sample of U.S. Adults. Int J Epidemiol, 1999; volume 28: pages 645-651.

A Happy, Extremely Healthy New Year To You All.  
James Braly, MD