



This presentation will focus on lifestyles, that impact overall health and life expectancy in our country with emphasis on those related to cognitive health.

First, a brief discussion of time

- Earth coalesced 4.6 bya 72”
- Prokaryote cells 3.5 bya 54”
- Eukaryote cells 2.1 bya 33”
- Homo Sapiens 300,000 .005”
-

Homo Sapiens Appeared
300,000 years ago.



Homo Sapiens Take Charge.

- Larger brain size
- Advanced cognitive functions
- More complex social structures
- Sophisticated tools
- Adaptable to diverse environments

Longevity increased over time for several reasons.

- 1799 Avg. life span 36. Smallpox vaccine introduced. Between 1800 to 1890 aspirin, anesthetics, and leading causes of death were contained.
1890 heart surgery invented.
- 1900 Avg. lifespan 47.

As of 2024 the projected life expectancy in the U.S. is 79.25 years. This reflects a continuation of a trend driven by factors such as advances in healthcare and changes in lifestyles.

But did you know?

Today, young adults exist in a culture where conditions such as obesity, acne, fatigue, depression, infertility, high cholesterol, or prediabetes are common.

Good Energy – Casey Means

Did you know?

Among teens. 18 percent have fatty liver disease, close to 35 percent are prediabetic, and more than 40 percent are overweight or obese. Fifty years ago, pediatricians might go an entire career without seeing these conditions. Good Energy – Casey Means

What Have WE Done? 1970 to 2025

- 1. Obesity 13% in 1970. Now about 40%.
- 2. In 1970 people ate whole food.
- 3. Dinner plate grew from 9” to 12”.
- 4. In 1970 we walked to school.
- 5. Minimal TV in 1970. No computer games.
- 6. No TV dinners. McDonalds just started.
- **7. Fructose sugar now 152 pounds, 4 times 1970.**

And did you know?

We are failing our
children!

Good Energy – Casey Means

It is important to note that the U.S. life expectancy still lags that of many other developed nations. This gap is primarily attributed to preventable causes including heart disease, drug overdose, firearm violence and motor vehicle crashes.

Good Energy Casey Means author pg. 61

- “Every institution that impacts your health makes more money when you are sick and less when you are healthy – from hospitals to pharma to medical schools and even insurance companies. 75 % of deaths and 80% of costs are driven by obesity, diabetes, heart disease and other preventable and reversible metabolic conditions we have today.”

Healthy Lifestyles the - Big Seven

The Big Seven lifestyles that have a significant impact on a healthy life. Lifestyle habits that not only lengthen life but also make that extended life more enjoyable.

Surprisingly these seven factors are important not only for good health but also for controlling such conditions as loneliness and anger management. All equally important.

The following are the Big Seven all backed by research.

Number one No smoking

1. Lifelong smokers lose **10 years** of life on average. This estimate comes from long-term population studies in the U.S., U.K., and other countries.
2. What can you save if you don't smoke? Cost of 2.5 cartons a month \$165. Deposited at 4.5 interest. \$64,020 in 20 years. \$125,300 in thirty years.

Number two

No street
drugs.
Only
prescriptions.

Managed
alcohol.

- The reasons for no drugs are obvious and well known.

Alcohol

- It is safe to say that increased risk for cancer begins with any alcohol use and increases with high levels of consumption.
- Eliminating alcohol is associated with lower risk of cancer of the esophagus, breast cancer and colorectal cancer.
- It is never too late to stop drinking and reduce your risk.

Number Three
Proper
Nutrition

- Manage the Gut Microbiome.
- Avoid the Metabolic Syndrome.

Nutrition Dementia Alert #1



- **Avoid Processed Sugar**

- “Sugar is a primary driver of the aging reaction. ...The more sugar you eat, the quicker aging will occur. As you get older your cells go downhill, but if you consume a lot of sugar, they go downhill seven times faster.”
- Now 152 pounds a year, four times that of 1970.
 - Robert Lustig M.D.

Dementia Alert #2

Avoid ultra-processed foods

- Many ultra-processed foods contain high levels of sugar, salt, unhealthy fats, and artificial additives that negatively impact health. Be alert for the following:
 - Added sugars
 - Trans fats that raise LDL
 - Artificial additives
 - Sodium
- Read the labels



Manage Gut Microbiome

1. “If all the microbes in our bodies were suddenly to disappear, we wouldn’t last very long. And yet, when the *wrong kind* of microbes find their way into our bodies, or the *wrong mix* gets situated deep inside of us, things can go very badly very quickly – or, in the case of our brains, so slowly over many decades that we don’t notice **until a tremendous damage is done.**”

Metabolic Syndrome



Metabolic Syndrome is not an actual disease: It's a constellation of risk factors for heart disease, diabetes, stroke and other conditions.



There are five factors that help pinpoint the syndrome, but all five need not be present. If you have three of the five risk factors, you have an increased risk of heart disease and diabetes.

Manage Metabolic Syndrome Risk Factors

There are five and if you have three of the five you have increased of stroke or heart disease.

- Increased waist circumference (40” for men and 34” for women)
- Elevated blood pressure >130/85
- Elevated blood sugar (fasting glucose >100 mg/dl)
- High triglycerides (>150 mg/dl)
- Low levels of HDL (the good cholesterol) <40mg/dl in men and <50 mg/dl for women)
- Know your numbers.

Number four

Proper Weight

Manage your BMI.

Two of five adults in the U.S. are obese.

One of five children in the U.S. are obese.

Dementia Alert #3

- The connection between obesity and neurodegenerative diseases is well studied. Obesity in midlife increases the risk of Alzheimer's and dementia by nearly one hundred percent.
- New England Journal of Medicine

- Page 150
- *The Ageless Brain*
 - Dale Bredesen, MD

Number Five

Exercise

- Get moving. Engage in regular exercise to raise your heart rate and increase blood flow to the brain and body. At least 30 minutes a day is recommended.
- Walking, dancing, or gardening whatever works for you.

Dementia Alert #4

- “Exercise is essential to fighting neurodegeneration – and moreover.....all forms of cognitive decline, including that which we have been led to believe is a normal part of aging.”

- Pg 43 *The ageless Brain*

Number six

Sleep well

- Quality sleep is important for brain health.
- Try to get seven to eight hours of good sleep every day.
- Stay off screens before bed.
- If you have any sleep related problems, such as sleep apnea, talk to a healthcare provider.
- Practice a regular sleep schedule.

Dementia Alert #5

Quality Sleep

Deep Sleep

Pg 179

The Ageless Brain



Big Seven
#7
Manage
Stress

- Stress management is very important and prolonged periods of stress can adversely impact your health. Learn how to reduce stress.

That is the Big Seven

They are the foundation for a healthy life and all seven need to be adopted. Leaving one or two of the seven out will not produce the desired results.

But Wait! There is more.

Adopting The Big Seven will add many healthy years to your life and there are three more that will also enrich those additional years.

Life
Enrichment
Number One
Quality
Relationships

1. “The strongest predictor of healthy aging isn’t diet or exercise alone, but rather the quality of relationships and the presence of joy in daily life.
2. Source – Harvard Study of Adult Development.” 80-year study.

Life
Enrichment
Number
Two

Challenge your
mind.

- Be curious! Put your brain to work and do something that is new or hard for you. Learn a new skill or even a new career. Challenging your mind may have short and long-term benefits for your brain.

Life
Enrichment
Number three

Have a Life
with a
purpose.

- Choose something that you are passionate about that also helps others.
- Find ways to get involved that supports that passion.

How to succeed

Ralph Waldo Emerson

- To laugh often and love much; to win respect of intelligent persons and the affection of children; to earn the approbation of honest critics; to appreciate beauty; to give of one's self; to leave the world a bit better, whether be a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exultation; to know even one life has beathed easier because you have lived – that is to have succeeded.

Review

The Big Seven The foundation for Health



1. No Smoking
2. No street drugs
3. Proper nutrition
4. Proper weight
5. Exercise
6. Adequate sleep
7. Managed stress

Review

Dementia Alerts

- 1. Avoid processed sugar
- 2. Avoid ultra-processed foods
- 3. Proper weight –avoid obesity
- 4. Exercise
- 5. Proper sleep



Help needed.

- If you believe that we need to change many of today's lifestyles, please contact me with your ideas.
- bensontom927@gmail.com
- Please put lifestyles in the subject line.





Questions?