

**MODULE
#7**



Diet

**The Anti-Aging Code:
Harnessing Nature's Energy to
Rebuild Health and Longevity**

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Module 7: Diet

For thousands of years, folks have *dreamed* of finding the Fountain of Youth – in fact, the Greek historian Herodotus wrote of its mystical powers as far back as 500 B.C.

But its fame *really* took off in the 16th century when famed Spanish explorer Ponce de Leon sailed off across the world in search of this magical spring... said to *restore youth and vitality* to anyone who drank or bathed in its magical waters.

Of course, the gifts of *eternal youth and good health* aren't sought just by dreamers and explorers – after all, who WOULDN'T want to take a dip in its healing, youth-restoring waters?

But while the *actual* Fountain of Youth remains the stuff of myth and legend...

... scientists continue to discover effective KEYS to living a **longer and healthier life – in REAL life.**

I've been telling you about some of the BEST anti-aging methods in these pages... like resetting your circadian rhythm... reducing EMF exposure... and avoiding artificial light....

But I'm just getting started.

Because as I'm about to show you, there are even MORE ways to add healthy YEARS to your life – or even SAVE it outright.

Now, back when your grandparents were young, the top causes of death were infectious diseases like *tuberculosis* and *diphtheria*. But while these types of deaths have been *all but eliminated*... something *else* has taken their place.

You see, according to the [Centers for Disease Control](#), a whopping **60 percent of Americans** currently suffer from a **chronic disease** – and **40 percent** are battling 2 or more.

And according to the CDC, chronic disease is the LEADING cause of DEATH and DISABILITY in this country.

But it doesn't HAVE to be.

Because *today's* KILLER diseases, like **heart disease, stroke, cancer, diabetes, neurodegenerative diseases, and Alzheimer's disease** – the so-called “diseases of aging” – are actually PREVENTABLE.

And a BIG part of that is because they all have one thing in common – *they're largely influenced by **lifestyle***.

Friend, do you remember a popular candy from back in the 1960s called **Now and Later**?

That's kind of like your **health** ... because the choices you make NOW, will impact how you live LATER.

So if you're hoping to live a long, healthy life – avoiding deadly diseases and aging gracefully – there's something you can start doing NOW... that can pay big dividends LATER.

Cause and Effect

I'm talking about making changes to your lifestyle – like eating a healthy diet, getting enough exercise, quitting smoking, and drinking in moderation.

No, I know this is probably NOT the bombshell anti-aging advice you were hoping to hear.

But there's plenty of science to show that lifestyle changes CAN help you add years to your life... not to mention, *life to your years*.

I'll tell you MORE about how making simple lifestyle changes, you can *directly impact your health and longevity* – and clue you in on a few surprising anti-aging lifestyle secrets – in Bonus Module #1.

But now, I want to tell you about one of the most IMPORTANT changes you can make...

... and it has everything to do with what's on your dinner plate.

You see, when it comes to aging, what you EAT can make a BIG difference in how you *feel*... how you *act*... and even how you *look*.

And as I'm about to show you, a few tweaks to your diet can go a LONG way to helping you find your OWN Fountain of Youth.

The High Price of Convenience

But first, up to about 100 years ago, folks were eating something many modern Americans aren't getting enough of – **real, nutritious FOOD**.

Meat came from animals that lived in the wild. Vegetables came from the backyard garden. Berries were picked in the wild in season.

But over the past century, our food supply has been *hijacked*.

We're eating *more* than EVER before... but we're getting *LESS actual food*. Because what most folks are putting in their mouths isn't really *food* at all...

... and it's jeopardizing their health.

I'm talking about **processed foods**.

When they started gaining popularity in the 1920s, processed foods seemed like the greatest thing since, well, *sliced bread*.

Weary housewives welcomed their *time-saving ease and convenience*, which freed them from hours spent in the kitchen, preparing meals from scratch.

Fast forward to today, and processed foods have become even MORE popular.

But that's not the WORST of it.

Because “ultra-processed” foods account for more than **60 percent of the calories Americans purchase – and EAT**.

What's the difference between “processed” and “ultra-processed?”

Processed food is any food that has been altered in any way. Even foods that have been canned or dried would fall into this category... basically, it's most foods that come in a package.

But **ultra-processed** foods take it to a WHOLE new level.

These *Frankenfoods* have been *significantly altered* from their original, fresh state. They typically contain 5 or more ingredients, and are LOADED with **sugars, fats, and chemical additives** – like **preservatives and artificial colors and flavorings** – that

mimic the appearance, texture, and aroma of fresh food.

Worse, these additives are strategically designed to make these foods *irresistibly tasty... and practically addictive.*

And if that's not bad enough... these fake foods typically *cost a lot less* than fresh, nutritious food.

But while ultra-processed foods are LOADED with lots of things you DON'T need...

... they're MISSING the beneficial **vitamins, minerals, and nutrients** that you DO need to help keep your *mind and body healthy... and help you fight off disease.*

Take breakfast, for example. All over the country, Americans are heating up a bowl of *instant oatmeal* in the microwave... popping a couple of *frozen waffles* into the toaster... or pouring themselves a heaping bowl of *sugary, candy-coated breakfast cereal.*

And throughout the day, they're chowing down on MORE ultra-processed fare, like hot dogs, frozen dinners, packaged soups, chicken nuggets, fries, pastries, ice cream, chips, candy, sugary soft drinks, and much more.

By now, most folks know that these “foods” are chock-full of **refined carbs and sugars** that don't do their waistlines any favors. But they still find it hard to resist the combination of *easy preparation, affordable price, and lip-smacking taste* these meals deliver.

Friend, this needs to change – and FAST. Because in addition to WRECKING your he-man physique or girlish figure... processed foods can literally WRECK your health.

You see, like it or not, you truly ARE what you eat.

What you choose to put in your mouth every day plays a key role in *how you look, how you feel, and how healthy you are* – or AREN'T.

That's because food has the power to HEAL... but also, to KILL.

What the Research Shows

When considering what foods to eat—and which ones to avoid—don't ask what's “good” or “bad” for you... ask what's *inflammatory* or *anti-inflammatory*.

You see, certain foods are **anti-inflammatory** – like **fruits and vegetables, nuts, seeds, fatty fish, and olive oil**. They actively *combat inflammation by neutralizing free radicals, which helps prevent the damage they can cause to your body*.

And not only do these foods NOT cause inflammation... they actively FIGHT the damage that inflammation causes.

And as a bonus, these foods happen to be good for your waistline – now THAT'S a win-win.

On the flip side, OTHER foods – like **processed foods, refined grains, and sugary treats and drinks** – are **inflammatory**. That means they *TRIGGER inflammation in the body... boosting free radicals, which damage cells and spike the risk of deadly disease*.

Chronic inflammation has been linked to **cancer, heart disease, diabetes, arthritis, depression, Alzheimer's, and other diseases of aging** – and it plays a huge role in **pain**.

And a major source of inflammation in your body comes from the **FOOD** you put into it.

In a 2020 [study](#), published in the *Journal of the American College of Cardiology*, researchers followed over 200,000 people for up to 30 years. They found that those who consumed HIGHER amounts of **inflammatory foods** had a **46 percent** greater chance of developing **heart disease**... and a **28 percent** greater risk of **stroke**.

Other research has found that several key biomarkers of inflammation – including *interleukins, chemokines and adhesion molecules* – are linked to both **early- and late-stage atherosclerosis** (hardening of the arteries).

But that's just the tip of the iceberg. Because 2 recent studies, both published in the *BMJ*, found that ultra-processed foods are *killing people*... including seniors like you and me.

The first [study](#) found that the MORE processed foods you eat, the GREATER your risk of **cancer**.

For 5 years, researchers had more than 100,000 people document what they ate and drank. They then categorized this data, ranging from **unprocessed** foods (like fruits, vegetables, meat, and fish) to **ultra-processed foods** (including packaged breads, processed meats, snacks, sweets, and sodas).

And when they compared the participants' food diaries to their medical records... the results were *shocking*.

For every **10 percent** increase in **ultra-processed foods**, the overall risk of **cancer** shot up by **12 percent** – with an **11 percent** increase in **breast cancer** specifically.

Now, the study didn't find that these Frankenfoods CAUSED cancer. It could be that folks who eat more of these foods make OTHER unhealthy lifestyle choices, compared to those who routinely eat fresh food.

But it's undeniable that the **added sugar** that processed foods contain— not to mention their **lack of protective fiber and vitamins** — may *feed the growth of cancer cells*.

Plus, processed foods can contain additives, preservatives, and other chemicals known to be *carcinogenic* – even their *packaging* can contain toxic chemicals that taints what's inside.

The second **study** was just as disturbing. It found that eating more than 4 daily servings of ultra-processed foods was linked to a **62 percent** greater risk of DEATH from *any cause*.

And big eaters *beware...* because each *additional* serving spiked the risk by *another 18 percent*.

Friend, I know ultra-processed foods are convenient... but I wouldn't exactly call *cancer or dying* convenient, would you?

These study results are alarming, especially when you consider that ultra-processed foods take up MOST of the space in Americans' grocery carts.

Like I always tell people, if you shop only along the perimeter of the grocery store – and NOT in the center aisles – you won't have to worry about being tempted by these types of foods.

Even better, *cut out the grocery store altogether*, and head to your local farmers' market to find *fresh, whole ingredients* – straight from the source – *without* chemicals or packaging.

A Longer Life... One Bite at a Time

Friend, if you ask me, it's practically *criminal* that today's Standard American Diet (appropriately called SAD) is heavy in *fatty, sugary, salty, and heavily processed foods*.

But luckily, you can choose foods and food groups that can **IMPROVE your health and vitality**... *helping you lose weight and lowering your risk of heart disease, stroke, and other deadly diseases.*

So what's on the menu? Let's start with my 8 health-boosting guidelines:

- Choosing **fresh, whole, REAL food** – not FAKE processed food – is good for every aspect of your *body and your overall health*.
- Eat a **variety of foods** to get the wide range of **vitamins and minerals** you need to help keep your *heart, brain, immune system, and much more in tip-top shape*.
- Opt for **organic food** to reduce your intake of pesticides, herbicides, preservatives, and other health-robbing toxins and chemicals.
- Choose **anti-inflammatory foods** like *fruits and vegetables, nuts, seeds, fatty fish, and olive oil*. Not only do they NOT they cause inflammation... they actively FIGHT it by helping to neutralize free radicals and preventing the damage they cause.
- Eat a **high-fat** diet. Despite what the mainstream's been telling you, *eating fat* doesn't *make* you fat. In fact, just the opposite, as long as they're *healthy* fats like **avocados, egg yolks, olive oil, and nuts**. These fatty foods are nutrient-dense and provide numerous health benefits – including helping you **lose weight**.
- **Boost your intake of carbs** in the summer, and **reduce them in the winter**. Our ancestors naturally fattened up at the end of summer to create an energy reserve to help get them through the colder weather to come.

Then in winter, when there was low light, they ate nuts, seeds, and animal foods—essentially a low carb diet—and lived off their stored fat, which has the proper free radical signal for that low-light environment.

Today, Americans' year-round love affair with carbohydrates grown in strong sun – no matter where they live – has contributed to sickness and obesity in this country. Which leads me to...

Eat seasonally. Eating food that's grown in season – and in the same latitude you live in – is how humans were designed to eat. Our ancestors ate what was available at that moment in time... and in their particular location.

Here's why eating the RIGHT foods at the RIGHT time is so important.

Our mitochondria *strip electrons and protons from the food we eat*. The food's electrons interacted with light while it was growing, and our mitochondria read the *spin* of the

electrons – similar to the barcode scanner at the grocery store.

It now appears that the light environment in which the food you eat is grown — and the light environment you’re exposed to where you live — must *MATCH*, in order for the free radical signal to *promote health*, rather than *cause disease*.

On the other hand, a *mismatch* could cause an alteration of free radicals. So, for example, if you live in Alaska, eating a banana in the winter could create **chaos** due to free radicals that are in the wrong “spin state.”

Bone broths are a natural source of nutrients that benefit **bones** and **joints**, including **collagen** and the amino acids **proline** and **glycine**. Bone broths also help **improve gut function** and help restore **gut microbiome** damage caused by leaky gut syndrome. And they’re naturally low in *deuterium* (more on that in a moment).

My Top 5 Menu All-Stars

Okay, now that you know the guidelines, here are 5 top categories of food and drink that are LOADED with nutrients that can help you live LONGER – and BETTER.

It’s not a complete list, of course, but it contains the types of foods I eat regularly. And as a bonus, not only are they some of the *tastiest foods on the planet... they’re some of the healthiest, to boot*.

Fish and Shellfish

If you only make one simple change to your diet, my #1 recommendation is to EAT MORE FISH.

One good reason is because fish and shellfish – especially, **fatty fish like salmon, lake trout, sardines, and anchovies** – are LOADED with **omega-3 fatty acids**, particularly **EPA** and **DHA**...

... which help everything from the heart to the brain – and plenty in between.

A comprehensive [meta-study](#) of 40 clinical trials found that EPA and DHA intake LOWERED the risk of **heart disease, heart failure, stroke, heart attack**, and other **coronary events**.

Science has found that these fatty acids are converted to other compounds, such as **resolvins**, **protectins**, and **maresins**, that *reduce inflammation and improve immune functioning*.

DHA also has a special configuration of electrons that easily interact with light, which is important for **cell membranes' signaling function**.

Plus, DHA is most abundant in the body in the *retinal pigmented epithelium*, the **first stop in setting the circadian rhythm** with the stimulus of light.

Now, a lot of doctors out there might point you to **omega-3 supplements**... but not me.

That's because omega-3s are just ONE of the many nutrients in fish and shellfish. Fish are also loaded with **protein, vitamin D, iodine, calcium, iron, zinc, magnesium, potassium**...and so much more.

Want even more reasons to add fish and shellfish to the menu? Here's a roundup:

Eating fish just *once a week* boosts the area of the brain associated with **memory** — in fact, numerous studies show that fish eaters have lower rates of **cognitive decline**.

People who eat the most fish have a **lower risk of developing Alzheimer's**.

People who eat fish twice a week tend to have **lower blood pressure and fat levels**.

The omega-3s from fish lower the risk of breast and colorectal cancers.

Regularly eating fish helps combat depression, and can even boost the effectiveness of antidepressants.

Eating fish can lower the risk of age-related macular degeneration by 51 percent.

And if you're an **oyster** lover, enjoy – they're good for the environment, and contain loads of minerals, including more **zinc** than any other food. That's why I eat them regularly.

I recommend 2-3 weekly servings of wild-caught fish and shellfish. But AVOID those known to have high levels of mercury, like **King mackerel, ahi tuna, swordfish, shark, orange roughy, and tilefish**.

Fruits and Vegetables

I don't need to tell you that **fruit and vegetables** are good for you.

Our mothers grilled that fact into our heads ever since we were kids at the dinner table... telling us that an apple a day keeps the doctor away, and spinach could give us big, strong muscles.

I'm happy to report that modern science has found that our moms were *exactly right*.

Now a moment ago, I told you that fruits and veggies are *anti-inflammatory*. But that's just ONE of their many benefits. They also contain compounds that can improve *every single function in your body* – and that helps you *prevent disease and live longer*.

These compounds are what give fruits and veggies their vivid hues – so choose a variety of colorful produce to get the most benefit.

In a [study](#) published in *Nature Communications*, researchers investigated whether certain compounds found in fruits and vegetables could *protect against disease and extend longevity*.

These compounds include a specific family of **polyphenols** (plant chemicals) called **flavonoids** that are also found in *dark chocolate, red wine, and tea*.

The 6 flavonoids they investigated include **flavonols, flavan-3-ols, flavones, flavanones, anthocyanins, and isoflavones**. But you don't need to remember their names... just what they can do for your *health*.

Because according to this study, the MORE flavonoids you consume... the LOWER your risk of dying from heart disease, cancer, or even from ANYTHING at all – especially, if you smoke or like to drink.

Even better? You don't have to drown yourself in kale to boost your health. According to the study, the folks who saw the greatest benefits ate about **500 milligrams** of flavonoids per day.

That's about one apple, one orange, ½ cup blueberries, and ½ cup of broccoli, all washed down with a cup of tea.

Red Meat

There are certain things Uncle Sam should stay out of... and giving health advice is up there at the top of the list.

Now, a recent [study](#) from UNBIASED researchers has *vindicated* a food that the mainstream has *demonized* for decades.

I'm talking about **RED MEAT** – a food I've continued to enjoy, despite the mainstream warnings... and I've always told my patients to ignore them, too.

You see, even though you've been told red meat is bad for your heart – and your health – the latest science tells a MUCH different story.

For this [study](#), 14 researchers from 7 countries conducted three separate reviews to investigate red meat and its impact on **heart disease, cancer, and death from ANY cause.**

They evaluated TONS of data... and in study after study, they found the same recurring theme – **if there was a link, it was negligible, and the quality of the evidence was low.**

Their conclusion? The evidence is TOO WEAK to tell people *not* to eat beef or pork.

But here's the REAL truth. Red meat contains LOADS of beneficial nutrients – that why humans are — and have always been — meat-eaters.

Humans require **vitamin B12** in their diets—and you can ONLY get that from animal foods. In fact, vegans have to take B12 supplements to avoid deficiency.

Animal [studies](#) have shown that choline – another nutrient found in red meat (along with eggs, shellfish, and spinach) could even play a major role in preventing Alzheimer's.

Red meat is also chock-full of **protein, vitamins A, E, B3, B6, iron, zinc, selenium, creatine, carnosine, omega-3s, the fatty acid CLA**, and so much more – in fact, it's one of the healthiest foods on the planet, hands down.

But not all meat is created equal. While natural, grass-fed beef can actually **reduce** your risk of heart disease, processed meat is associated with an increased risk of heart disease, diabetes, and death.

So eat your red meat... just make sure it's organic and grass-fed.

Saturated Fat

One of the mainstream's biggest cautions about **red meat** – along with whole-fat dairy, eggs, and butter – is that these foods are high in **saturated fat**. And to that I say... *so what?*

[Studies](#) continue to show there is NO LINK between eating **saturated fat**... and **coronary heart disease, stroke, type 2 diabetes, or all-cause mortality**.

What scientists have found instead is that **coronary heart disease is a chronic inflammatory condition** – and the risk can be reduced by making healthy lifestyle choices.

But the mainstream is *relentless*... consistently harping that *saturated fat is bad* because it *increases cholesterol levels*.

Yet data continues to show that **the higher the cholesterol, the lower the mortality**—both from all **causes and heart disease specifically** – *in older folks over 65*.

The bottom line is that food isn't one-dimensional – you have to consider its totality. And God tends to package food in ways that make them *balanced, nutrient-dense, and good for you*.

Deuterium-Depleted Water

Now, if you're wondering what I wash all of that healthy food down with, my go-to is water – but not just ANY water.

For one thing, I drink a LOT of spring water.

But there's ANOTHER type of water I like to fill in with. This “light liquid” is a special, *healing* water that POWERS up the **mitochondria**, your body's *cellular energy generators*.

Not only that... this unique water has also been shown *to STOP the growth of tumors and cancer cells, help traditional cancer treatments work better, and help cancer patients live longer*.

It's called **deuterium-depleted water (DDW)** – or “light water” – because it contains lower levels of a hydrogen isotope called *deuterium* (*you may know deuterium as Iso-D as well*).

Now, deuterium is not harmful and has beneficial effects in the body – as long as levels remain HIGH in blood plasma... and LOW in the mitochondrial matrix and cells, as I'll explain in a moment.

Light water helps our body's energy motor run more efficiently – and that helps make it such a potent weapon against cancer.

Here's why. Deuterium molecules are TWICE as large as hydrogen molecules – so having *too much deuterium* in the mitochondrial matrix is like pouring *syrup* into the gears of its **energy production process**.

Deuterium also hampers the function of our body's **enzymes** – which are VITAL for helping to keep **100,000** chemical reactions *per second* occurring in our **37 trillion** cells.

Now, if you have healthy mitochondria, you'll generally have **low deuterium levels**. Plus, *mitochondria can actually produce their own deuterium depleted water* as a byproduct of energy production... which helps to promote good health.

But as I told you, *mitochondrial function declines with age* — typically, about a **10 percent** drop each decade.

Plus, the *unhealthy* lifestyle factors that I keep warning about—like *an out-of-whack circadian rhythm, lack of grounding, basking in artificial light, exposure to EMFs, and eating too many processed foods* —can lead to early **mitochondrial dysfunction**.

Same goes for *avoiding the sun*. You see, sunlight depletes deuterium inside the cell, thanks to its ability to BOOST mitochondrial function.

And because damaged mitochondria can't function properly, they start losing the ability to both *produce deuterium depleted water... and filter deuterium out of the body*.

As a result, there's even more deuterium in the mitochondria and cells—adding more of this “mito-sludge” to *gunk up the body's energy production process*.

This vicious cycle has a *devastating impact on energy metabolism*—and it explains why deuterium has been implicated in the formation and progression of **cancer cells**.

It also explains why deuterium is likely associated with a long list of diseases and health conditions, such as **heart disease, epilepsy, obesity, diabetes, metabolic syndrome, hormone imbalances** and **depression**.

But drinking water with LOW levels of deuterium helps keep YOUR levels low where they need to be — and it's especially important if you're FIGHTING cancer – or are looking for ways to PREVENT it.

Now, deuterium is found in virtually all of the water on Earth, but lower concentrations are found in water near *high-elevation mountains, glaciers, and both poles*.

For comparison, most of the Earth's water contains about **150 ppm** (parts per million) of **deuterium**, while light water contains about **25–130 ppm**.

For combatting cancer and other diseases, there are special deuterium-depleted water sources that get the concentration down to as low as 25 ppm.

While you won't find deuterium depleted water in your supermarket's water aisle, there are specialized companies that sell it. I get my deuterium depleted water from extralightwater.com.

I use deuterium depleted water 1 or 2 months per year, and typically drink about 1 ½ liters per day.

I think of it kind of like getting the *oil changed in my car*.

Deuterium depleted water is especially beneficial for older folks who are dealing with *increasing mitochondrial damage or have a mitochondria related disease* (that includes most diseases of aging).

And a patient of mine I'll call John shows just how critical it can be...

When I met John he was 58, overweight. and worn-out. He came to me complaining of chronic pain, poor sleep, low libido, muscle weakness, and pre-diabetes, among many other issues.

He said he was desperate to rekindle his sex life with his wife... Get back to golf and hiking...

And have the stamina to do more with his three grandkids.

So I ran a few tests and discovered that his circadian rhythm was totally off...

And that he had sky high levels of deuterium—likely triggering his loss of energy.

So I helped John get his deuterium down and get his circadian rhythm on track... And just 10 weeks later—he was a new man.

Not only was John's mitochondrial energy production up by an incredible 246%, but he was off his cholesterol medication, and feeling great.