

## ANTI-AGING ALGORITHM

CATEGORY	0 POINT	1 POINTS	2 POINTS
<b>Diet</b>	<ul style="list-style-type: none"> <li>*I tend to eat like most Americans, shop at traditional grocery stores and follow the standard guidelines for food.</li> <li>* I drink tap water, diet or sugary beverages most days.</li> <li>*I prefer beer or mixed drinks &gt; 2 drinks/day</li> </ul>	<ul style="list-style-type: none"> <li>* I try to eat a diet that is lower in refined carbs and higher in animal protein and fats.</li> <li>* I mostly drink purified water, tea (green, black, herbal) or coffee.</li> <li>*When I drink alcohol I prefer wine, but often drink &gt; 5oz/day</li> </ul>	<ul style="list-style-type: none"> <li>* My diet is 80% organic plant-based with 5+ servings of veggies /day &amp; good fats: olive oil, nuts,etc</li> <li>* I only eat fish that is wild caught or meat that is grass-fed</li> <li>* I drink spring water, tea (green, black, herbal) or coffee.</li> <li>*I drink red wine limit of 5oz /day</li> </ul>
<b>Fasting</b>	<ul style="list-style-type: none"> <li>*I have never fasted</li> </ul>	<ul style="list-style-type: none"> <li>*I have attempted a fast once or twice in my lifetime.</li> </ul>	<ul style="list-style-type: none"> <li>*I fast regularly, at least once a year with intermittent fasting or a diet that mimics fasting.</li> </ul>
<b>Exercise</b>	<ul style="list-style-type: none"> <li>*I don't or rarely exercise.</li> <li>*I try to avoid manual labor around the house.</li> <li>* I don't exercise my brain</li> </ul>	<ul style="list-style-type: none"> <li>*I exercise when I have time or inconsistently.</li> <li>*I do light housekeeping or yard work.</li> <li>*I sometimes do puzzles or read</li> </ul>	<ul style="list-style-type: none"> <li>*I exercise on a regular basis, both resistance and aerobic activities.</li> <li>* I do most manual labor in my home.</li> <li>* I do brain exercises and learn new tasks</li> </ul>
<b>Blood Tests</b>	<ul style="list-style-type: none"> <li>*Inflammatory markers and blood sugar control <i>above</i> lab normal or unknown. (CRP, HgbA1C, fasting insulin, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>*Inflammatory markers and blood sugar control <i>within</i> lab normal. (CRP, HgbA1C, fasting insulin, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>*Inflammatory markers and blood sugar control <i>below</i> lab normal. (CRP, HgbA1C, fasting insulin, etc.)</li> </ul>
<b>Social/Spiritual</b>	<ul style="list-style-type: none"> <li>*I only have one or two friends or family members I can count on. I don't have a spiritual connection.</li> </ul>	<ul style="list-style-type: none"> <li>I have a small group of friends or family members that I rely on. I occasional find the need to connect to God.</li> </ul>	<ul style="list-style-type: none"> <li>*I have a large network of friends and family that offer constant support. I attend a place of worship regularly.</li> </ul>
<b>Sleep</b>	<ul style="list-style-type: none"> <li>*My sleep schedule is inconsistent and insomnia is a problem.</li> <li>* I work night shifts</li> </ul>	<ul style="list-style-type: none"> <li>*My sleep schedule is regular but 6 hours or less / night.</li> </ul>	<ul style="list-style-type: none"> <li>*I sleep 7-8 hours regularly, and rarely wake-up more than once in the night.</li> </ul>



## ANTI-AGING ALGORITHM SCORES

**9 – 12** Congratulations! You are on your way to a long vibrant life!

**5 – 8** You can expect an average American lifespan, which may still include chronic diseases typical of the aging process. Become more energetic and vital with targeted strategies!

**0 – 4** You need immediate expert advice to reverse the aging process!

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