

PETER'S LONGEVITY-RELATED PRACTICES

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FALL 2022

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I am an educator, entrepreneur, and scientist—not a clinician. As such, I cannot make clinical recommendations for prevention or treatment of any disease. In making any suggestions, I am expressing only my own personal views and sharing what I am personally doing for my health.

No one should start taking any supplement or medications without first checking with their personal physician. Some supplements can be dangerous for people with certain preexisting medical conditions, and supplements can interfere with some prescription drugs. Supplements can also affect different people differently.

The US Food and Drug Administration (FDA) has reviewed these supplements to determine whether their listed ingredients are safe to consume, but no US regulatory authority has reviewed their ability to address cognition, dementia, Alzheimer's disease, or human brain health generally. The evidence of benefits of taking most of these supplements comes from laboratory experiments, and/or from epidemiological data, not from human clinical trials.

Supplements should only be purchased from trusted retailers and brands. Testing has shown that many supplements are tainted with unlisted ingredients and/or do not contain the amount of the supplement listed on their label.

For additional, more detailed recommendations in the categories of Sleep, Exercise, Diet and Supplements, please see **Life Force**, a book jointly written by me in partnership with Tony Robbins and Robert Hariri, MD, PhD.

Fountain Life: Perhaps the most important action I take every year is to go for my full “digital upload” at Fountain Life. The Fountain Life **Apex program** includes a yearly full-body diagnostic that includes the following elements:

- Full Body & Brain MRI looking for cancer and aneurisms
- Clearly Coronary CT angiography powered by AI
- GRAIL Galleri “Blood Liquid Biopsy” looking for 50 different cancers
- Full executive blood work-up
- DEXA scan looking at bone and muscle health
- Genomic sequencing and analysis
- Gut microbiome analysis & testing

These annual tests take four to six hours at one of the Fountain Life centers, and each one generates about 150 gigabytes of data. The goal is to find disease at its earliest moment— when you have the very best chance of stopping or curing it.

Notionally, I call this: “Not dying from something stupid.” Early analysis by Fountain Life and Human Longevity Inc. indicates that in seemingly healthy adults, the following is discovered:

- 2.0% have a cancer they don't know about
- 2.5% have a previously unknown aneurism and
- 14.4% have a serious finding that needs immediate attention.

Fountain's Apex program also includes quarterly executive blood tests to update your results and fine-tune your meds and supplements. Importantly, the program includes a Concierge Physician to help you interpret results and support your longevity journey.

Lifeforce: Another important aspect of my diagnostic journey that blends Fountain Life with the Meds & Supplements (see pages 7-8) is my use of the Lifeforce membership platform. Lifeforce is developed specifically to support individuals in maintaining their peak performance and vitality and provides diagnostics, coaching, and a series of corresponding medicines, supplements, hormone-optimization practices, and peptides.

Measure Your Baseline: You can begin your journey with Lifeforce's at-home blood test that measures the 40+ biomarkers that are then reviewed with your Lifeforce medical doctor (MD).

Customized Plan: Written by a Lifeforce MD, with recommended nutraceuticals, hormone optimization, peptides, and lifestyle changes based on your goals.

Re-Test, Dashboard & Fine-Tune: You can re-test your biomarkers every 3 months and track on your dashboard, iterate, and improve. Together with your MD and health coach, you'll review your results and fine-tune your program to make progress toward your goals.

So, how long do you want to live? Or, if you're young and at the beginning of your career, how old do you want your parents or grandparents to live to?

I don't mean getting old, mindless, and drooling in a wheelchair... but instead, living vibrantly with the cognition, aesthetics, and mobility of youth.

The best way I have found to maintain what I call a "Longevity Mindset" is to pay close attention to the overwhelming and growing evidence of science's ability to extend the human healthspan. The goal is to go from thinking: "That sounds interesting" to thinking: "Oh my god, I can't believe that science is really making this available!"

One way I have done this is to read a daily AI-generated newsfeed called LongevityInsider.org. You can get it as well—it's free! Every day, I get a summary of the top 10 journal articles, news updates, and tweets documenting the latest longevity breakthroughs in the world.

The second thing I do is to organize my annual Longevity Platinum Trip every August & September, and the Longevity Module at Abundance360. This allows me to identify and gather the top thinkers in the world focused on extending the healthy human lifespan.

The third thing for me is the books I read and write that offer a cohesive and consolidated view of the longevity (age-reversal) revolution coming our way. Here are a few for your consideration:

- **Lifespan**, by David Sinclair, PhD
- **Life Force**, by Tony Robbins, Peter Diamandis, MD, & Bob Hariri, MD/PhD
- **Growing Young**, by Sergey Young
- **Young Forever**, by Mark Hyman, MD (to be released in Q4 2022)

Remember, prioritizing your health and adopting a Longevity Mindset allows you to extend the positive impact you can have in the world. And, the reality is, when you are living a purposeful life, you'll want to live as long as possible.

I believe this is the most exciting time in history to be alive, and I for one want to experience our extraordinary future ahead.

Finally, in a study conducted by the Association for Psychological Science, researchers found that within a 14-year period, participants who expressed having a sense of purpose in their life had a 15% lower risk of death as opposed to those who said they didn't. So, find your Massive Transformative Purpose (MTP) and tell the world!

What you eat and drink, and when you eat is critically important. Below is a summary of my personal longevity diet practice. You can find more details and data backing up these practices in the book **Life Force**

Fasting: I do a morning fast, not eating breakfast. I will typically have a morning cup of coffee (or two). I eat lunch around 1pm and an early dinner around 6pm. My goal is to fast for 18 hours until lunch the next day

What I Eat: I try to eat as many whole plants and nuts as I can. I'll typically have a Greek salad with an avocado for lunch, and sometimes for dinner with a generous helping of extra virgin olive oil (even doing an "olive oil shot"). For protein, I'll typically eat fish (salmon) three times per week, and occasionally eggs and some chicken. Other foods and snacks that I enjoy include broccoli, gigantic beans, and almonds. Dessert is infrequent, but if I'm feeling a craving, I'll satisfy it with a bit of dark chocolate (>75% dark cacao) and frozen grapes or frozen banana slices.

What I Don't Eat: I do my best to stay away from sugar, and minimize carbohydrates and starches. No dairy products and no beef.

What I Drink: I aim to drink two to three liters of water per day. In the morning, I will mix a package of **Athletic Greens** into a quart of water. I may also mix lemons into the water or vitamin powder to give it a bit of taste and make it more enjoyable. I'll prioritize fresh spring water like Fiji. I will typically drink two americanos each morning. Two or three times per week, I'll enjoy a glass of red wine, and on a rare occasion, a scotch.

What I Don't Drink: I've eliminated 100% of sodas from my diet, as well as all highfructose fruit juices, which can spike my blood sugar.

Measuring My Blood Glucose: High blood glucose levels are a challenge to the body. It is a neuro-inflammatory, and contributes to heart disease and dementia. I use a "Continuous Glucose Monitor (CGM)" such as the ones developed by **Levels** and **FreeStyle LibreLink**. The goal is for me to measure which foods spike my blood glucose. It also keeps me aware of my eating habits in the same way that my Oura ring helps me monitor my sleeping habits.

Exercise, particularly retaining muscle mass and agility, is one of the fundamentals of longevity. Most deaths occur following prolonged sarcopenia (loss of muscle mass) leading to a fall, a fractured hip or pelvis, hospitalization, pneumonia and death.

Heavy Weight Workout: I use a trainer and work out weekly using heavy weights for upper and lower body. Each session is an hour long. I will do one of these per week, occasionally twice per week. (This is in addition to my Katalyst and Osteostrong usage.)

At-home Quick Workouts: : In between my heavy weights, I will work out at home with the below simple exercises a few times per week (this is also in addition to my Katalyst and Osteostrong usage)

- Push-ups
- Abdominal bicycle, sit-ups, v-ups
- Squats, lunges

Workout App: One of the apps I love for pushing me through a daily exercise routine is called the **7 Minute Workout**. It's free on the App Store and is developed by Johnson & Johnson. It's a high-intensive, circuit training workout, with aerobic and resistance exercises using only body weight.

Walking Meetings: Throughout the pandemic, I've made it a habit to take as many of my in-person meetings as "Walk and Talk" sessions. My daily goal is to exceed 10,000 steps measured on my Apple Watch/phone.

Walking Desk: To help me reach and exceed my 10,000-step goal, I have been using a walking desk whenever I've worked in an office. Every Zoom and every phone call can be done on a walking desk. As I like to say, sitting is the new smoking!

Osteostrong: I'm new to Osteostrong's bone-density building technology, but I'm a fan and am looking forward to incorporating it into my normal routine once per week.

Katalyst: I'm loving my Katalyst suit, which lets me do a full body workout in about 20 minutes in the privacy of my bedroom, 2 times per week. One of my major objectives is adding muscle mass, and this is my latest go-to option for doing that.

Measurement: InBody H2ON Whole Body Composition Scale: I love keeping track of details with my InBody H2ON, which measures whole-body composition: total weight, muscle, and body fat percentage. It also connects to my tablet.

Much of this information is available in more detail in the book **Life Force** and in Dr. Matt Walker's excellent book **Why We Sleep**.

My Thoughts on Sleep: When I was in medical school and for the first few years of my entrepreneurial career, I used to pride myself on how little sleep I could get away with. My target was typically 5.5 hours. I would routinely take red-eye flights so I could sleep and hit the ground running. Boy, was I wrong: I wish I knew then what I know now!

How Long and When?: Today, my absolute target is 8 hours of sleep. It doesn't mean I always achieve that, but I always try. While I used to be a night owl staying up routinely until 1am or 2am, over the past decade I've shifted my sleep schedule much earlier. I'm in bed by 9:30pm and asleep by 10pm, with a typical sleep period between 10pm - 6am. My body wakes up on its own around 6am which means for me to get 8 full hours, I need to ensure an early bedtime.

Mandibular Adjustment Device: I snore and I grind my teeth. I previously used a mouth guard and a CPAP (Continuous Positive Airway Pressure) machine to avoid sleep apnea and snoring. CPAP works but it's clumsy and not comfortable. Now, I use a custom-fitted upper and lower mouth guard called a "Mandibular Adjustment Device" that juts your lower jaw forward. It also prevents me from grinding my teeth. I love it so much that I can't go to sleep without it!

Eye Mask: I use a **Manta Sleep Mask** (<https://mantasleep.com/>), which I love. It's super comfortable, blocks out all light, and avoids putting pressure directly on your eyes.

Room Temperature: I follow Dr. Walker's advice and set my room temperature at a chilly 65 degrees Fahrenheit (18 degrees Celsius).

Cooling Mattress Pad: I purchased a **ChiliPad** cooling pad (www.Chilisleep.com) that covers the mattress (under your bedding) and cools you down to a chosen temperature. I typically set that at 65 degrees Fahrenheit (18 degrees Celsius) as well.

Evening Entertainment: I've eliminated watching any TV in bed before sleep. Instead, what I'll typically do is use **Audible** (an app that I love) to listen to a book and set the timer for fifteen minutes. I guess that's the adult equivalent of having a bedtime story read to you!

Sleep Supplement: If I think I'm going to have a challenge getting to sleep, I will use a product called Peak Rest by Life-force (www.mylifeforce.com/product/peak-rest).

Measuring My Sleep with an Oura Ring: The Oura ring allows me to gamify my sleep. It gives you a daily "Readiness Score" and a "Sleep Score." My goal is always to get at least a score of 90 on each (which I don't always achieve), but just the thought that I will be measured in the morning is motivation enough to get to sleep early and minimize any alcohol intake.

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Reference Books:

One of my favorite books is called **The Kaufmann Protocol: Why We Age and How to Stop It** by Sandra Kaufmann, MD. In the book, she runs through the fundamentals of aging and the supplements and medicines that are impacting these pathways and processes.

As well, **Life Force**, written by me, Tony Robbins, Robert Hariri, MD, PhD, provides a wealth of information on the state of the art regarding diagnostics and therapeutics.

Lifeforce Products:

I currently utilize a set of products made available by Lifeforce, available at www.mylifeforce.com. In particular:

- **Peak Rise**
- **Peak Healthspan**
- **Peak NMN**
- **Peak Rest**

Cognitive Enhancement Protocol:

On occasion, if I haven't gotten enough sleep or if I'm overseas hit by jetlag, I will use the following "Cognitive Enhancement Protocol":

1. Nuvigil/Armodafinil: 150mg tablet (take 1/2 tablet to 1 tablet daily in the AM). Armodafinil is in a class of medications called wakefulness-promoting agents. It works by changing the amounts of certain natural substances in the area of the brain that controls sleep and wakefulness.

2. Piracetam: 800mg tablets (take 1/2 a tablet daily in the AM). FALL 2022 DO NOT REPLICATE WITHOUT PERMISSION / © PHD Ventures 2022, All-Rights Reserved Page 8 Piracetam is considered the first nootropic drug of its kind. It's a popular synthetic derivative of the neurotransmitter gamma-Aminobutyric acid (GABA). Studies link the drug to several benefits, including improved brain function.

3. Centrophenoxine: 250mg capsules (take 1 capsule daily in the AM). Meclofenoxate is a cholinergic nootropic used as a dietary supplement. It is an ester of dimethylethanolamine and 4-chlorophenoxyacetic acid. It has been shown to improve performance on certain memory tests in older adults. Meclofenoxate also increases cellular membrane phospholipids.

Rapamycin Protocol: 6 mg per week (one time per week, same time of day; 0.1 mg per kg of weight), plus 100 mg of doxycycline (taken at same time as Rapamycin). (Experimental IND Protocol)

NOTE: Rapamycin levels were built up from 2mg to 6mg over a four-week period. During this period, CBC, CMP, ferritin, ESR, CRP, fibrinogen, homocysteine, fasting insulin, HDL/Trig ratio was measured. In addition, InBody body composition (lean body mass and visceral fat now and every three to sixth months); blood pressure once a week just before dosing. Monitoring changes in Heart Rate Variability/Sleep Metrics, as well blood sugar and insulin control.

Supplements (Additional):

- Alpha Lipoic Acid
- Selenomethionine
- Lion's Mane
- Spermidine
- Vitamin D w/ K2
- DHEA
- Seed/Probiotic (30 billion bacteria)
- CoQ10 w/ PQQ
- Quercetin
- Xymogen (Methyl Protect)
- Magnesium Threonate
- Percepta

Prescription Med (Specific to me):

- Armour Thyroid
- Vascepa (EPA Fish Oil)
- Metformin (1 mg - 1.5mg ER)
- Losartan

Hormones & Injectables:

- Testosterone injection: (40mg) 0.2 cc / 2 times per week (Wednesday & Sunday mornings)
- Leqvio (Inclisiran): Injectable for Hypercholesteremia - Every three months.