



Beauty is life when life unveils her holy face.
But you are life and you are the veil.
Beauty is eternity gazing at itself in a mirror.
But you are eternity and you are the mirror.

*Kahlil Gibran, The Prophet
Lebanese artist & poet in US (1883 - 1931)*

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Longevity Formulas

Longevity formulas are not secret.

Recent researches have looked at new developments in formulas for longevity. In my opinion Gary Scott (www.garyascott.com) has found a powerful approach to a longer, better life that is already known and scientifically proven... **calorie reduction.**

Here's some of Gary Scott's findings...

One proponent of this approach is longevity scientist, Dr. Roy Walford, who argues that longevity can be significantly increased by a diet that contains all the required nutrients but about a third fewer calories.

He has even written a book, "The 120 Year Diet" and he backs up his explanation with laboratory evidence - why he believes that the anti-aging diet can preserve one's vital, productive years and extend the human life span to well beyond its present maximum. Walford's other book, "The Anti-Aging Plan", also includes 20 days of varied high-nutrition menus that contain fewer than 1,500 calories a day.

There have been innumerable tests on many types of animals with differing rates of metabolism. These tests suggest that the human being wears out after processing somewhere in the region of 70 million calories. Burning these at a rate of 1,500 calories a day would have us living about 127 years. So a lifespan of 110 to 120 looks about right.

So what is wrong?

Why is the life expectancy in the U.S. (one of the richest countries in the world) only 75? In fact why is the life expectancy of Americans less than just about any other developed country?

My guess is... **we simply eat too much.** We just use up our calories too soon.

In other words eat less, live longer! And be happy.

That's one of the reasons why Amir and I are strong proponents of fasting, and fast at least 3 times a year, (especially spring and fall) for at least 4-5 days.

Rumi, the 14th century poet, describes FASTING very well...

“There’s hidden sweetness in the stomach’s emptiness, We are lutes, no more no less. If the soundbox is stuffed full of anything, no music. If the brain and the belly are burning clean with fasting, every moment a new song comes out of the fire. The fog clears, and a new energy makes you run up the steps in front of you. Be emptier and cry like reed instruments cry. Emptier, write secrets with the reed pen. When you’re full of food and drink, an ugly metal statue sits where your spirit should. When you fast, good habits gather like friends who want to help. Fasting is Solomon’s ring. Don’t give in to illusion and lose your powers, but even if you have, if you’ve lost all will and control, they come back when you fast, like soldiers appearing out of the ground, pendants flying above them. A table descends to your tents, Jesus’ table. Expect to see it, when you fast, this table spread with other food, better than the broth of cabbages.

Rumi

The typical Western lifestyle is pretty illogical if one thinks about it.

We work so hard building financial security that we lose our good health and happiness. Instead of enjoying golden years, most people get lingering illness or even worse death, heart attacks - stress, diabetes -bad diet, cancer or an early death as the reward for all their hard work.

There appear to be three secrets to longevity:

Secret #1 we just reviewed...is a restricted diet with a reduced caloric intake.

Secret #2 is to live with ritual! Those who live extra ordinarily long lives seem to share this common trait. Whatever they do they do in moderation, in a very similar way and with great gusto. For example, if they drink an ounce of whisky every day, at six o clock, they do not do this at five some days and eight others. They do not have a half ounce one day and two another. They tend to have one ounce at six p.m.every day. This instills discipline, keeps life simple (very important) and allows the body to get used to doing whatever it is it has to do. Take Chris Mortensen one of the oldest documented men in the 1990s who at 113 said of his weekly cigar, “If you take my weekly cigar away from I am going to die”. The anticipation and ritual of whatever pleasure he received from this was far more life giving than the stress. The world’s oldest documented woman in the 1990s, Jeanne Clement, at age 122 drank cognac and ate a pound of chocolate a week (but never two).

Secret #3 is to remain independent, challenged, active and needed. One of the most important features found in societies where residents are long lived is that old age is revered.

People at age 100, even 110 can still active and working!

Max Zimmer of Los Angeles came to the US from Austria in 1911 with only a two dollar bill. At age 103 he still had the same two-dollar bill and had built and still ran a multimillion-dollar business.

This is one of the reasons why I focus on turning my client’s obsessions into passions! I help people develop their own unique, holistic life style that will bring them, Health, freedom, fulfillment and longer life.

Amen.

The *BodyWave* DETOX program is the best way to show your loved one that you care about their well being.

The *BodyWave* 7-day guided DETOX program focuses on nutritious juices, shakes and organic delicious vegetarian foods that will be specially prepared for you by Dr. Ben-Zion. Every day you will meet with Dr. Etti Ben-Zion for guidance during your detox which includes counseling, moving meditation and breath-work. You will receive four delicious juices a day for five days. On the sixth day you will be given four smoothies packed with super foods and special herbs. On the seventh day you will experience wholesome, delicious and nutritious organic foods.

Join Dr. Etti Ben-Zion and a group of 10 other like minded people on a seven day DETOX journey that will transform your life.

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