

Five Quick Health Tips



Five Vital Health

Tips

Here's a quick overview of five health recommendations that can make a huge difference in the your health and longevity. These are not *easy* recommendations. But think how you can start these today.

1. Never drink **tap water**. Obviously, tap water varies from locality to locality. We certainly have catastrophic examples in the past such as Love Canal and more recently Flint, Michigan. But even in the Silicon Valley the groundwater is contaminated. Toxic chemicals are leaching into the water supply. This is not widely discussed but it is known by those who monitor toxic dump sites. This would even include water at restaurants. Always ask for bottled water or sparkling water.

Stiff plastic bottles such as [Fiji Water](#) is healthier than more flexible bottled water. The more flexible, squeezable bottles contain *Bisphenol A (BPA)* plasticizers. Glass bottles are ideal and preferred. I prefer San Pelligrino.

2. Avoid **microwaving** your food. Ideally, never microwave. I know that we live in a fast paced culture where the microwave oven is convenient and the fastest approach. So if you must microwave here are some very important suggestions. Never ever microwave in the native plastic container with plastic top. Remove the contents of the frozen dinner and place in a Pyrex bowl with a Pyrex top. Glass is inert. Microwave energy cooks food by heating water molecules. You will find that food is cooked more easily without "browning." And never stand near a

microwave.

3. Remove all the **chlorine** from your shower. Chlorine is highly oxidative. Not good for youthful skin or hair. Chlorine is quite toxic. Chloramine is even worse. I know that your shower will remain much cleaner when chlorinated. I highly suggest using a dechlorinating filter.

The easiest filter is purchased from [CustomPure](#). You replace the showerhead with a CustomPure filter that will remove all chlorine for at least six months. You will see the difference in your skin and hair quality. You absorb more chlorine in the shower than drinking water.

4. Cell phones are potentially dangerous. I know this is ubiquitous. Every age group is now using cell phones. Why would I even broach this subject? No studies to date have been conclusive. But irregular microwave pulses create disturbing patterns on functional MRI studies. There is a high *suspicion* that cell phone microwave energy is toxic to brain cells.

Lyon, France, May 31, 2011 -- The WHO/International Agency for Research on Cancer ([IARC](#)) has classified radiofrequency electromagnetic fields as possibly carcinogenic to humans (Group 2B), based on an increased risk for glioma, a malignant type of brain cancer associated with wireless phone use. [Int Agency Research on Cancer 2011](#)

In summary, this study provides evidence that in humans RF-EMF exposure from cell phone use affects brain function, as shown by the regional increases in metabolic activity. It also documents that the observed effects were greatest in brain regions that had the highest amplitude of RF-EMF emissions (for the specific cell phones used in this study and their position relative to the head when in use), which suggests that the metabolic increases are secondary to the absorption of RF-EMF energy emitted by the cell phone. Further studies are needed to assess if these effects could have potential long-term harmful consequences. [Jama Network 2011](#)

I personally limit my use of cell phones as much as possible. Never carry your cell phone in your pocket or bra. Again, I know that this may seem totally impractical. So the use of earbuds and not Bluetooth devices is one way of eliminating this energy.

5. Get more **sleep**. The ideal is still 8 hours of sleep. Sleep is restorative and rejuvenating, especially REM sleep. There are newer studies showing that sleep deprivation increases insulin resistance thereby increasing the possibility of diabetes. Sleep deprivation probably shortens lifespan. Again, I also am not perfect. I have the same problem. Try to retire earlier by one hour. And possibly wake up 30 to 60 minutes later in the morning.

Laboratory and epidemiologic evidence supports an association between short sleep duration (< 7 hours per night) and the risk of diabetes, and also between poor sleep quality and the risk of diabetes. We will explore putative mechanisms for these relationships. [Cleveland Clinic Journal of Medicine](#)

So much loss of daytime vigilance is related to lack of sleep. This is why sleep apnea at night is such a major phenomenon. Try to exercise later in the day. Do not eat late in the day. Add some magnesium at night. Remove *all* electronics from your bedroom.

This tip sheet is guaranteed to enhance your quality of life and lifespan. These are big challenges our modern world. Not easily accomplished because we are so used to each of these “conveniences.” So make these changes one at a time. You will be happy you did.

Not So Random Thoughts on Aging



Why Are Baby Boomers Dying Prematurely?

I am a pioneer antiaging/age management physician. I co-authored the best-selling book on the age management - [The Life Extension Revolution: the New Science of Growing Older without Aging](#). I was the founder of the Los Gatos longevity Institute rebranded as [California Age Management Institute](#). These credentials are well known.

I have been giving serious thought and reflection on an alarming dichotomy of generations. It appears that so many individuals who were born in the 20's and came of age during the Great Depression and World War II are living well into their 90s. They are living forever. I have wondered what is it that promotes this longevity? This even includes survivors of horrific POW and Concentration camps.

Meanwhile, baby boomers are dying prematurely in their 50's, 60's, and 70's. Notable names like Leon Russell, Glenn Frey, Tim Russert. The list grows every day.

At first I thought these were all entertainers. Like the premature death of Jim Morrison, James Dean, Andy Kaufman, Marilyn Monroe, Jerry Garcia and Janis Joplin. But I have also seen a number of my own medical school classmates pass well before their time.

So what is it about those who grew up and came of age during the Depression and World War II?

They lived a less stressful life. There were no microwaves, cell phones, television, DVDs, Internet, computers. Before there was traffic congestion with cosmopolitan smog and more recently invisible and lethal EMF smog. They ate sparsely. They ate healthy foods that were enriched in non-depleted soils. From “victory gardens.” They did not overeat because there were no fast food restaurants. Modified caloric restriction. Food was expensive.

Generational Age Categories

An interesting headline published by the [WJ Schroer](#) shows these descriptive categories.

1. Depression-era — born 1912 - 1921
2. World War II — born 1922 -1927
3. Post-War Cohort — born 1928 - 1945
4. Baby boomers — born 1946 - 1965 (early and late waves)
5. Gen X - born 1966 - 1976
6. Gen Y or Millennial's - born 1977 - 1994
7. Generations Z - born 1995-2012. These are not Millennial's. These are the victims of the most recent Florida shooting.

Each one of these generations is characterized by an ethos and environmental factors. It must have an effect on aging and longevity. I often talk about life attitudes that can be characterized by decades.

20-year-olds are fearless and have no concept of limits. Evel Knievel dare devils , Olympic athletes and Army recruits. 30-year-olds have a glimmer of age limits but it is fleeting.

40-year-olds begin to sense time is beginning to take its toll and are the most motivated and dedicated to achieving optimal health and well being. 50-year-olds are more aware of non-infinite mortality. 60 year olds sense the quickening of the sands of time.

70-year-olds are well aware of time limits. 80-year-olds are either highly motivated to passing the 90-year-old barrier or are totally accommodated to the

facts of their own mortality. 80-year-olds are either marking time or actively engaged in longevity prolongation.

The Challenge for You

How do you characterize yourself? In what generation do you find yourself? In what decade do you find yourself? What are your goals and aspirations? What are your hopes and most fervent desires? What motivates you? These are vital questions at all ages but gather increasing importance with advancing age.

I hate the term senior citizen. It makes me want to blurt out, “right on, junior citizen.” My mother-in-law hates the term the *Golden Years*. So did my mother. They refer to it more often as the *Rust Years* not the *Golden Years*.

This dichotomy between Depression-era/WWII babies and Boomers needs more study and thought. It is today’s challenge to you. What do you want to do? We most definitely live in highly challenging times.

Epilogue

As Jerry Garcia said, “What a long strange trip it’s been.”

“It’s not the destination, it’s the journey” - Ralph Waldo Emerson

Your Personal Supplement Prescription for Optimal Health

Supplementation Regimen Can Optimize Your Health



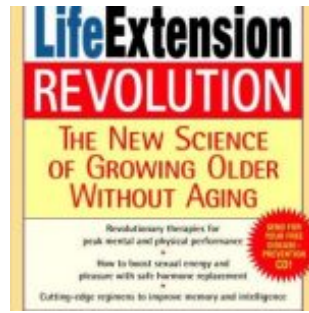
Patients often ask how do you maintain your health and youthfulness? What do you personally take? I need to walk the walk and practice what I preach. I need to set an example for you.

You can do this. You may need our help and motivation. There are many variations of this rigorous approach. You do not need to follow this implicitly. But the closer you can approximate this, the better your results.

For 20 years I have advocated the same routine. The basic approach is consistent. Variations on a theme. The Paleo diet. Low Carb. Modified Atkins diet. Basically high protein low carbohydrate. You can read the classic [Protein Power](#) by Michael and Mary Eades.

My good friend and highly successful entrepreneur, David Asprey, is the next chapter in in this tradition. His [BulletProof diet](#) consists of high-fat, high protein and low carbohydrate. He especially emphasizes high-quality high-fat. I caution against bacon, sausage, bratwurst and other forms of high free radical containing proteins sources. But we all agree that carbohydrates is the problem, not fat.

Then read my own best seller, [Life Extension Revolution](#).



Life Extension Revolution

Upon arising

As soon as I arise (40 minutes before breakfast) I take the following:

- 1 tablespoon Pro Omega fish oil — anti-inflammatory and prevents red blood cell aggregation
- vitamin E 800 units -prevent red blood cell aggregation and major antioxidant
- vitamin D 10,000 units -strong bones, prevents cancer, enhances immune function
- CoQ10 200-400 mg -mitochondrial function and heart health
- Ultra-K vitamin K2 - 15 mg -strong bones and to prevent arterial calcification
- phosphatidylserine 100 mg - cognitive enhancement
- Nattokinase 100 mg -prevent heart attacks and strokes

Breakfast - fortified with dietary supplements

Now I start my breakfast with whey-based a protein shake. This protein shake is heavily fortified with the following:

- 1 teaspoon of carnitine tartrate- 3000 mg - for mitochondrial function and energy
- 1 tablespoon of phosphatidyl choline -energy and memory
- one scoop of FiberPlus -fiber for colon health
- 6-8 ounces Odwalla organic orange juice

- 1 tablespoon Maca root - four sexual enhancement
- 6 mg of l-deprenyl (Selegiline) - for cognitive enhancement

and a bowl of Bob's Red Mill gluten-free oatmeal. Using 1/3 cup of oatmeal and sufficient amount of Vanilla hemp milk.

That starts the day.

These micro-nutrients fortify **breakfast**:

- nutrient 950 multivitamins
- selenium 200 µg - immune function
- Optizinc Inc. 30 mg - immune function
- vitamin B2 10 mg — energy substrate
- ginkgo biloba 60 mg - memory and cardiovascular protection
- 4Sight from Orthomolecular -enhance vision.
- Diaxinol all from Orthomolecular - prevent diabetes
- AminoIron two tablets - improve iron and red blood cell function
- DHEA 50 mg - enhanced sense of well-being and stress coping
- alpha lipoic acid 300 mg -mitochondrial function and high dose antioxidants
- FolaPro 1600 µg (two tablets)
- vitamin B12 (methylcobalamin) 10,000 µg sublingually
- SpectraZyme digestive enzymes - digestive fortification
- Metagest - digestive function and protein hydrolysis

That may seem like a lot. I make up a series of seven packets at the beginning of the week. You can find these packets at the [following address](#). One of many sources.

I only need to pop a plastic packet of the above each morning. Takes no time at all. Even on vacation I set out 14 individual packets.

Lunch

For lunch I have another protein shake. Fortified with 1 teaspoon of carnitine tartrate (3 grams), two scoops of whey based protein. That's it for the rest of the day until dinner.

Dinner

I have a rather light dinner with vegetables and protein usually chicken sometimes red meat and sashimi twice weekly.

At night my micronutrient routine usually consists of the following which is a lighter routine than the morning:

- Micronutrient 950 — multivitamin
- Alpha lipoic acid 300 mg — mitochondrial function
- Diaxinol - to prevent diabetes
- Foresight - for healthy eyes and heart
- Spectrazyme digestive enzymes - to enhance digestion
- Metagest - to enhance protein digestion and prevent gas
- 1 tablespoon Calcium Magnesium Citrate — for good calcium magnesium balance

I might “cheat” bit with organic ice cream. I recommend Talenti, Strauss or similar organic brands. It must be organic. Make certain that it does not contain high fructose corn syrup. Unfortunately, even Ben & Jerry’s has been “polluted.” [they were bought long ago]

Bedtime

Just prior to bedtime I take one more batch:

- Nattokinase 100 mg - as an anticoagulant prevent heart attacks and strokes.
- 1 tablespoon calcium magnesium - to enhance sleep and prevent restless legs

It’s a routine that have kept up for the last 20 years. The goal is to promote health and well-being, stress reduction, cognitive enhancement. Prevent heart attacks and strokes. Prevent hospitalizations.

You want to keep healthy, fit and active. It is always been the goal that I am trying to foster with each of you. Keep you out of hospitals. Maintain independence health and fitness well until late 80s and even 90s.

You can do this. Call us for help.



Philip Lee Miller, MD

California Age Management Institute

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**Anti-Aging Medicine — the
Promise of a better tomorrow**

Anti-Aging Age Management

Medicine

the Future of Health and Wellness



finding the road to the future

Anti-Aging Medicine / Age Management Medicine. What is it? Is it real? Are there real controversies here? In a word, yes. Can it be fulfilled in today's guideline, task force, economic environment?

We are poised at a very important juncture. Anti-aging medicine offers promise of a goal oriented path to optimal health and well being. Or we can pursue restrictive policy driven, algorithms of cookbook medicine.

What needs to change? What gives it the stamp of approval? Is it science or politics? As the great philosopher Schopenhauer said:

"All truth passes through three stages. First it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident."

There is a plethora of terms that have been spun off to better describe this new field. Longevity Medicine, Age Management Medicine, functional medicine, integrative medicine. These are all descriptions in pursuit of a new paradigm.

All medicine has from the beginning, most notably Hippocrates, been an effort to mitigate illness and suffering with the implicit goal of increasing life span. One yardstick could simply be life span or longevity. But we are more interested in quality of life. And here is the key. Increasing HealthSpan. It is about "squaring the curve" — living longer in a healthy, vibrant, vigorous, independent, and happy

state of health and well being.

The paradigm shift is tectonic. We don't have a health care system. We have a disease management system. All ICD-9 (now ICD-10) codes are a codification of *disease*. If you feel weak, fatigued or just "not right" you may not be suffering from a disease. You can have a battery of tests and nothing will "show positive" for a disease. You have a dysfunction. Pre-menopause is not really a disease. Yet it lasts for upwards of 4-5 years and can be seriously disabling. A dysfunction. Andropause is not even widely recognized as such. It is also a dysfunction that men suffer later than menopause. There is no formal ICD-10 code for andropause — just hypogonadism.

The wonderful medicine of the last 50 years has been disease-based , pathology-oriented with the goal of finding the right drug to cure or mitigate your disease. But there is a rapidly growing residua of conditions and patients who are not right, dysfunctional, that do not respond to the conventional or traditional approach.

Anti-Aging Age Management Medicine is functional. It is integrative — using techniques borrowed from conventional medicine augmented with those from alternative medicine. It is the use of a larger "tool box." Anti-Aging Medicine is goal oriented. It is not simply a categorization or deft use of codes and nomenclature for the purpose of insurance reimbursement. What is your goal? What are trying to achieve? This can be both baffling and then liberating when first proposed to you.

All cars age. But a Cord, a Duisenberg, a Corvette, a Jag XKE, even a Model A can be restored to its former newness and elan. Cars can be renovated. Can we?

"A man is as old as his arteries," said Sir Thomas Sydenham in the late 17th century.

If so, a 60 year old man with a blood pressure reverting back to 110/70 could be said to have achieved some degree of age regression.

Thus the philosophy and approach to Anti-Aging Machine. It will become the *Future Shock* of medicine every bit as first described in the wonderful book called [Age Wave](#) by Ken Dychtwald. The paradigm shift.

What can you do today? This has been mentioned in past columns.

- Graded and regular physical exercise.
- Eating more sensibly — more protein and less carbohydrates. The Paleo diet. The Caveman diet. Modified Atkins diet.
- Get more and better quality sleep. Sleep is rejuvenating.
- Use cell phones less because of the EMF and RF.
- Use microwaves less often because of the mallard effect on your food.
- Learn about better supplementation of your food.
- Seek out information about sensible, physiologic and bioidentical use of hormone replacement therapy.



It's about
time

Finding a competent Anti-Aging physician is not easy. There are really only a few stars in the country. There are many more that are beginning to master the art and science. We are establishing the acceptance, and legitimacy” of the field. This will be a consumer driven effort. You.

Talk to your friends, colleagues, and open-minded physicians. We need a serious re evaluation of our national healthcare goals. Not platitudes, shell games and political meanderings.

Pledge yourself to a vigorous, optimally healthy and happy life. Do something good for someone you love. You owe it to yourself, your loved ones and your work environment.

Philip Lee Miller, MD

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Adapted from the original publication in the Affluent newspaper

Staying Competitive in the Workforce

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It is a recurring theme, the baby boomers lead once again. Why? There are 76 million of us turning 50 at the rate of 1 every 18 seconds for the next 20 years. It remains a potent force as it has for the last 5 decades. You can't ignore us because the population bulge in the modern world continues to favor the baby boom population. We are an aging society. The World Health Organization and large annuity companies are only too aware of this developing fact. The fastest growing segment of our population is ... 85 and above.

A new field and discipline is emerging in Medicine. It has various appellations — Anti-Aging Medicine, Rejuvenation Medicine, Longevity Medicine, or Age Management. But its common theme is applying well researched phenomenon of the aging process to a focus on a new paradigm. This is the essence of functional medicine. It is the application of medicine to improve and optimize function as

opposed to the late stage intervention and treating of disease states. It is forward thinking and is the solution to the dilemma facing modern medicine — treating larger numbers of people with diminishing national economic resources.

So what does this mean to you? In the Silicon Valley, as in so many large metropolitan areas around the country and even around the world, we are faced with the business dilemma of retaining an aging workforce. Until recently the simple solution has been the hiring of younger workers at less expensive salaries or, worse, off-shoring. But we lose an entire generation of expertise, savvy and know-how. It is a temporary fix. Long term, more and more post-50 workers will stay in the work force — of necessity. How? This is even more critical for physicians who are retiring *en masse* after the age of 60 because of a crush of regulations.

The most successful application of Anti-Aging Programs is a coordinated and structured approach that begins with solid and time tested principles of good nutrition, exercise and supplementation. There is a level of hormonal modulation and balance but it is followed by “cognitive enhancement.” This means staying smart and retaining memory. [Brain Longevity](#), as it was called by Dharma Singh Khalsa in his epic volume. We all experience a loss of memory for names and small details past the age of 50 (actually past 38). So that a structured approach to reviving this memory gap remains vital. Our memory storage and recall are our little internal hard discs. We resort to the use of external devices such as PDAs and Google searches.

Staying competitive. What does it take? We have the experience and knowledge. So staying competitive is reviving the drive, the motivation, the force and the ability to move ahead. Staying competitive is what it took in our 20s and 30s to get started. Do we now have what it takes to keep going? It is about looking, feeling, and performing at our optimal best.

The most formidable interview I have seen in years was an interview with George Burns -one of the icons of aging well. There are others including John Glenn, Sophia Loren, Raquel Welch, Suzanne Somers and of course, Jack LaLaine. George was 92 years young. His recall, timing and delivery was impeccable and undiminished. His goal was to play the London Palladium at age 100. It was daunting that a man 40 years older could be so sharp and witty and “on.” So gentle reader it is not necessarily a function of age. Age is a state of mind. *Aging*

is not inevitable.



AntiAging Medicine is 21st
Century Health

Our target audience is the 40 to 55 year old group, which was the leading edge of the baby boom population. It is when the motivation to re-capturing lost vigor and stamina presents itself as “I am losing energy” or “I just don’t feel like myself any longer.” It may be out of lost physical, mental, sexual or even spiritual energy. A glimmer of the final end becomes more tangible. You begin to sense the game is moving into later innings.

I see dentists who are losing the ability to move from chair to chair as easily. I see software engineers having difficulty keeping up. “I feel beat up.” But the most striking example is a 72 year old real estate broker who just wanted some small changes in her hormonal routines. She is youthful, vivacious and a charge-ahead woman who, in the end, was most fretful of losing her job. And why? Despite the fact that she was the most productive sales person in her unit, she was constantly fearful of revealing her true age. She looks and acts about 62. But she is ... 72.

They most often come out of a vague sense of lost energy or fatigue which is so poorly addressed, or understood, in conventional medicine. This is a functional concept. Restoring lost function — lost vim and vigor. But in the end it so often comes down to competitiveness in the workplace. At any level up to corporate CEOs, it is about restoring confidence, motivation, stamina — physical and mental — that is the ultimate quest.

This is a nation that values “productivity.” It is part of the GNP. It may be part of company annual reports and 10k’s and daily stock market charting. It may be a facet of the annual employee review. I often say that, in the Silicon Valley, we

have what may pass for the most egalitarian society imaginable. Race, color, ethnicity, gender are all subordinate to productivity. It is how much you can produce that matters. What is your intellectual value?

The pursuit of optimal health and well being starts as a personal goal and ends as a personal triumph. "I feel like myself again." "This is the best I have felt in 10-20 years." We all have the capacity to regain "that feeling."

But in the marketplace, this is ultimately a matter of increased productivity. The ability to stay competitive and thrive. Unless you are one of the few who has attained "critical mass" and can retire prematurely, there are going to be far more that need "the edge." The answer is here. The government is not here to help. Medicare is going broke. It is up to you.

The strength and motivation must come from within each one of you. We in the Anti-Aging, Longevity Medicine field are merely the vanguard of an entirely new way of offering the help, the guidance and some answers. The Phoenix rises. There is the certainty of far more John Glenn's rising into space at age 78, Sophia Loren at age 75 Jack LaLaines at age 91 and the creativeness of Clint Eastwood into his late 80s. The hope and prospects are at hand. Now reach out. It is up to you to take the first steps.

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