

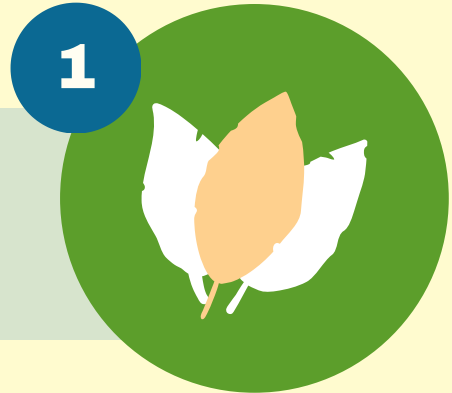
TIPS FOR LONGEVITY

(with the Integrative Longevity Omics Study!)



Stop using tobacco.

Tobacco use can increase your risk for a heart attack, stroke, and different types of cancer.



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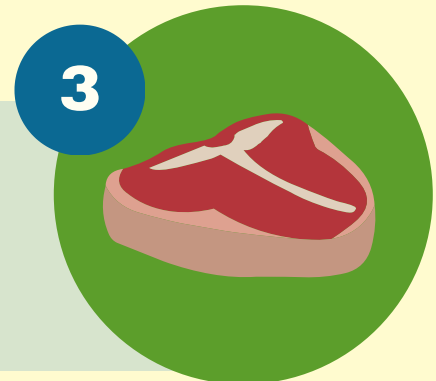


Floss daily.

There is a clear link between the inflammation of gum disease and heart disease.

Reduce red meat consumption to 1-2 days per week or less.

Red meat is the primary source of potentially life-shortening iron.



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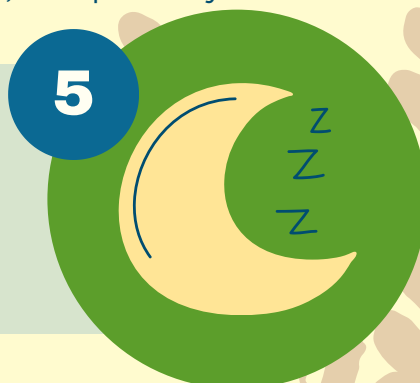


Reduce fast food consumption

Fast foods typically contain fried foods and highly processed meats that are high in calories and saturated fats. These types of fats can increase your risk of heart disease, stroke, and possibly cancer.

Get good quality sleep.

Quality sleep is important for overall health. Getting on average 6-8 hours of sleep can benefit your physical and mental health.



Eat more vegetables, fruits, and fish.

Polyphenols (contained in veggies) and omega-3 fatty acids (contained in fish) can help lower bad cholesterol and raise your good cholesterol. This in turn reduces your risk of a heart attack or stroke.

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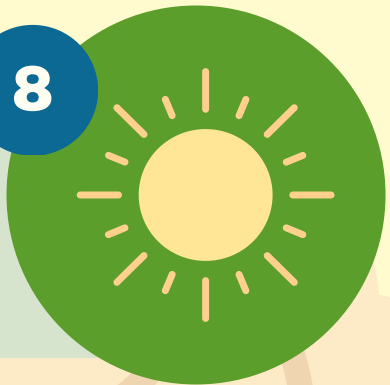
Have a bowel movement at least once every two days

Having frequent bowel movements is related to a reduced risk of colon cancer.

Use sunscreen.

Sunscreen helps protect you from the harmful effects of ultraviolet rays from the sunlight, which directly damages DNA.

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Engage in brain-challenging activities.

Keeping your brain engaged and challenged helps to strengthen its functioning and can help you delay or prevent memory loss.

Be optimistic about aging!

Research shows that people who are optimistic and open to possibilities tend to live longer. This is likely because the more optimistic and open you are, the happier, healthier, and less stressed you are.

10

