

This healthspan model illustrated below was shared during the NoFalseSummit event on May 10th, 2023.

Introduction

For everyone thinking about their long term health and increasing their healthspan, the first thing to create is a goal or a purpose and a reason why. Without this goal, it will be hard to maintain any discipline to the lifestyle adjustments and milestones that need to be reached to live healthily into your 80s, 90s and beyond.

For the purpose of this example, we chose being able to ski and play tennis (not pickleball) on your 100th birthday. Of course, everybody has their own NDA, medical history and personal circumstances, so any plan needs to be adjusted accordingly.

However, in every plan, there are a number of things that are suitable for almost everyone and these are broken down into three areas, mind, body and spirit. In each of these areas there are topics and tools that are well documented and backed by rigorous data. We put these into the 70%. There are other areas that have some data, but it's not exhaustive and there is still a little debate around efficacy. Finally, there are always new trends and ideas that expert practitioners are testing and we put these in the 10% bucket. These are often exciting and buzz worthy, but don't yet have the science and data behind them. The model below is not exhaustive, but covers the areas discussed during the panel discussion at the NFS event.

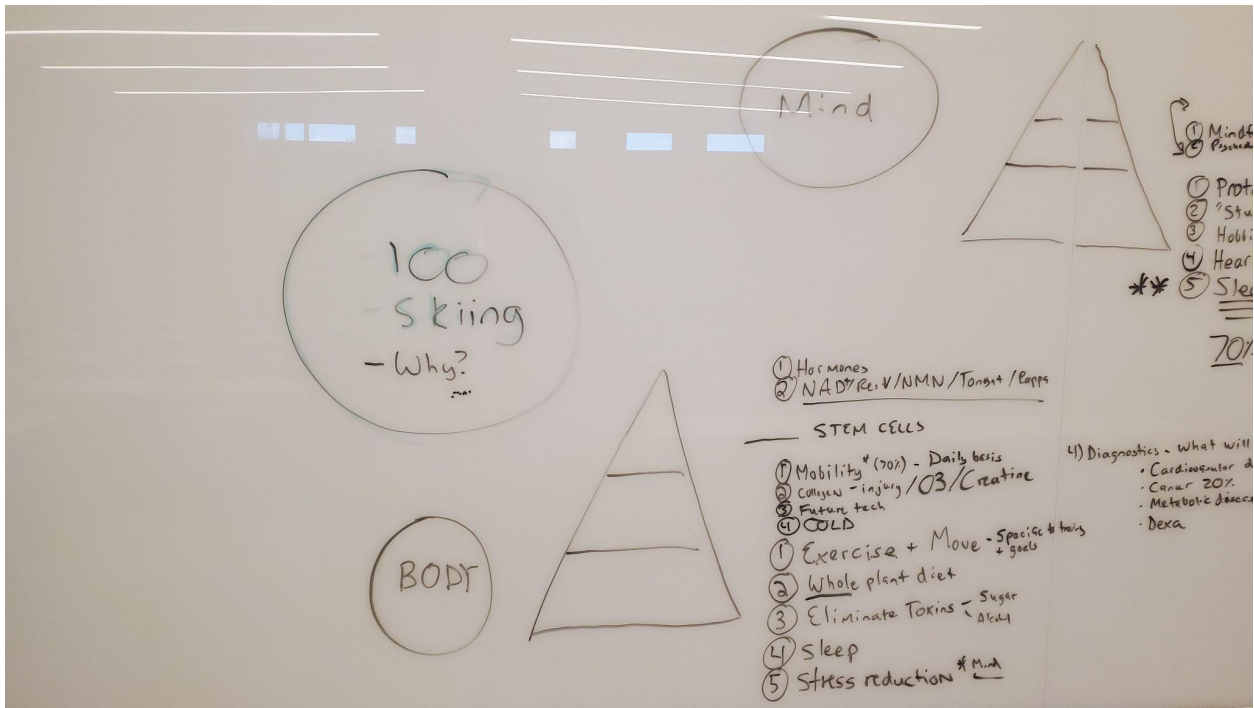
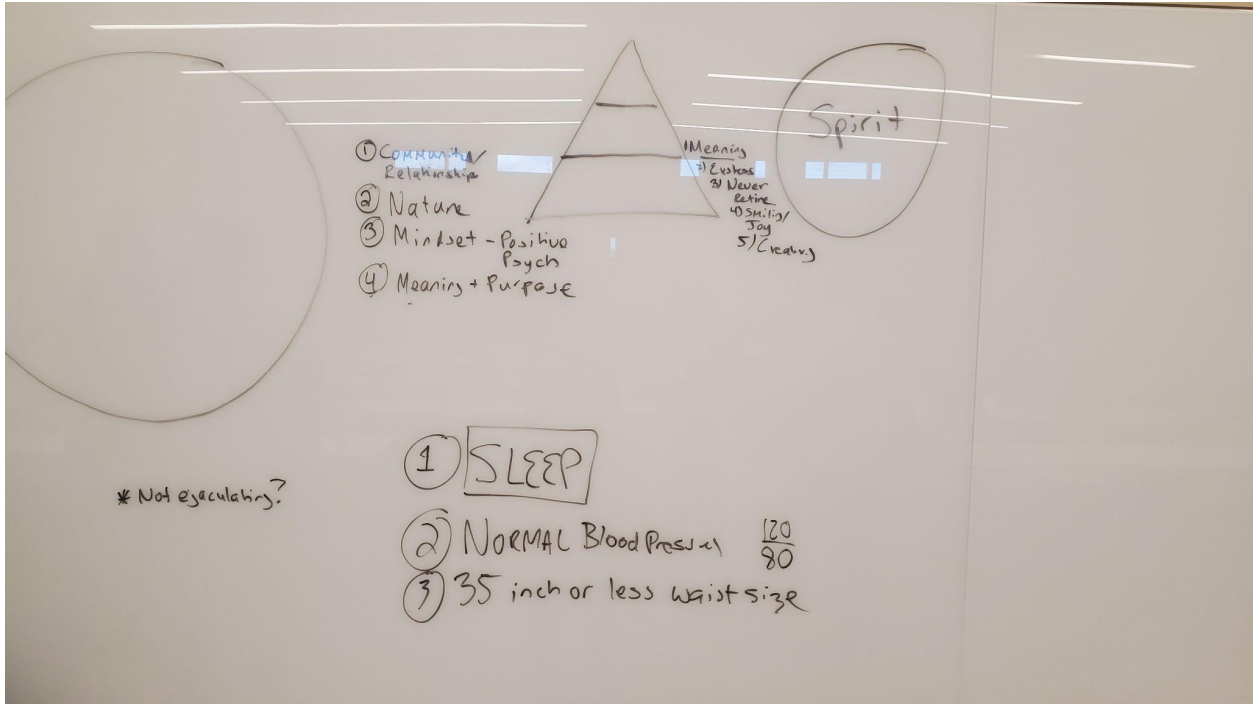
Body	
70%	<ul style="list-style-type: none">● Mobility and daily vigorous exercise● Whole Plant Diet (less red meat)● Eliminate toxins (sugar and alcohol)● Quality Sleep● Stress reduction
20%	<ul style="list-style-type: none">● Collagen/O3/Creatine● Cold Plunge● Heat/IR sauna● Dexa Scan
10%	<ul style="list-style-type: none">● Stem cell therapy● Hormone therapy● NAD, resveratrol, NMV etc...

Mind	
70%	<ul style="list-style-type: none"> ● Protect your head ● Don't do stupid stuff ● Have hobbies and interests ● Get a hearing aid ASAP if needed ● Sleep (7-8 hours, scheduled & safe)
20%	<ul style="list-style-type: none"> ● Mindfulness & meditation ● NAPS (depends) ● CO2 training and breathwork ● Gaming
10%	<ul style="list-style-type: none"> ● Psychedelics

Spirit	
70%	<ul style="list-style-type: none"> ● Have a meaning & purpose ● Smiling & joy ● Creativity ● Active community around you ● Quality Sleep
20%	<ul style="list-style-type: none"> ● Be in nature ● Positive psychology
10%	<ul style="list-style-type: none"> ● TBD

What is key in all these areas above is to understand how to baseline your current self, and create goals and targets for your future self. This baseline and metrics was only lightly touched on by the panel, and will be part of a follow-up NFS longevity workshop. Some of the simple metrics from Dr Kelly Woodward include blood pressure of 120/80 or lower and a waist size of 35 inches or less (no matter your height - for me).

The illustrations below were from the whiteboard session and can be used for additional details not captured above.



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WiFi InterMountain - guest

NO PASSWORD

① Mindfulness / Meditation / CO2 Training
Psychedelics

- ① Protect your head
- ② "Stupid stuff"
- ③ Hobbies + interests
- ④ Hearing Testing / Audio limits / Aids

** ⑤ Sleep

70%

- A) Non-negotiable priority
- B) 7-8 hours
- C) Sleep "method"
- D) Consistent wake up time
- E) Natural light - morning/evening
- * Cool/Dark - 65-68° / Safe
- F) Physical activity
- * Whenever to your chronotype
- G) Give up fight (get out of bed)
- 30% - sleep w/ partner decision → Sex
- 10% - sleep tracking / masks but Anxiety
- NAPS - Depends

Hormones
NAD⁺ Re. V / NMN / Tongkat / Eggs

STEM CELLS

- ① Mobility * (70%) - Daily basis
- ② Collagen - injury / O3 / Creatine
- ③ Future tech
- ④ COLD
- ① Exercise + Move - Specific to goals + goals
- ② Whole plant diet
- ③ Eliminate Toxins - Sugar / Alcohol
- ④ Sleep

4) Diagnostics - What will kill me 65-95

- Cardiovascular disease
- Cancer 20%
- Metabolic disease
- Dexa

- 5) Regeneration / Recovery
- 6) Treating / Calorie