



Dr. Nasha Winters, ND, FABNO

Leveraging Longevity: Strategies to Increase the Quality and Quantity of Your Personal Shelf Life

IPM Congress 2024
Food on Prescription Conference



Disclosures

All information shared is for educational purposes only. NO part of this presentation may be copied or shared with others without permission. This is copyrighted material.

I receive royalties for my book, “The Metabolic Approach to Cancer”

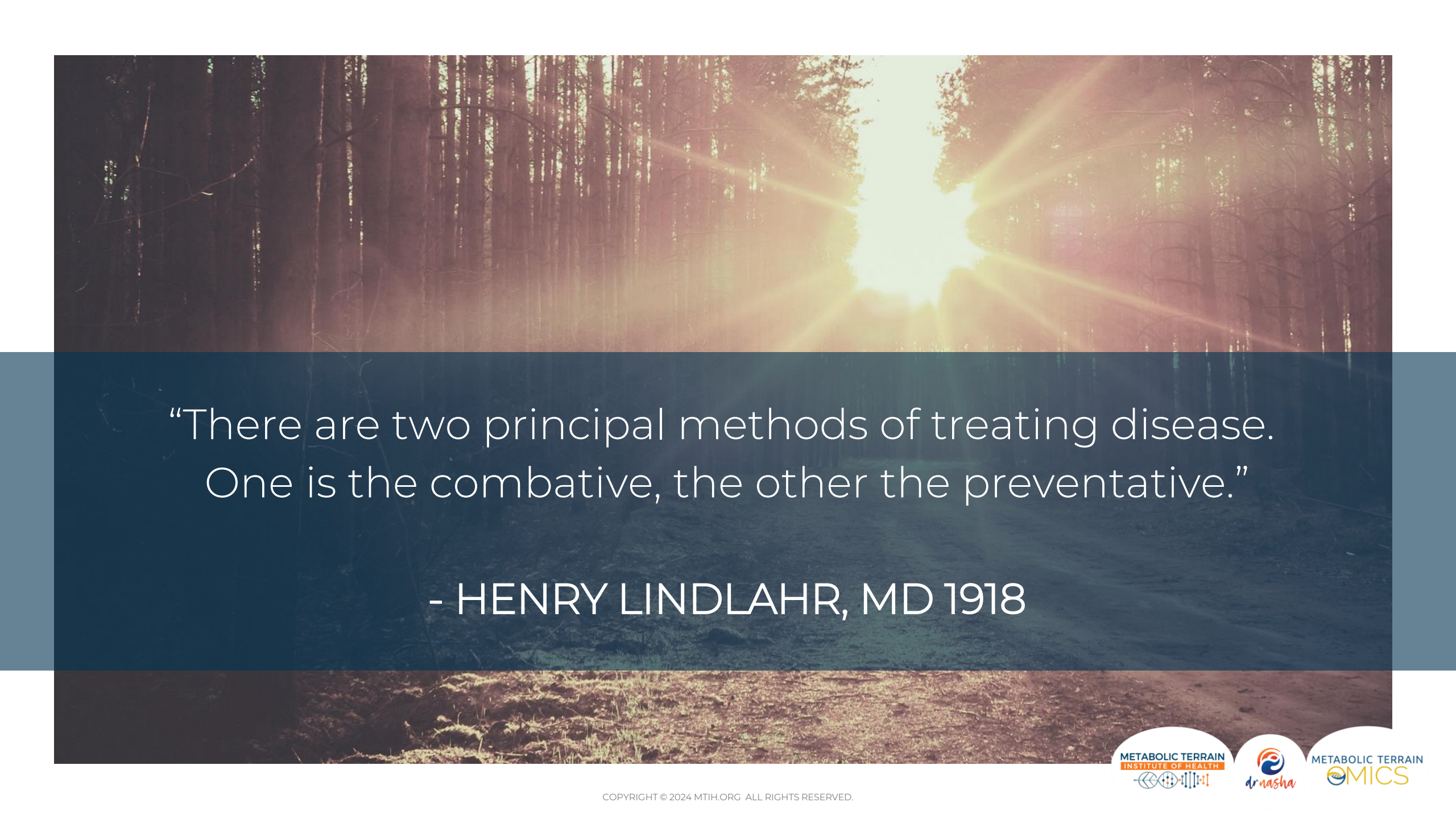
I receive a licensing fee for my course work for clinicians and patient advocates from MTIH

I receive a fee for service for consulting with researchers and clinicians worldwide about metabolic oncology

I receive honorariums for speaking engagements

OUTLINE

- Define Longevity and factors impacting it
- Explore your own terrain to find your fountain of youth
- Apply the essential determinants to improve your shelf life

A photograph of a forest with sunlight streaming through the trees, creating a warm, golden glow. The sun is positioned in the upper right quadrant, with rays of light radiating across the scene. The trees are tall and thin, their trunks forming a dense vertical pattern. The ground is covered in fallen leaves and low-lying vegetation.

“There are two principal methods of treating disease.
One is the combative, the other the preventative.”

- HENRY LINDLAHR, MD 1918



longevity

lon•gev•i•ty

Merriam-Webster's definition:

*“A long duration of individual life,
continuance: PERMANENCE, DURABILITY”*

Americans Are Dying Even Younger

Global Health Estimates: Life Expectancy and Leading Causes of Death and Disability

U.S. Life Expectancy Drops for Third Year in a Row, Reflecting Rising Drug Overdoses, Suicides

Our Ecosystem is Struggling to Adapt and Keep Up



The environmental crisis is also a health crisis



Our population is growing sicker, more stressed, lonelier and older



Health Systems are failing to prevent bad health

9 Factors Impacting Longevity

8 Factors Of Blue Zones

- Move Naturally
- Take a Daily “Happy Hour”
- Live with Purpose
- Eat a Plant Dense Diet
- Portion Control
- Loved Ones First
- Faith
- Curate Your Social Network



SOURCE:

<https://www.sott.net/article/321987-Thanks-Big-Pharma-for-the-Mitochondrial-collateral-damage>

MITOCHONDRIA



FACTORS DEFINING METABOLIC HEALTH

- Minimal belly fat
- Normal blood sugar
- Stable appetite and energy
- Strong muscles, bones and joints that allow you to be active
- Normal blood pressure
- Normal Lipids
- ***All without medication***

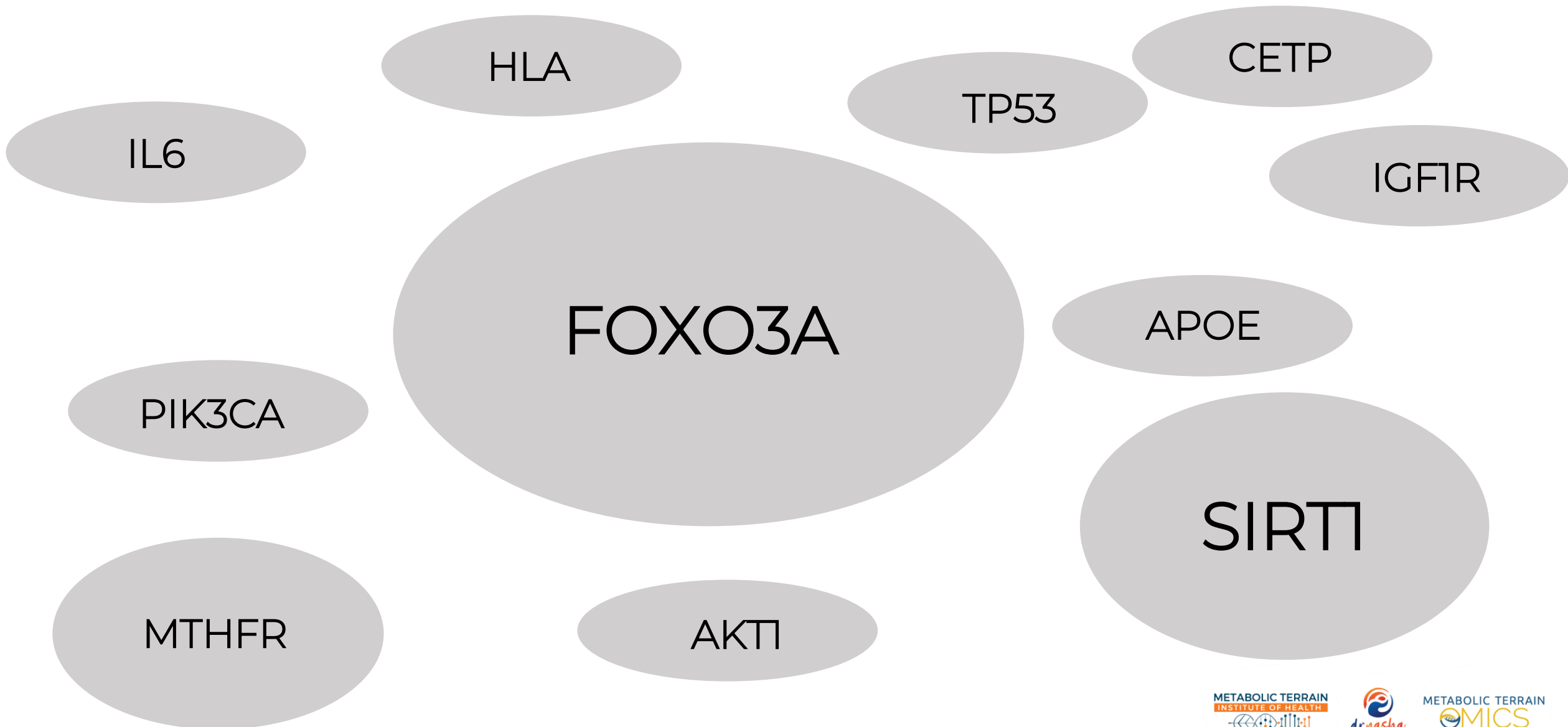
Only 6.8% of Americans are Metabolically Healthy

<https://pubmed.ncbi.nlm.nih.gov/35798448/>

Trends and Disparities in Cardiometabolic Health Among U.S. Adults, 1999-2018

<https://www.sciencedirect.com/science/article/pii/S0735109722049944>

SNPs Related to Longevity



THE LIVING TO 100 Life Expectancy Calculator

By Thomas Perls M.D.,M.P.H.



To use the calculator, answer all of the questions. You will find that many of the questions are about health-related behaviors that you have control over!

Click to proceed to our life expectancy calculation and detailed personalized recommendations. Once you accept the below terms you will have immediate access to the calculator. Before getting your calculated age and specific feedback, you will need to create an account which will allow you to come back and view your results any time.

Birthday:

Gender: Male Female

Country:

Postal/Zip code:

I accept the [privacy policy](#), [disclaimer](#), and [legal statement](#).

livingto100.com/calculator





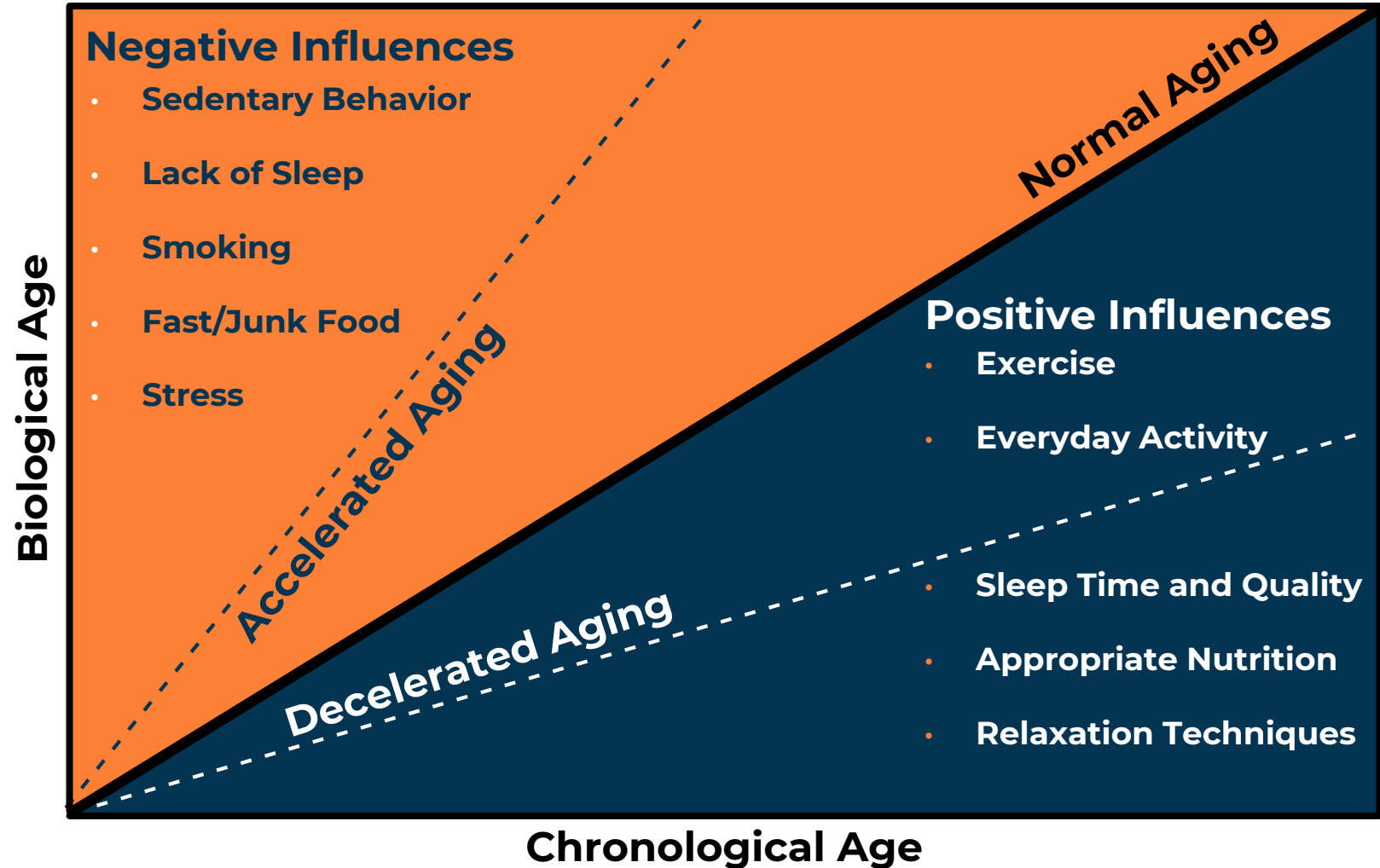
The Sit-to-Stand Test

What is Your Biological Age?

How fast are you
degenerating or
regenerating?

Essential Determinants

And “CDC”



<https://www.nature.com/articles/s42003-023-05456-z>

Essential Determinants

- Breath, fresh air
- Clean water and hydration
- Sleep (normal biorhythms)
- Nutrition and digestion
- Rest and recreation
- Cycles: solar, lunar, lifecycles
- Environment, geography
- Exposure to nature, natural forces
- Ecology- Gaian ecosystem

Circadian Rhythm
Diet
Community

Circadian Rhythm

A biological process that displays an endogenous, entrainable oscillation of about 24 hours driven by a circadian clock that has been observed in plants, animals, fungi and cyanobacteria.

Circadian---comes from Latin *circa* “around” and *diem* “rhythms” (daily, tidal, weekly, seasonal, annual). The formal study of this is known as **chronobiology**.

Fasting and Longevity

Intermittent and Periodic Fasting, Longevity and Disease

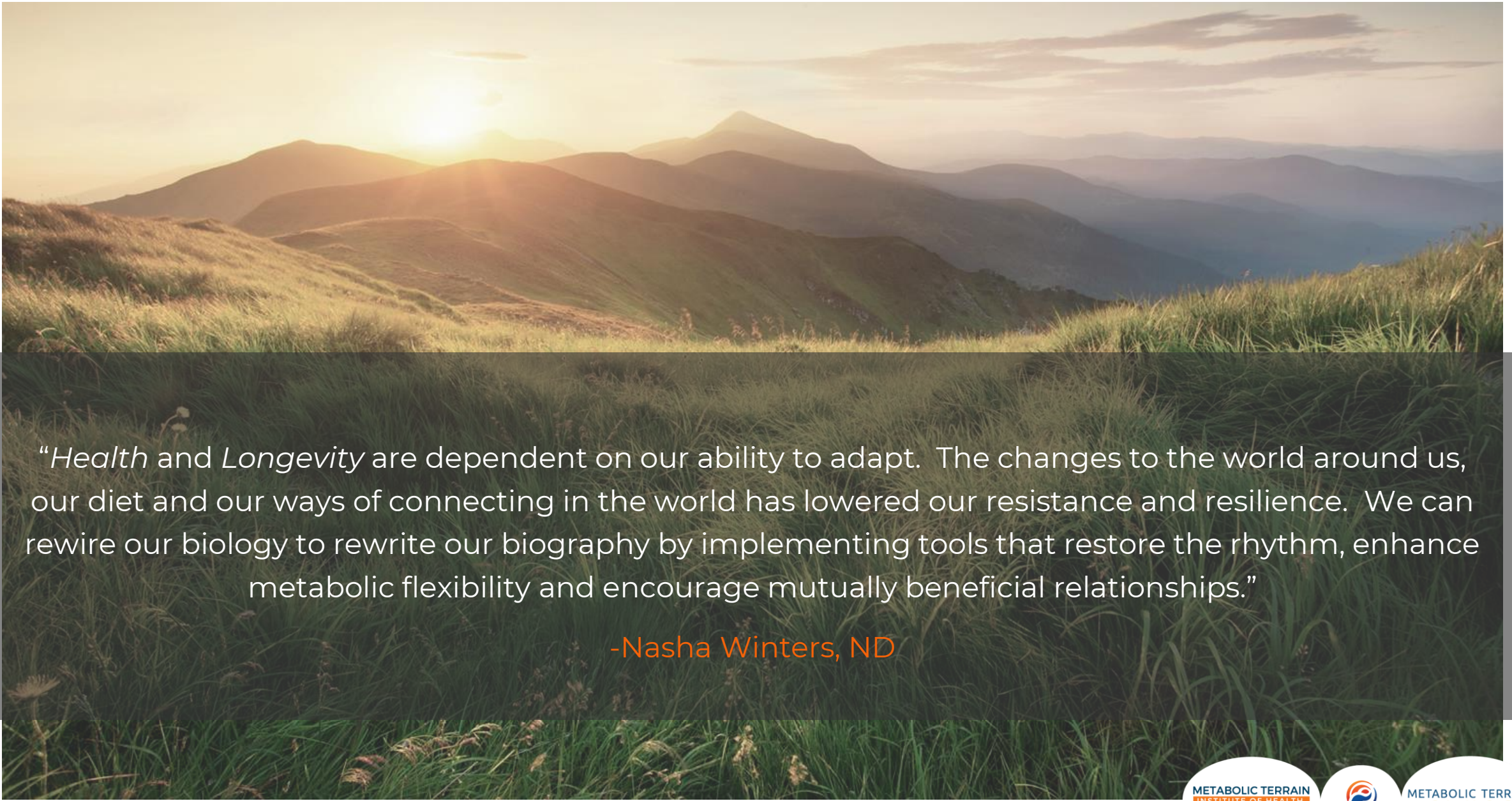
COPYRIGHT © 2024 MTHI.ORG ALL RIGHTS RESERVED



Connection

- Loneliness is Toxic
- Social Connection is Good for Health
- Relationship Quality Matters
- Good Relationships, Good for the Brain

Can Relationships Boost Longevity and Well-being?



“Health and Longevity are dependent on our ability to adapt. The changes to the world around us, our diet and our ways of connecting in the world has lowered our resistance and resilience. We can rewire our biology to rewrite our biography by implementing tools that restore the rhythm, enhance metabolic flexibility and encourage mutually beneficial relationships.”

-Nasha Winters, ND



REFERENCES:

1. Fetal exposure to Great Depression economic hardship linked to accelerated aging: <https://www.nia.nih.gov/news/fetal-exposure-great-depression-economic-hardship-linked-accelerated-aging>
2. Workshop: Dietary composition, time-restricted feeding and associated metabolic reprogramming in health span and longevity regulation: <https://www.nia.nih.gov/news/workshop-dietary-composition-time-restricted-feeding-and-associated-metabolic-reprogramming>
3. Biology of aging study shows why curbing calories counts: <https://www.nia.nih.gov/news/biology-aging-study-shows-why-curbing-calories-counts>:
4. Want to add healthy years to your life? Here's what new longevity research says (Washington Post): <https://gero.usc.edu/2021/10/13/want-to-add-healthy-years-to-your-life-heres-what-new-longevity-research-says-washington-post/>
5. Dr. Nir Barzilai on How to Age Later: <https://www.lifespan.io/news/dr-nir-barzilai-on-how-to-age-later/>
6. The Human Cost of Metabolic Diseases: <https://www.lifespan.io/news/the-human-cost-of-metabolic-diseases/>
7. Caloric Restriction Might Slow Down Human Aging: <https://www.lifespan.io/news/caloric-restriction-might-slow-down-human-aging/>
8. Want to Live to be 100? Here's What the Latest Longevity Research Says: <https://www.marketwatch.com/story/want-to-live-to-100-heres-what-the-latest-longevity-research-says-11649355732>

REFERENCES:

9. Will You Live To 200? Five Levels Of Breakthroughs In Longevity Research You Must Know About: <https://www.forbes.com/sites/forbestechcouncil/2021/05/03/will-you-live-to-200-five-levels-of-breakthroughs-in-longevity-research-you-must-know-about/?sh=7f73aa30263d>
10. Genes newly linked to longer human lifespan: <https://www.sciencedaily.com/releases/2022/01/220125151024.htm>
11. The epigenetics of aging: What the body's hands of time tell us: <https://www.nia.nih.gov/news/epigenetics-aging-what-bodys-hands-time-tell-us>
12. Lucia Aronica, PhD - Epigenetics in Longevity Medicine: Key concepts everyone should know: <https://www.youtube.com/watch?v=emxzgNrkv5k>
13. Lucia Aronica, PhD interview with Dr. Scher - Epigenetics, longevity, and nutrition: <https://www.youtube.com/watch?v=Z8fsNtQp85A>
14. The ageing epigenome and its rejuvenation: <https://www.nature.com/articles/s41580-019-0204-5>
15. Life Expectancy in the U.S. Dropped for the Second Year in a Row in 2021: https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2022/20220831.htm
16. 'Live free and die?' The sad state of U.S. life expectancy: <https://www.npr.org/sections/health-shots/2023/03/25/1164819944/live-free-and-die-the-sad-state-of-u-s-life-expectancy>
17. 13 Habits Linked to a Long Life (Backed by Science): <https://www.healthline.com/nutrition/13-habits-linked-to-a-long-life>

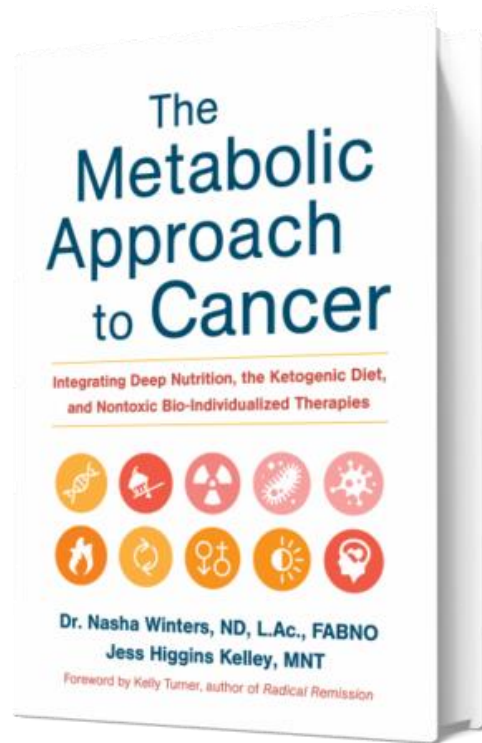
REFERENCES:

18. How to increase longevity and improve health in just 2 minutes a day:
<https://www.seattletimes.com/explore/special-sections/how-to-increase-longevity-and-improve-health-in-just-2-minutes-a-day/>
19. Dietary changes may extend life span by up to 10 years:
<https://www.medicalnewstoday.com/articles/can-dietary-changes-extend-life-span>
20. Personality and mortality linked to number of mitochondrial DNA in blood:
<https://www.nia.nih.gov/news/personality-and-mortality-linked-number-mitochondrial-dna-blood>
21. Optimism linked to longevity and well-being in two recent studies:
<https://www.nia.nih.gov/news/optimism-linked-longevity-and-well-being-two-recent-studies>
22. Longevity: <https://www.nia.nih.gov/news/topics/longevity>
23. This simple test may reveal your true biological age:
<https://www.medicalnewstoday.com/articles/321066>
24. The DNA Test That Tells You Your "Real" Age: <https://www.aarp.org/health/conditions-treatments/info-2020/dna-test-biological-age.html>
25. Calculating Your Biological Age: <https://goop.com/wellness/health/what-is-my-biological-age/>

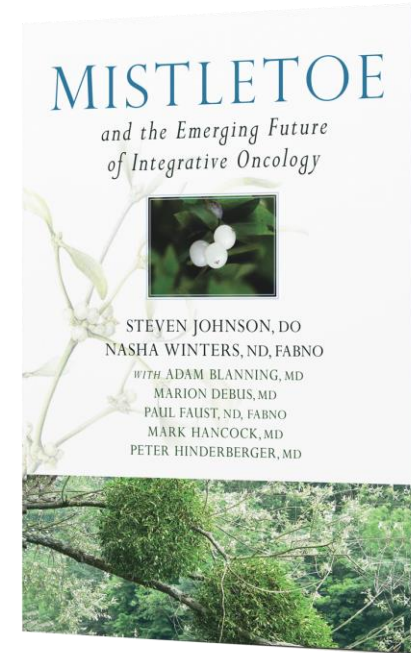
REFERENCES:

26. 13 Top Biological Age Tests [2023 Review & Comparison] Backed By Science: <https://outliyr.com/best-biological-age-tests>
27. Five Biological Age Tests That Predict Your Real AgeL <https://garmaonhealth.com/five-biological-age-tests/>
28. Biological Age Calculator: <https://calculator-online.net/biological-age-calculator/>
29. FOXO3 on the Road to Longevity: Lessons From SNPs and Chromatin Hubs: <https://www.sciencedirect.com/science/article/pii/S2001037019301011>
30. The MitoAging Project: Single nucleotide polymorphisms (SNPs) in mitochondrial genes and their association to longevity: <https://www.sciencedirect.com/science/article/abs/pii/S1567724922000563>
31. Scientists identify gene variations that determine lifespan: <https://www.medicalnewstoday.com/articles/318698>
32. Genetic Signatures of Exceptional Longevity in Humans: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0029848>
33. Identification of 12 genetic loci associated with human healthspan: <https://www.nature.com/articles/s42003-019-0290-0/>
34. Longevity, Immunity, and IL6: <https://selfdecode.com/app/article/il6-longevity/>
35. America's Declining Well-Being, Health, and Life Expectancy: Not Just a White Problem: <https://ajph.aphapublications.org/doi/full/10.2105/AJPH.2018.304585>
36. The Ultimate Biohacking Guide: 24 Ways to Hack Your Biological Age From Ancient Wisdom & Modern Science: <https://blog.mindvalley.com/biohacking-guide/>

Books



The Metabolic Approach To Cancer



Mistletoe and the Emerging Future of Integrative Oncology

FIND & FOLLOW US ON SOCIAL

Use the links below to get referrals to vetted and trained metabolic-centric practitioners and learn more.



METABOLIC TERRAIN
INSTITUTE OF HEALTH



www.MTIH.org



metabolic matters podcast



dr nasha

www.drnasha.com



METABOLIC MATTERS

MASTERING
METABOLIC
HEALTH



with *Dr. Nasha Winters*

RECENT INTERVIEWS FEATURING:

- *Dr. Georgia Ede, MD*
- *Beth Lambert*
- *Dr. Paul S. Anderson, NMD*
- *Travis Christofferson*
- *Dr. Zach Bush, MD*
- *Dr. Kelly A. Turner, PhD*
- *Raj Jana*
- *Brad and Maggie Jones*
- *Dr. Lyn Patrick, ND*
- *Dr. Vineet Datta, MD*
- *James Maskell*
- *Dr. Devra Davis, PhD*

CONTACT ME

Dr. Nasha Winters, ND, FABNO

Speaking and Consulting: denise@mtih.org
Education (MATC Master Course, TAP): janet@mtih.org
Metabolic Terrain Institute Of Health: info@mtih.org
Partnerships: cindy@mtih.org

[Subscribe to my Newsletter](#)

<http://www.MTIH.org/> www.metabolicealthday.life www.drnasha.com www.metabolicmatters.org