

Longevity Metabolism

*A radical prescription to discover & recover
your metabolic sweet spot, drug-free*

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What is Longevity?

My goal:
I want add life to my years
and years to my life

*"The real pride, the real present is
your health and longevity"*
– yeah, go Richard Simmons.

Who Helps You Get There?

- Your Friends
- Your Parents, genetically speaking
- Your Family
- Yourself
- Your Coaches and Guides
 - Trainers
 - Sport coaches
 - Lifestyle guides
- Your Doctor?



"The doctor will be with you in a few minutes. He's trying to figure out what disease goes with your insurance."

ICD Codes for Insulin Resistance

- ▀ blood sugar rises: ICD = R73.9
- ▀ Higher insulin, deranges lipids and raises BP and weight: ICD = E16.2; R63.5; E78.1; E88.81
- ▀ Can become Type 2 diabetes: ICD = E11.65

EACH CODE CAN BE MANAGED

Order of Medical Treatment is ICD → CPT


Your condition is classified as disease (ICD)...
and then is a treatment or procedure (CPT) applied

Manage - Treat - Cure

- ▀ **Manage your ICD disease**
 - ▀ "Medical Home"
 - ▀ Insurance based systems
- ▀ **Treat the Cause**
 - ▀ Functional Medicine & Conventional Providers (in and out of insurance)
 - ▀ Endless Possibilities: Diet, Toxins, Lifestyle, Emotional Stress...
- ▀ **Reverse and Prevent Disease**
 - ▀ No medical incentives – This is all you

**Your Disease Is the Resource
A Commodity That is
Industrially Mined for Value**





Does Health Have Value?

- Medically, No.
- Familialy, Communally, Personally, Yes.

Does Prevention of Disease?

- Not to your doctor
- Not to employers - employees spend less than five years with any business (2014 www.BLS.gov)



Who Benefits from your Health & Longevity?

- Family–Friends–Community–Self

How Do You Know You're Heading in the Right Direction?

- Blood Tests
 - Blood Code Test Panels—metabolic markers
- Heart Rate Variability
 - HHRM equipment
- Body Measurements
 - Calipers instead of scale