

Eating Healthier Could Add a Decade to Your Life – Even at Age 60!

QUOTE BOARD

“Food is fundamental for health, and globally dietary risk factors are estimated to cause 11 million deaths and 255 million disability-adjusted life years annually.”

“Changing from a typical diet to the optimized diet at age 60 years would increase LE by 8.0 years for women and 8.8 years for men, and 80-year-olds would gain 3.4 years.”

“Our modeling methodology using meta-analyses, data from the Global Burden of Disease study and life table methodology showed that life expectancy (LE) gains for prolonged changes from typical Western to optimizing diets could translate into more than a decade for young adults.”

Conclusions

“A sustained dietary change may give substantial health gains for people of all ages both for optimized and feasible changes. Gains are predicted to be larger the earlier the dietary changes are initiated in life.”

WHAT YOU NEED TO KNOW

What you eat has a PROFOUND impact on your level of baseline health and immunity, your risk of developing chronic illnesses such as cancer, heart disease, diabetes, obesity, arthritis, digestive disorders, mood disorders like anxiety and depression, sleep health, and sexual health.

It is not just the quantity of life, or the risk of chronic illness that dietary choices significantly influence but, as importantly, the quality of your life.

Drugs cannot fix problems created by poor nutrition; only eating well can fix problems caused by unhealthy nutrition.

WHAT YOU NEED TO DO

You need to Eat Right for Your Species Type! You need to reduce the amount of unhealthy refined carbohydrates (grains and sugars), refined fats (trans fats and vegetable oils) and begin immediately to eat sufficient high-quality protein, sufficient high-quality omega-3 fatty acids, sufficient raw fruits and vegetables, and consume sufficient amounts of clean water - EVERY DAY.

You need to learn what it means to eat well and find and follow an easy, sustainable plan to comfortably transition toward eating well.

The best place to start is to sign up for the FREE Eat Well – Move Well – Think Well® monthly newsletter and receive the “5 Secrets to Self-Health” and the “Sustainable Rapid Weight Loss Plan”.lost.

Fadnes et al. (2022) Estimating impact of food choices on life expectancy: A Modeling Study. PLS Med 19(2) e1003889.