



## LONGEVITY MENU

- ◆ EAT HALF WHAT YOU THINK YOU NEED
- ◆ TAKE TWICE THE EXERCISE YOU THINK YOU NEED
- ◆ INFLAMMATION=DEGRADATION=STAGNATION=ATROPHY
- ◆ CELLULAR TOXICITY IS THE MAIN BLOCK TO GREAT HEALTH
- ◆ KEEP YOUR FILTERS CLEAN. DRINK WATER WITH SLICES OF LEMON, EAT GREEN APPLES, CLEAR THE SLUDGE
- ◆ TEETH ARE A PRIMARY TOXIC FOCUS. BAD BACTERIA PLUS TOOTH AND GUM DECAY CAN ENDANGER YOUR HEART HEALTH AND ACT AS A SOURCE OF POTENTIAL SEPSIS. SEPSIS KILLS 50 MILLION PEOPLE PER ANNUM ON PLANET EARTH. MINDFUL OF SUGAR AND ULTRA PROCESSED FOOD, WE LOOK AT STONE AGE SKULLS WITH FULL SETS OF TEETH AND NEED TO BE VERY CAREFUL OF OUR OWN !!!
- ◆ LOOK AFTER YOUR GUT AND YOUR GUT WILL LOOK AFTER YOU
- ◆ GUT MICROBIOME, LIVER AND PANCREATIC FUNCTION ARE THE BEDROCK TRIPOD OF DIGESTION AND CELLULAR VITALITY. FOOD / VITS & MINS / PROBIOTICS
- ◆ A RESET STARTER; EAT VEGS, GREEN LEAFY ONES IN PLENTY / FRUIT / MUNG BEANS, PULSES, FISH OR WHITE MEAT / NUTS WITH NO SALT / GREEN TEA. AT LEAST 1.5 LITRES OF WATER PER DAY
- ◆ INTERMITTENT FASTING; A SIMPLE STARTER IS THE 12 : 12 PRINCIPLE EAT 3 MEALS WITHIN A 12 HOUR WINDOW AND NO CALORIES IN THE OTHER 12 HOURS. SOME SURVEYS SHOW THAT FASTING MORE THAN 16 HOURS MAY INCREASE THE LIKELIHOOD OF GALLSTONES

THE ADVANTAGE OF 16 HR FASTING IS THAT IT INITIATES A PROCESS CALLED AUTOPHAGY WHERE THE BODY DESTROYS OLD OR DAMAGED CELLS, WHICH WHEN RECYCLED REDUCE INFLAMMATION AND THE LIKELIHOOD OF DISEASE.

**THIS REGIME MAY NOT SUIT DIABETICS OR PEOPLE WITH HYPOGLYCAEMIA**

- ◆ **ANTIOXIDANTS OF ANY TYPE, NUTS, FRUIT, VEGS ARE UNDOUBTEDLY THE MOST IMPORTANT COMPONENTS AGAINST PATHOLOGICAL AGEING; STROKE, HEART ATTACK, DEMENTIA, BLOCKED ARTERIES**
- ◆ **MY GOOD FRIEND, COLLEAGUE AND EXCELLENT NUTRITIONIST, MAUREEN HOUSTON SAYS, GO FOR THE MEDITERRANEAN DIET WITH A DASH OF PALEO**
- ◆ **HUMANS ARE THE ONLY SPECIES ON EARTH THAT TAKE IN MILK PRODUCTS AFTER WEANING, PARTICULARLY THOSE OF ANOTHER SPECIES. KEEP COW DAIRY LOW, IF ANYTHING GO WITH THE GOAT !!!!**
- ◆ **DO YOU REMEMBER WHEN “ORGANIC” FOOD WAS JUST CALLED FOOD !!!!!!!!!!!**
- ◆ **WE START LIFE ON A SIMPLE DIET AND AS WE AGE WE NEED TO RETURN TO SIMPLE FOODS. WE NEED TO EAT FOR REPAIR AND FUEL NOT GROWTH. THE BODY WORKS BETTER IF IT IS SLIGHTLY HUNGRY**
- ◆ **BRAIN HEALTH; QUALITY SLEEP RESETS THE BRAIN ELECTRICS, ALLOWING CEREBRO-SPINAL-FLUID TO “WASH” THE PLAQUES AND TANGLES OUT**
- ◆ **MEDITATE; VISUALISE YOUR BODY FILLING WITH LIGHT AND ENERGY**
- ◆ **LEARN NEW SUBJECTS, STRETCH THE LIMITS OF YOUR BRAIN’S POTENTIAL**
- ◆ **START THE DAY, LYING IN BED, EXERCISE RIGHT QUADS / PELVIC FLOOR / LEFT QUADS / CENTRAL CORE / SPINE AND SHOULDERS. REPEAT THE CYCLE 10x. THEN GET OUT OF BED, ON ALL FOURS AND STRETCH LIKE A CAT, HUMP AND HOLLOW THE SPINE STRETCH OUT ARMS AND LEGS.**  
**CATS DON’T GO TO THE GYM BUT BOY THEY ARE FIT!!**
- ◆ **DON’T JOIN THE STOOPERS, FOLLOW THE ALEXANDER TECHNIQUE PRINCIPLES. STAND COMFORTABLY WITH SHOULDERS LOOSE AND CHEST OPEN, FEEL YOUR HEAD FLOAT FREELY ABOVE YOUR NECK, FEEL YOUR SPINE LENGTHEN, ROCK FORWARD SLIGHTLY ONTO THE BALLS OF YOUR FEET, LEAVE YOUR HEAD WHERE IT IS, FLOATING**

**FREELY AND PUT YOUR HEELS DOWN. I DO THIS BEFORE BALLROOM DANCING AND INDEED ABOUT 12 x PER DAY. VERY DIFFICULT TO FEEL DEPRESSED WITH AN OPEN LENGTHENED BODY, DIFFICULT TO FEEL GREAT IF YOUR HEAD AND NECK ARE LOOKING DOWN**

- ◆ **LEAD A BALANCED LIFE , CONSERVE YOUR ENERGY. WE ARE JUST LIKE RECHARGEABLE BATTERIES, AS THEY AGE THEY DON'T HOLD CHARGE SO WELL, DON'T CHARGE UP AS FAST AND LOSE IT FASTER !!!!!**
- ◆ **THE ANCIENT MASTERS OF TAI CHI ARE KNOWN TO HAVE LIVED VERY LONG LIVES, FIT TO THE END**
- ◆ **DO TAI CHI AND MEDITATE DAILY, GOOD FOR THE MIND, BODY AND SOUL**
- ◆ **MITOCHONDRIA GENERATE ENERGY FOR THE CELLS TO USE. TELOMERES ARE THE "SAUSAGES" AT THE END OF EACH CHROMOSOME AND THEY ARE THE MAIN PREDICTOR OF LIFE-SPAN. THE LONGER THEY ARE THE LONGER YOU LIVE. THEY SHORTEN WITH AGEING. TO PROTECT AND LENGTHEN THEM;  
VIT D / OMEGA 3 / FOLATE / B12 B6 / VIT C / VIT E SUPPLEMENTS CAN HELP ACTIVATE THE ENZYME TELOMERASE AND PROTECT THE DNA  
EXERCISE / DIET + / ANTIOXIDANTS / STRESS REDUCTION AND MEDITATION ALL HELP LONGEVITY**
- ◆ **PEOPLE OF FAITH, PEOPLE WITH A FOCUSSED, ENTHUSIASTIC MINDSET ARE KNOWN TO HAVE BETTER MENTAL HEALTH AND LONGEVITY THAN OTHERS**
- ◆ **MANIFEST GRATITUDE AND KINDNESS**
- ◆ **MY ACUPUNCTURE LEAFLET IS ENTITLED "TUNING THE HUMAN PIANO", THIS IS THE PRINCIPLE OF ACUPUNCTURE, HERBS, HOMOEOPATHY, VITAMINS, MINERALS, OSTEOPATHY, CHIROPRACTIC, FULL BODY LASER (PHOTON BATH) AND MANY OTHER EXCELLENT METHODS OF OPTIMISING PERFORMANCE. I WORK WITH MANY OF THESE THERAPIES ON MYSELF AND I DO MOST OF THEM HERE AT ROSEDALE. FEEL FREE TO INQUIRE, THE ROSEDALE IS DEDICATED TO YOUR UPGRADED SELF!!!!!!**

- ◆ **A BODY THAT YOU DON'T NOTICE IS BY AND LARGE RUNNING WELL, TUNE IT, STRETCH IT, LOVE IT !!!!!**

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**DR SALIHA MAHMOOD AHMED**

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**AFFIRMATION**

***I CHERISH MY BODY,  
MY STRENGTH IS GROWING,  
MY ORGANS ARE THRIVING,  
I AM GRATEFUL,  
I AM REJUVENATED***

**THE LONGEVITY MENU**

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- ◆ **ALL RECOMMENDATIONS ARE SUBJECT TO INDIVIDUAL MEDICAL AND POTENTIAL ALLERGY STATUS, IF IN DOUBT CHECK**