

***HOW TO
INCREASE LONGEVITY
WITH OPTIMAL HEALTH
AND FITNESS ...
IN SPITE OF
MODERN MEDICINE***

by

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Hello!



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***If you want to give this report to a friend, please do so.
Just be sure to send it in its entirety, unaltered in any way.***

SPREAD THE WORD!

This book is for educational purposes only. It is based on my own personal research and on my interpretation of published scientific research. I am not a medical doctor and I do not provide medical advice.

As per recommendations (demands) by the U.S. Food and Drug Administration (FDA), I must state the obvious:

This report is not intended as a substitute for medical advice of physicians. The information provided here is designed to help you make informed decisions about your health. However, before following any recommendations offered herein, you should consult your physician.

Yeah, right - good luck with that.

Regarding your choice of physicians, the best starting point is generally a naturopathic medical doctor or other health practitioner who has been trained in **natural approaches** to optimal health and longevity. Only consider FDA-approved drugs, surgeries, and other short-sighted and destructive strategies (e.g., high-energy radiation therapy) as desperation measures of last resort.

WHO AM I? Always, always, always check the credentials and expertise of anyone who purports to know what they are talking about regarding your health. Then turn your BS detector up to 'high sensitivity' and figure out what you think is truth vs BS. Doing so is not always easy, although when it comes to your health, your life depends on it.

Start this process with finding out more about me, here:

[Who is the HerbScientist?](#)

Now let's see what the big deal is about longevity with optimal health and fitness.

THE CONTEXT FOR THIS REPORT

Why do I say, "...in spite of modern medicine?"

For several reasons, the main ones being as follows:

1. The track record of modern medicine in successfully preventing and reversing the *Diseases of Civilization* is abysmal.
2. Our mainstream health industry is driven by money, not health. In fact, it should more accurately be referred to as a **sickness-treatment industry**. It has very little to do with health. This *status quo* is maintained by a rogue government agency that you know as the Food and Drug Administration. The FDA is not your friend.
3. All of the answers that anyone needs for living a long and healthy life lie in basic human biology, biochemistry, and biophysics. Oh, and evolution. Such answers generally occur outside of mainstream medicine.
4. A handful of ancient cultures around the world still exist whereby people live long and healthy lives (i.e., well over 90 years). Understanding how they do so provides us with crucial knowledge about health and longevity.
5. ***Virtually all of the most important choices that you can make about your health revolve around living a circadian lifestyle.*** (Achieving a circadian lifestyle constitutes a key to optimal health. See below.) Nothing like this is taught in medical schools. Your doctor most likely knows nothing about it. Advice about it is absent from mainstream medicine.

RESTATING THE OBVIOUS

To be clear:

Longevity, of course, refers to lifespan. This term represents the currently popular 'anti-aging' movement. Longevity and anti-aging are used interchangeably, although they do not really mean the same thing.

The phrase, ***optimal health and fitness***, means disease-free living whereby *all systems are operating within normal*

parameters. (Quote in italics taken from Commander Data of the USS Enterprise, NCC 1701, in answer to the question, "How are you?")

MY GRATITUDE

Your interest in this report gives me great pleasure. A long, healthy life depends on more people, such as yourself, taking personal responsibility to educate themselves about lifestyle choices of greatest benefit, then making those choices for their own good.

NOTE ABOUT METABOLIZING FAT

The Diseases of Civilization comprise a long list that, at its core, reflects widespread metabolic energy inefficiency. The main manifestation of this inefficiency is **overfat** - more commonly known as overweight or obesity.

Being overweight or obese, however, really means having too much storage fat. Appropriate fat metabolism is therefore a significant component of optimal health, fitness and longevity.

It is not the only component. However, the topic of fat metabolism is important enough that I wrote a stand-alone ebook that exposes many of the myths and truths about it. Some of them surprised me. They will surprise you, too.

If you are having any trouble at all with keeping the fat off, please take a look at how to solve the problem once and for all, here:

[FAT LOSS BIOLOGY](#)

[The Science Behind Why We Get Fat And How To Lose It](#)

SPOILER ALERT: Most of the common beliefs about 'weight loss' are flat wrong. Take a peek at my book and find out why that is the case and what you can do instead.

LIVING A CIRCADIAN LIFESTYLE

In the simplest terms, the core physiological processes of living beings on Earth are adapted to roughly a 24-hour cycle -

i.e., a ***circadian rhythm***. The most apparent external cue of circadian biology is the alternation between day and night.

Living a circadian lifestyle is, therefore, how we evolved to live according to our circadian rhythm.

Health problems begin when we ignore this lifestyle pattern. How do we do so? Our violations are extensive. For the purposes of this short report, focus will be on the Top 4, which are:

- Sleeping poorly, too little, or at the wrong time
- Disrupting hormone balance by exposure to blue light at night
- Avoiding full-spectrum sunlight
- Eating at the wrong time

POOR SLEEP

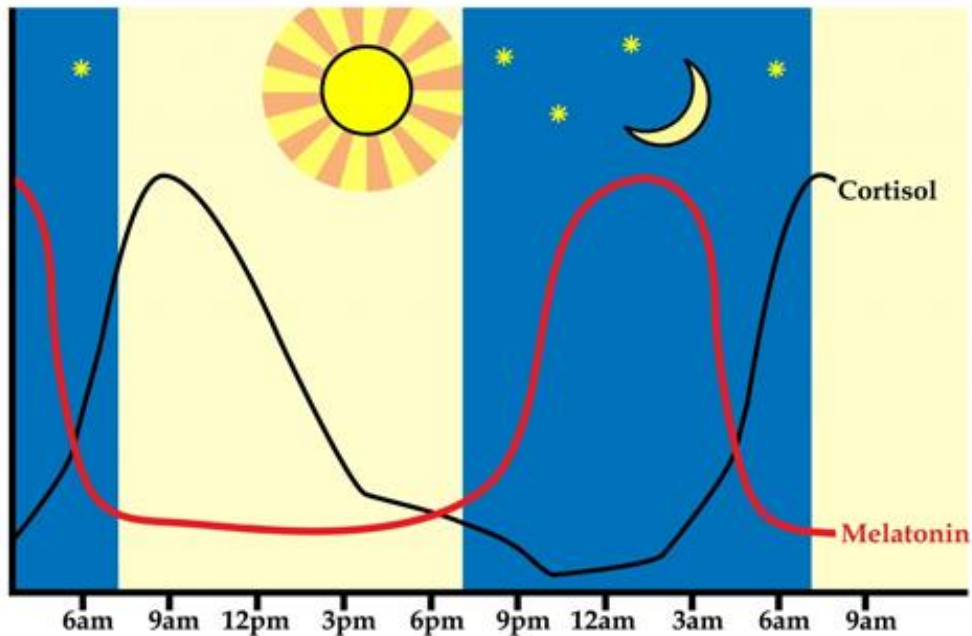
We live in a sleep-deprived society. This includes almost everyone, even doctors. Your doctor may tell you about the importance of sleep, and maybe even give you some advice on how to get better sleep.

Such advice almost always has a crucial missing ingredient, which is:

You must enable the synthesis and utilization of your native sleep hormone: melatonin.

KEY POINT: Melatonin synthesis ramps up when the sun goes down. Darkness gets it started. The following graph shows what the melatonin levels should look like when synced with the day-night cycle. It is THE circadian rhythm of most importance for good sleep.

Note that the graph also shows a normal rhythm with another hormone, **cortisol**. You will find out more about that hormone a bit later.



The core problem for you is when your eyes are exposed to light, especially blue light, after sundown. A boatload of recent research now shows that so-called '**blue light toxicity**' ruins your health in many ways. It starts by disrupting and delaying melatonin synthesis.

Even if you sleep in darkness, waiting to remove blue light from your nighttime environment until just before bedtime is way too late. Eliminating exposure to blue light has to begin at sundown for the optimal timing of melatonin synthesis.

By the way, the consequences of blue light toxicity go beyond ruining your sleep. Good sleep at night drives regenerative processes that underlie optimal health. This means that disrupting your melatonin cycle leads to many, many of the Diseases of Civilization.

Just one of those DOCs should scare the beejesus out of everyone: Alzheimer's Disease. The explosion of Alzheimer's and other dementias rests on the destruction of regenerative processes in the brain during sleep.

Yup, a decline in brain health starts with **poor sleep**.

How does modern medicine address this issue?

NOT AT ALL!

Have you noticed that hospitals, assisted living centers, and other treatment and care facilities:

- Constantly wake people up in the middle of the night
- Never turn off fluorescent (high-blue) lighting at night
- Often use medical devices with monitors that emit blue light 24 hours a day

Anyone who stays in such facilities for very long is doomed to a quickened deterioration of their brain health.

You may be heading down this steep slope, too. If you are a night owl, work the swing shift, use electronic gadgets after sundown (TVs, cell phones, notepads) or are surrounded by typical fluorescent lighting, the quality of your sleep can only go downhill. Diminishing health and longevity follow closely behind.

Of course, isolating yourself from modern conveniences at night may not be the easiest thing to do, in spite of its benefits. The least you can do, though, is replace fluorescent lights (including CFLs and LEDs) with low-blue equivalents. You can also wear blue-blocking glasses (i.e., orange/amber) when you watch TV. (Some pretty inexpensive ones are available on Amazon and elsewhere.)

This is a topic that is near and dear to my heart, so I will be posting articles about it now and then on my blog at HerbScientist.com. Since you are now a subscriber to my newsletter, you will get updates as soon as I publish them.

BLUE LIGHT TOXICITY

Let's expand on the issues of blue light at night. The destruction of good sleep is just the beginning. When we look at the consequences that ensue from destroying melatonin and our normal circadian sleep cycle, we also find the following:

- Nighttime room light not only suppresses melatonin production and good sleep, it also negatively impacts thermoregulation, blood pressure and glucose homeostasis
- Blue light exposure after sundown is considered a "carcinogenic pollution" that in mice correlates with higher cancer rates
- A lack of melatonin is linked to higher rates of breast, ovarian, and prostate cancers (On the other hand, blocking

blue light with amber glasses is linked to lower cancer rates)

- Exposure to blue light at night appears to have an impact on mood
- Lower melatonin in mice is linked with higher rates of depression
- Too much light exposure at night can cause retinal toxicity
- Nighttime blue light exposure may be playing a role in the higher incidence of cataracts and macular degeneration seen today

Some of the above statements come across as timid ("may be" "appears to have" "can cause"). These are common medical hedge words. Make no bones about it, though - blue light toxicity is a certainty. We are just beginning to grasp how bad it really is.

AVOIDING FULL-SPECTRUM SUNLIGHT

Afraid of the sun? If so, that's too bad. You have fallen victim to a modern line of medical thinking that is short-sighted and simple-minded. You are suffering from unnecessary '**heliophobia**' (i.e., fear of sunlight).

An expanded article on this modern issue, if you are interested (and you should be) is:

[Heliophobia Makes Modern Disease for One and All](#)

Take a look at it. Then start to realize how important full-spectrum sunlight is for optimal health.

Let's take a look at what this means. Full-spectrum sunlight provides several 'colors' throughout the day, sunrise to sunset, as shown in the following graph.



Light at sunrise is exclusively visible and infrared, which persists all day long. As the morning progresses, ultraviolet-A (near UV) increases. The middle of the day sees ultraviolet-B (far UV) come and go. Finally, UVA drops out in late afternoon, leaving us once again with visible and infrared light.

Of course, the exact composition and intensity of each part of the spectrum varies with seasons and latitudes. Nevertheless, you get the idea that full-spectrum sunlight has several components, some of which change from sunrise to sunset.

**Every single part of this spectrum
provides benefits to your health!**

Peeking into why that is the case means delving into the realm of biophysics. ***This is where the future of health, fitness, and longevity lies.***

In this case, it means that optimal health rests on the only source of energy that we have on Earth: **sunlight**. Sunlight converts to electrons, which drive nearly every single process that we rely on for life.

GEEK ALERT

Yes, we do harvest the energy of light. The process entails something called the 'photoelectric effect', which is:

The production of electrons or other free carriers when light is shone onto a material. Electrons emitted in this manner can be called photoelectrons.

(This so-called 'law of the photoelectric effect' was the basis for Albert Einstein's only Nobel Prize, awarded in 1921. The popular notion that he won the prize for his theory of relativity is incorrect.)

END GEEK ALERT

The point is that we are energy beings who use sunlight to keep us running. ***WE NEED ALL WAVELENGTHS (COLORS) OF SUNLIGHT - i.e., FULL-SPECTRUM - FOR OPTIMAL HEALTH.***

SUNLIGHT --> BIOELECTRONS --> BIOELECTRICITY --> OPTIMAL HEALTH

If you happen to be a geek about this topic, you may be wondering what happens with protons. Electron flow (electricity) is complemented by proton flow (protonicity). At this time, delving into protonicity would make this report more complicated than is necessary. You may already think it is too complicated, so I will hold back on talking about protons **this time**. Whew!

Unfortunately, modern medicine has rejected valuable old knowledge about the health benefits of full-spectrum sunlight. In that regard, one of the most delightful reviews I ever saw about 'phototherapy' is available online, for free, in a video by Dr. Alexander Wunsch (Heidelberg, Germany), here:

[Complementary Spectra in Phototherapy - Basic principles and practical applications](#)
(1 hr and 52 minutes)

This is just one of many, many books and videos on the importance of full-spectrum sunlight for preventing and treating all kinds of health problems.

One more thing about light and health: The newly discovered role for infrared (IR) light for cellular energy.

This role is outlined in a recently published book by Dr. Gerald Pollack (University of Washington), titled, *The Fourth Phase of Water: Beyond Solid, Liquid, and Vapor*. (See Amazon, et al.)

IR, which is part of full-spectrum sunlight **all day long**, is **THE** energy source that we need for generating and maintaining the structure of water in cells. Properly structured cellular water is the bedrock of our bioelectrical system.

Without infrared light, a healthy life is simply not possible.

Dr. Pollack's discovery is worthy of a Nobel Prize, in my opinion. In fact, his work shows how certain related research in the past, which did result in Nobel Prizes, is dead wrong. It should come as no surprise that modern medical advice based on poor science, including Nobel Prize-winning research, is a failure.

Reading Dr. Pollack's book will give you a detailed understanding of the importance of structured cellular water - maybe too detailed for most folks.

If you are really interested, though, you can get a simpler overview of the fourth phase of water in this article on Dr. Joseph Mercola's website, whereby he interviewed Dr. Pollack:

[The Fourth Phase of Water -
What You Don't Know About Water, and Really Should](#)

Absolutely fascinating. Highly recommended.

WHAT CAN YOU DO ABOUT IT?

The obvious answer is to get out in the sun more often.

The most effective strategy to do so would be:

NUDE SUNBATHING!

Now THAT should get your attention. I'm not being facetious, either. The more exposure to full-spectrum sunlight to your eyes and to your skin, the greater the benefits.

Can you imagine your doctor recommending nude sunbathing? No? Too bad, since that is a HUGE missing ingredient for achieving optimal health.

Can you imagine treating the elderly - homebound, in assisted living, incarcerated in hospitals, etc. - with full-body, full-spectrum sunlight? No? Too bad again. Health benefits would be so impressive that it might undercut the entire eldercare industry.

ONE CAVEAT: No sunburns! That is never good. You have to build up your exposure times without damaging your skin.

In the absence of nude sunbathing, you can still take steps to get more sunlight into your body (i.e., on your skin AND into your eyes).

The simplest things that I do regularly include:

- Reading the morning paper outdoors, first thing in the morning (in shorts, no shirt, no shoes, bare feet on bare ground); facing not quite directly toward the sun

- Never wearing sunglasses outdoors (they filter out much needed UV light)
- Either not wearing my glasses outdoors or at least making sure that they are low enough on my nose that sunlight gets into my eyes (most glasses also filter out UV light)
- Playing and working outside during the day as much as possible (e.g., golf, yardwork)
- When in my office, turning on a high-intensity 'reptile' lamp (lots of UV and IR) that faces me as I sit at my desk (available at many pet stores; not exactly 'sunlight' but better than nothing when indoors)

In other words, I spend time in the sunlight every chance I get - morning, midday, late afternoon. UVA, UVB, and IR are my best medicine.

BACK TO CORTISOL (from earlier)

The colors of sunlight also have a hormone-based, getting-started-on-the-day function. Blue light first thing in the morning stimulates cortisol levels to rise.

Cortisol is sometimes referred as the 'fight or flight' hormone, or the 'stress' hormone. It ramps up your metabolism when you need it most, at the start of every day of your life. Cortisol levels also increase in response to stress. This process evolved to help us escape from wild animals in prehistoric times, as the story goes.

Cortisol is not a hormone that you need or want at high levels at night. Chronically elevated cortisol is a time bomb for poor health to come.

A normal, healthy pattern of cortisol levels, however, is shown in the earlier graph that also shows what a healthy melatonin cycle should be.

These two hormones are tied together in that respect, and their levels depend on light. Melatonin synthesis works in the absence of blue light. Cortisol synthesis increases in the presence of blue light.

Sundown means time for melatonin. Sunup means time for cortisol. Getting the wrong light (blue) at the wrong time, or not getting the right light (blue) at the right time, disrupts this circadian rhythm. Not good.

DID YOU CATCH THAT PART ABOUT BARE FEET ON BARE GROUND?

Earlier, one of my strategies for getting more sun included 'bare feet on bare ground'. It turns out that getting electrons from sunlight synergizes with getting electrons from Earth.

Earth itself provides a huge amount of reducing power (i.e., electrons) - in popular terms referred to as antioxidant power. Getting sufficient electron energy is clearly a major theme for optimal health. This article explains more about the importance of getting them right from the ground you stand on:

[Best Antioxidant on Earth Costs Nothing](#)

ANOTHER WAY TO MAKE UP FOR SUNLIGHT DEFICIENCY

Living near the equator is the best place for getting enough sunlight. The further north or south you go, the less sunlight you get. Winter in Alaska comes to mind. Or even New York or Michigan.

Short winter days with weak sunlight lead to sunlight deficiency. An old-fashioned term describes the associated health problem as 'cabin fever'. Full-spectrum indoor lights can be helpful. Some doctors will actually prescribe it.

However, human physiology has a fascinating 'out' when there is not enough sunlight. Consider that low sunlight in winter occurs in the coldest climates further north and south of the equator.

People living in cold northern climates have free access to a complementary replacement for sunlight, though: **COLD**.

The health benefits of cold come under the headings, 'cold thermogenesis' or 'non-shivering thermogenesis' or 'cold immersion'. The answer to sunlight deficiency is getting cold, very cold.

The super-neat thing about cold thermogenesis is that it can be **COMBINED** with full-spectrum sunlight to put a booster rocket on optimal health.

Adapting to cold, in the absence of shivering, is a very important research topic in the medical literature. The following article is a great introduction to this topic:

[Get Healthy, Live Longer With Cold Thermogenesis](#)

Research on cold thermogenesis has been ongoing for more than a half century. We know a lot about it, how to achieve benefits from it, and what it does for human health.

In spite of its history, though, most people have never heard of it. Doctors are unaware of it. Mainstream medicine has not adopted it. (Professional athletes have, though - big time.)

What we do instead is cover up and stay inside to avoid sunlight in the summer, because we think sunlight is dangerous. Then we stay inside to avoid cold in the winter, because it is too uncomfortable.

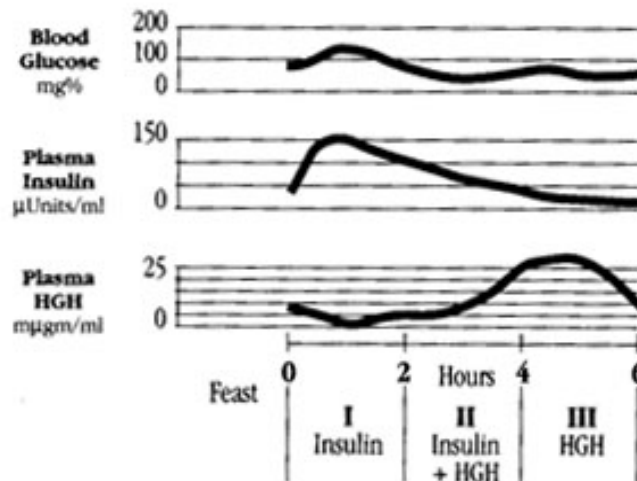
Ah, now THAT is an unfortunate double whammy that will ruin your health and shorten your life. You can bank on it.

MEAL TIMING

Take a quick look at the following graph from one of the most reputable scientific journals out there (*Nature*), taken from an article published in **1963!**

It points to proper meal timing (i.e., meal spacing) for maintaining healthy blood glucose levels and for balancing two crucial hormones for optimal health: insulin and HGH (human growth hormone).

Variations in Insulin and HGH During Feast-Famine Cycle



From: *Nature* 199 (1963): 913-915.

Harvesting food energy at the right time constitutes a super important strategy for optimal health. It is a main topic in the ebook that I referred to earlier ([Fat Loss Biology](#)).

The timing of **when you eat** is vastly more important than **what you eat** or the **amount you eat**.

As the graph shows, blood sugar and insulin levels rise right after you eat. Then they subside over the following 2-6 hours. At about 4 hours after eating, HGH levels rise, then also subside.

During this period (0-6 hours), insulin transports blood glucose into cells, to be metabolized into cellular energy. Once that job is nearly completed, HGH comes along and helps to build muscle and burn fat.

Guess what happens when you eat another meal less than 6 hours later? The whole shebang gets disrupted. Blood glucose spikes again and stays high. Insulin spikes again and stays high. HGH doesn't spike at all and stays low.

That makes for a dietary disaster. For the truly health challenged, it leads to diabetes and a whole host of disorders that the medicos lump together under the term, 'metabolic syndrome'. This is one of the reasons that nearly 10% of the U.S population is already diabetic or pre-diabetic.

30 million people!

This is a crushing weight on our healthcare system.

Eating too often is a major mistake. Doing so eliminates any possibility of achieving optimal health and living your full lifespan.

By the way, a popular myth about healthy eating holds that having several small, closely-spaced meals and/or snacks throughout the day (and even just before bedtime!) is somehow good for you. This is dead wrong.

Such advice worse than bad. It is simple-minded, short-sighted, and even idiotic. It is, unfortunately, supported by scientific research - although it constitutes some of the worst science ever to appear on the printed page.

THAT'S THE END OF THIS BRIEF REPORT

**AND HOPEFULLY JUST THE BEGINNING FOR HOW YOU CAN
ACHIEVE OPTIMAL HEALTH, LIVE LONG, AND PROSPER!**

We've just scratched the surface, seen the tip of the iceberg, whatever you want to call it. There is **sooo** much more to know and do.

Constantly learning about and applying the principles of good health based on real human biology (as opposed to drug-based modern medicine) requires vigilance.

Stick with it, pay attention to my updates, and see where it takes you.

May you always enjoy good health.

All the best in natural health,

Dr. D