

Beyond the Prescription Pad

Safe Alternative Tools for Longevity



Presented by the Palm Beach Center for Health and Longevity

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Alternative Health Modality #1

Hot and Cold Therapy



Hot and Cold Therapy

Sauna



Sauna

Benefit #1 - Cardiovascular Improvement



- Increases the **heart rate** comparable to moderate exercise.
- **Lowers blood pressure** and reduces **arterial stiffness**.
- Reduces the risk of **fatal cardiovascular events**.

Sauna

Benefit #2- Improved Blood Pressure and Circulation



- Improves blood vessel function.
- Reduces blood pressure.

Sauna

Benefit #3 - Metabolic and Cholesterol Effects



- Lowers total **cholesterol** and LDL (bad cholesterol)
- Improves **insulin sensitivity** by enhancing glucose uptake in skeletal muscle.

Sauna

Benefit #4 - Cognitive Benefits



- Studies show a 66% decreased risk of developing dementia and Alzheimer's disease with sauna use of 4 - 7 times/week.
- Regular use is also correlated with improved mood and decreased incidence of depression.

Sauna

Benefit #5 - Improved Physical Recovery



- Accelerates post exercise recovery.

Sauna

Benefit #6 - Pain Relief



- Improves arthritis and chronic pain.
- Relieves muscle and joint pain by increasing circulation and reducing inflammation.

Sauna

Benefit #7 - Improves Immune System



- Produces heat shock proteins.
- Reduces oxidative stress.
- Regulates immune activity.

Sauna

Benefit #8 - Promotes Better Sleep Quality



- Heat exposures and subsequent cooling reduces stress.

Sauna

Benefit #9 - Promotes Longevity



- Sauna use is highly correlated to longer lifespans.
- More frequent use yields greater benefits.

Sauna

Research Results from Long Term Finnish Study



- Reduction in sudden cardiac deaths - 63%.
- Reduction in all-cause mortality - 40%.
- Reduction in dementia - 66%.

Men using sauna 4 - 7 days a week.

Sauna

Suggestions



- A sauna can be an excellent home investment that will **pay for itself in health benefits.**
- One hour a week is what experts advise.

Sauna

Suggestions



A hot yoga class like **Bikram**
Yoga can act as a substitute.



To reinforce your learning,
let's now watch this video on
the **benefits of sauna use**
produced by TedX.

TED Ed
LESSONS WORTH **SHARING**

**Raise
your
hand**



Raise your hand if you have used a sauna before.

Please share your experience.

Cold Therapy



- If you have the courage and are in good health, the health benefits of cold therapy are well documented.
- Cold therapy can range from cold showers, cold plunges, and ice baths.

Cold Therapy

Benefits



- Cold therapy constricts blood vessels and decreases blood flow.
- This results in controlling swelling and blunting inflammation responses.

Cold Therapy

Benefits the Immune System



- Studies have shown that regular use of cold therapy has positive effects on the immune system.
- Beginners should start with 2 - 4 minutes, and gradually increase duration and decrease temperature over time.

**Raise
your
hand**



Raise your hand if you have used any type of cold therapy before.

Please share your experience.

Cold Therapy



Cautions

- Cold therapy is perfectly safe for healthy individuals but **may be unsafe for an elderly person or someone with a heart condition.**
- Discuss with your doctor before starting this practice.

Alternative Health Modality #2

Red Light Therapy



Light Therapies (photobiomodulation)

Red Light Therapy



- Uses low level wavelengths of red and near infrared light to stimulate cellular activity, promote healing, and reduce pain and inflammation.

Light Therapies

Cellular Mechanism



- Boosts mitochondrial function and **ATP** production.
- Increases **oxygen** to the cells, which enhances cell repair.

Light Therapies

Skin Health



- Reduces wrinkles, fine lines, and scarring.
- Improves skin elasticity and complexion.
- Promotes wound healing.

Light Therapies

Acne



- Effectively treats mild to severe acne.
- Effective also in treating psoriasis and eczema.

Light Therapies

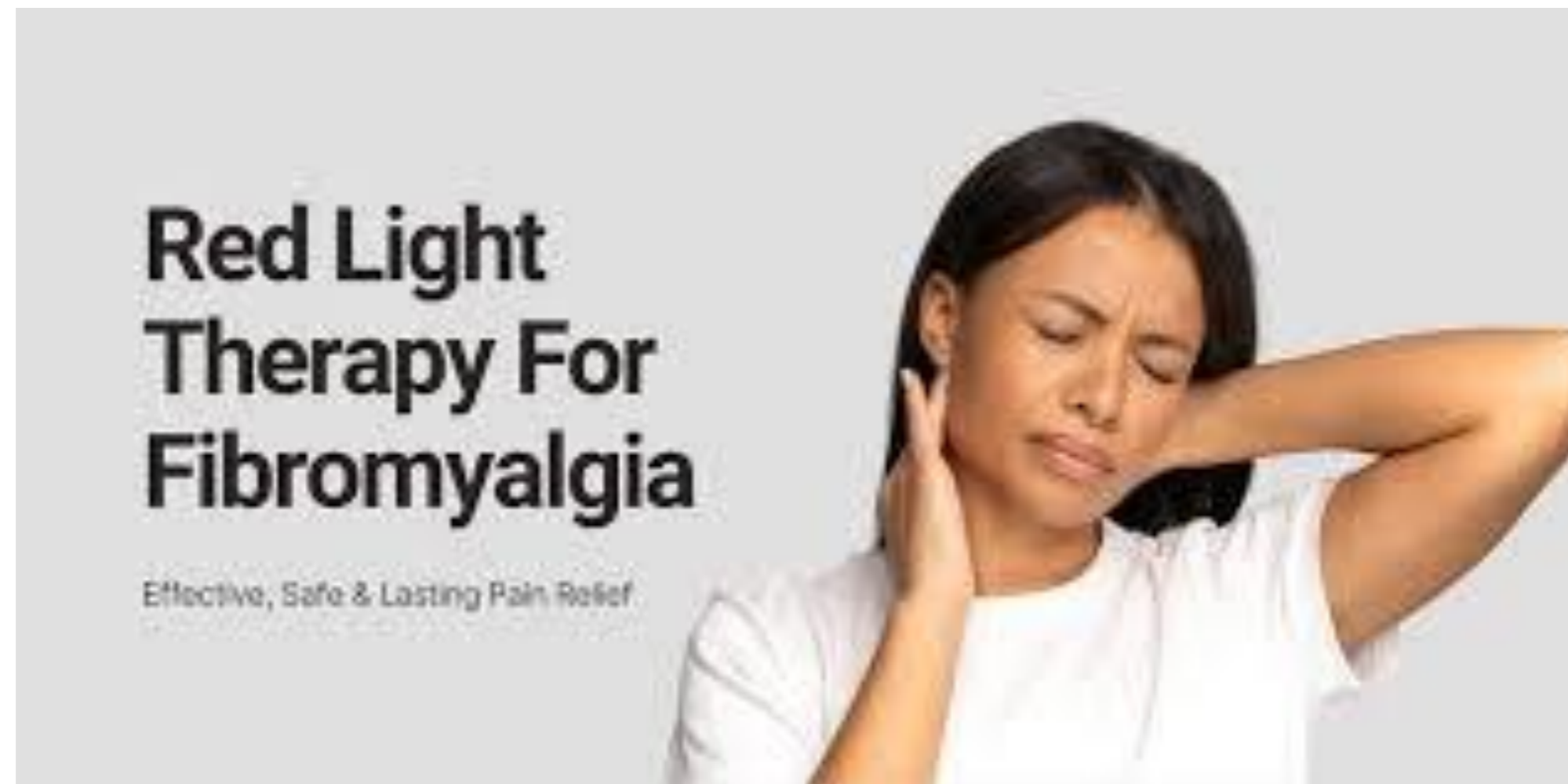
Hair Regrowth Support



- Evidence suggests red light therapy can stimulate hair growth in **androgenic alopecia**.
- Supports **follicle vitality**.

Light Therapies

Pain and Inflammation Reduction



- RLT has been shown to be effective in treating the following conditions.
 - **Fibromyalgia.**
 - **Arthritis.**
 - **Post-surgical recovery.**

Light Therapies

Cognitive Function Benefits



- Recent research indicates that transcranial and intranasal RLT improves cognition in dementia patients.
- Supports neural function and memory in neurodegenerative conditions.

Light Therapies

Athletic Recovery and Performance



- RLT enhances muscle recovery, reduces muscle soreness, and improves circulation.

Light Therapies

Implementation and Frequency



- 6 - 12 inches from skin.
- 10 - 20 minutes sessions.
- 3 - 5 times/week.

Full body

Types of Units for Home Use



Face

Types of Units for Home Use



Scalp

Types of Units for Home Use



Wrap

Types of Units for Home Use





Alternative Health Modality #3

Fasting



The Benefits of Fasting



What Is It?

Fasting



- As opposed to Intermittent Fasting and Every Other Day Fasting, Long Term Fasting refers to going without eating for at least 24 hours.
- Common fasts are 2-day, 3-day, 5-day, and 7-days.

In general, the longer the fast, the more benefits that are likely to accrue.

Benefits Over Time



Fasting - 24 Hours (1 day)

- Improved insulin sensitivity.
- Autophagy - Cells clean out damaged components.
- Cells start transitioning from burning glucose to burning fat for energy.
- Markers of inflammation begin to decrease.

Benefits Over Time

Fasting - 48 Hours (2-day)



- Enhanced autophagy leading to more significant cellular repair.
- Ketosis - Your body is now fully in ketosis, burning fat for energy.

Benefits Over Time



Fasting - 72 Hours (3-day)

- Damaged mitochondria are cleared more vigorously (**mitophagy**)
- Stimulates **stem cells**.
- Rapid **weight loss** begins as a result of the body burning stored fat.
- **Increased clarity** occurs as ketones begin feeding the brain.

Benefits Over Time

Fasting - 120 Hours (5-day)



- Deeper autophagy, more cellular debris cleared.
- More fat burned..
- Enhanced psychological well-being.



To reinforce your learning,
let's now watch this video on
72-hour fasting by Dr. Eric Berg.



Raise
your
hand



Raise your hand if you have
done a fast before.

Please share your
experience.

Pop Quiz

T or F

1. In the Finnish sauna study, heart attacks were reduce by 66% T
2. A Hatha Yoga class can act as a substitute for using the sauna. F
3. Near infrared therapy goes deeper than red. T
4. The longer the fast, the more benefits are likely to accrue. T
5. Heart rate variability can be dangerous. F

Recap



In today's seminar you learned about **three** different types of health modalities with **proven** health and longevity benefits.

Sauna

Fasting

Red Light Therapy

Recap



Any one of these can have profound affects on your well-being and your immediate health goals.

Longevity: **Sauna**

Injury and wound healing: **Red Light Therapy**

Metabolic and Cellular Reset: **Fasting**

Q&A

TIME

