



326 S. Milwaukee Avenue • Libertyville, IL 60048
(847) 281-9999 Fax: (847) 281-9998
www.VitalPointsTherapy.com

Simple Secrets for Longevity

- ▶ Eat good foods
- ▶ Get your sleep/rest
- ▶ Don't stress
- ▶ Exercise
- ▶ Be nice to others
- ▶ Plan for the future
- ▶ Live for the moment
- ▶ Learn to make love not war
- ▶ Walk with God/Dharma/Way

Deepak Chopra in the Wall Street Journal, Friday January 9, 2009

“Many people tend to think of breakthroughs in medicine as a new drug, laser or high-tech surgical procedure. They often have a hard time believing that the simple choices that we make in our lifestyle -- what we eat, how we respond to stress, whether or not we smoke cigarettes, how much exercise we get, and the quality of our relationships and social support -- can be as powerful as drugs and surgery. But they often are. And in many instances, they're even more powerful.

These studies often used high-tech, state-of-the-art measures to prove the power of simple, low-tech, and low-cost interventions. Integrative medicine approaches such as plant-based diets, yoga, meditation and psychosocial support may stop or even reverse the progression of coronary heart disease, diabetes, hypertension, prostate cancer, obesity, hypercholesterolemia and other chronic conditions.

A recent study published in the Proceedings of the National Academy of Sciences found that these approaches may even change gene expression in hundreds of genes in only a few months. Genes associated with cancer, heart disease and inflammation were down-regulated or "turned off" whereas protective genes were up-regulated or "turned on." A study published in The Lancet Oncology reported that these changes increase telomerase, the enzyme that lengthens telomeres, the ends of our chromosomes that control how long we live. Even drugs have not been shown to do this.”

<http://online.wsj.com/article/SB123146318996466585.html>