What A 98-Year-Old Can Teach Us About Living Better, Not Just Longer Transcript

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Introduction to Longevity and Maria's Story

Hello and welcome. My name is Doctor Rudy Mueller, functional medicine and regenerative medicine provider. I am one of your co-host today, and I wanted to talk to you about some longevity secrets to living a long, vibrant and disease free life.

So imagine meeting somebody in their 90s who's full of energy, bright eyes, a spring in their step and a laugh that lights up the room. That's Maria at age 98.

She's not just living, she's thriving. And her secret simple daily habits. Sipping whiskey. No, I'm just kidding. Sipping green tea. Gardening and spending time with loved ones, she says.

Three Science-Backed Habits for Healthy Aging

I live for what I love and I listen to my body. But what if you could take Maria's wisdom, add a touch of science and apply it to your life today? So let's dive into some of the most exciting longevity secrets that anyone can start using right now.

So longevity isn't just about living longer, it's about living better. Imagine being in your 70s, 80s, or even 90s and still feeling strong, sharp, and full of energy.

So how do we make that happen? Science shows us that small, powerful changes to how we eat, move, and manage stress can make a big difference. Let's explore these three easy, science backed steps to help you thrive at any age.

Did you know your body was has a built in repair system? So every day your cells renew, they repair and replace themselves. But as we age, this process slows down.

Kind of like a car engine skipping tune ups. The good news you can keep that cellular engine running smoothly with a few simple habits.

Cellular Repair, Fasting, and Exercise

Number one, intermittent fasting. Giving your body a break from food helps clear out old cells and create new ones. Cutting back on sugar reduces cellular damage from something called glycation.

Keeping your body running younger longer. Regular movement exercise boosts energy by creating new power plants in your cells called mitochondria. These habits aren't hard, but they're incredibly powerful for keeping your cells and you vibrant for life.

We all know stress can take a toll, but did you know it actually also accelerates aging? High stress releases cortisol, a hormone that over time can damage your cells.

Shorten your DNA. Protective caps called telomeres and disrupt your hormones.

Stress, Cortisol, and Slowing Aging

The solution builds simple habits to lower stress. Try mindful breathing just a few deep breaths that can calm your body. Practice mindfulness or in some cases, meditation, to reset your mind and lower these cortisol levels.

These small acts of calm protect your cells and help you feel younger, longer. See, our bodies are also guided by these things. The internal clocks called circadian rhythms that sync with day and night.

When these rhythms are disrupted by poor sleep, late night screen time, or eating late, it ages you faster. So to support your rhythms, stick to a consistent sleep schedule.

Circadian Rhythms, Sleep, and Morning Light

Go to bed and wake up at the same time every day. Get morning sunlight. It boosts mood. It helps your body sleep better at night. These tiny adjustments can help you feel energized and balanced.

So what's the secret really, to longevity? I mean, it's not magic. It's simple habits like fueling your cells, managing stress, and staying in sync with your natural rhythms.

But here's the most important part truly. Find what you love like Maria did. Whether that's connecting with family, friends, spending time in nature, or pursuing a passion purpose and joy are truly the ultimate keys to a long, healthy life.

Purpose, Joy, and Closing Thoughts

So thank you for joining. To me, let's take the first step toward a vibrant future together. If you're ready to unlock even more secrets to longevity, be on the lookout for emails around testing, around peptides and other advanced therapies, and continue to watch this summit and enjoy.

Let's thrive not just for years, but for a lifetime, says Doctor Rudy Mueller. Thank you.