

Life Force Book Notes

In 2017, Harvard Medical School reported that the half-life of medical knowledge was 18-24 months— and predicted it was headed for 73 days by 2022.

The Power of Stem Cells

Peter banked the placentas of his twin boys with Life-bank USA

Fountain Life- Tony and Peter's company (diagnostics and therapeutics)

Pays to begin stem cell treatments before a crisis strikes- say, by age 40 or 50.

Chapter 3: Diagnostic Power

Tests to measure hormone levels and their impact on your life are essential to maintain strength along with optimal levels of mental and physical performance.

CCTA scans created by Cleerly can distinguish between safe and dangerous plaque *before* a heart attack ever occurs.

GRAIL and MRI full-body imaging can detect a complete spectrum of cancer at very early stages.

-at Fountain Life, AI mapping of an MRI image of the brain, company called Combinostics, uses AI to analyze brain tissue

One of the most overlooked aspects of a traditional physical health checkup is a person's hormonal profile. Sex hormones are the messengers that govern sexual health but also blood sugar regulation, inflammation, neurological stress, cardiac health, muscle health, and bone metabolism.

A basic assessment should include: total T, free T, DHT, E2, SHBG, DHEA.

Toxic metals test- simple blood test. Quicksilver Scientific.

TruAge test.

Chapter 4: Turning Back Time

A gram of resveratrol, a gram of metformin, a gram of NMN.
Klotho Therapeutics

NAD+...

Sirtuins need a heaping of NAD+, a molecule critical to power the entire sirtuins system.

Epigenetic aging is possible reversible.

Metrobiotech- MIB-626

Chapter 6: The Mighty Car T Cell

CAR-T-cell therapy is an hybrid of gene therapy and immunotherapy. The ultimate in personalized medicine. They're a living drug crafted from the patient's own tissues, and arguably the most complex cancer treatment yet invented.

Chapter 8: Gene Therapy and CRISPR

CRISPR allows its users to snip a stretch of DNA and then either disable the affected sequence or replace it with a new one.

While CRISPR gene editing fixes a typo in the existing genome, leaving the original gene with its typo corrected, by contrast gene therapy injects a completely new copy of an entire gene into the cell's nucleus. In some diseased, where the correct gene was missing altogether, gene therapy will add what wasn't there. In other cases, where there is an incorrect copy, gene therapy can add a correct copy, which helps offset the disease.

CRISPR uses and editing protein to find the errant DNA and make the edit. Gene therapy, uses a specially modified virus as a "vector" to deliver the new, healthy gene into the target cells.

Gene therapy's allure can be explained simply: It's a one-time treatment that cures the disease instead of a therapy that must be repeated for the rest of your life.

The Jackpot Gene: that dramatically lowers your risk of Alzheimers:

-10-15% of ppl who carry the ApoE4 allele are at much greater risk of Alzheimers.

ApoE2 allele- carried by 7% of ppl, is associated w/ a much lower risk, not to mention enhance longevity.

Chapter 9: The WNT Pathway: The Ultimate Fountain of Youth

-Biosplice may have found a way to repair nearly every tissue and organ in the body– to make us functionally young again.

BioSplice's proprietary molecules are demonstrating the power of regenerative medicine.

Once lorecivivint receives FDA approval, could be taken off-label.

Chapter 10: Your Ultimate Vitality Pharmacy

#1:Peptides

The International Peptide Society

-To strengthen immune system and combat its age-related decline

- Zadaxin: to help address immunological aging
- To boost sexual arousal and satisfaction
 - Bremelanotide
- To heal the gut, ligaments, tendons, and skin (BPC-157)
- To increase muscle mass, strengthen bones, skin, youthful metabolism
 - Sermorelin and Tesamorelin
- To revive skin and restore hair (GKH-Cu)

#2:Metformin

“Might work on aging itself”

- studies suggest that it may reduce cancer risk and mortality by up to 40%, particularly for tumors of the lung, colon, pancreas, breast
- Diabetics on metformin were outliving non-diabetics
- Many anti-aging benefits– in clearing out zombie “senescent” cells, or reducing inflammation

#3:Hormone Optimization Therapy

#4: NAD+ Supplementation

#5: Nutraceuticals

- Omega-3 optimizer: SmartPrime-Om
- 23Vitals
- Peak Rise, Peak Healthspan, Peak Rest (Dr. Lopez)

Rapamycin

Egoscue: Pain Free

Egoscue.com code PAINFREE for free postural assessment (or lifeforce.com website)

Counterstrain

RELIEF: a natural treatment for pain, limited mobility, and stiffness designed to restore damaged connective tissue in our hips, ankles, knees, back, and shoulders

FDA Authorized solution for treating addiction: Pear Therapeutics Ombi

Chapter 10: The Longevity Lifestyle and Diet

Those who ate according to their genotype not only lost significantly more weight but also reduced total cholesterol, increased beneficial HDL cholesterol, and improved fasting blood glucose levels.

Sauna: 4x a week at 163 degrees

Health Mate Sauna, Almost Heaven Saunas

Chapter 12: Strength, Fitness, Performance

Osteostrong

Backbridge, Dr. Todd Sinett

Chapter 13: Beauty

Harklinikken- hair grown, offers online consultations for nominal fee

Follica: influence a stem cell on your scalp so that it makes a decision to become a cell that grows new hair

OS-01, effective small peptide that can decrease the level of senescent cells, reducing the age of skin by several years at a molecular level.

Chapter 19: How To Win the War on Cancer

GRAIL has a blood-based screening test called Galleri; ultimate mission is to offer one test that can simultaneously scan for every type of cancer.

Chapter 20: Conquering Inflammation

-SetPoint's 2nd generation impedance; bioelectronic medicine; potential for eliminating pain

Chapter 24: Creating an Extraordinary Quality of Life: The Power of Mindset

A positive mindset can reverse the aging process

How we make decisions determines the quality of our life.

Decision #1: What we decide to FOCUS on

-wherever focus goes, energy flows

Decision #2: What does this MEAN?

-we are the creators of our own meaning... if we take control. Our life is controlled by what we focus on and the meaning we give it. Meaning equals emotion, and your emotions equal the quality of your life. We don't experience life. You and I experience what we focus on and the meaning we give to it.

Decision #3: What am I going to DO

-the make or break choice that defines your life, the one that leads either to massive action or accepting life as it is

Once we realize that our emotional home shapes our relationships, our careers, our parenting styles, even the level of intimacy we accept or reject, we can actually start to have a different life.

Chapter 25: The Power of Decision: The Gift of Living in a Beautiful State

Suffering is not in the facts but in the perception of the facts.

If you want an extraordinary life, you need to live in an extraordinary mental and emotional state. Being in a peak state creates peak performance.

Spiritual vision- being committed to living in a beautiful state, no matter what happens!

The most important decision you can make is to decide that life is too short to suffer and that you're going to appreciate and enjoy this gift of life, no matter what happens.

It doesn't matter what problems strike us, if we buy into a belief that life is always happening for us, not to us.

Expectations are what destroy happiness. Are why so many people are so unhappy today, even in a world with so much abundance.

Trade your expectations for appreciation and in that moment, your whole life will change.

Find a way to appreciate whatever life gives you. If you don't like the status quo, appreciate what you do have and find a way to use it to create something greater. Whatever happens, it's meant to serve a purpose. It's our responsibility to find that higher purpose, and use it.

Happiness is a muscle; the more you use it, the stronger it gets. Finding gratitude and appreciation starts to come naturally once you make it a pattern, and it's one that will transform your life.

3 Powerful Tools To Live in a Beautiful State

1)Energy Medicine

-EFT: thetappingsolution.com/tony

2)Priming: 10-minute process to supercharge your mind and emotions before you begin your day (tonyrobbins.com/priming); or on tapping app

When we find a larger meaning in our lives, we heal mentally, emotionally, and spiritually. And that is the ultimate gift.

"Life life fully while you're here. Experience everything. Take care of yourself and your friends. Have fun, be crazy, be weird. Go out and screw up! You're going to anyway, so you might as well enjoy the process" Robbins