A Map of Currently Available Life Extension Methods

This is not medical advice, always consult professionals about your own individual case

Step 1 Motivation

Awareness of the problem

1. Well, I'm getting old and will die soon!
2. But scientists can extend animals' lives.
3. And some people live long lives and battle for life extension

Making the Decision

1. I can do this too!
2. Making the decision to extend one's own life
3. Making this decision a top priority

Maintaining motivation

1. Like-minded people and books
2. Drawing up a personal plan
3. Public obligations

Step 2 Self Organization

The State of Mind Required for Life Extension

1. Becoming a king in one's own mind
2. A positive mood and outlook
3. Clear goals
3. Rationality
4. Control over pleasure, emotion and addictions

Planning

1. Create a skill for creating and executing plans
2. Proper medical choices
3. Instilling useful habits

The growth of self-efficacy

1. Resources: material and social (money, connections, status, skills)
2. Being friends with scientists in the field of biology
3. General effectiveness: the ability to solve any kind of problems

Elimination of delusional beliefs about one's own health

1. Ability to work with scientific literature
2. Rejecting unproven methods in favor of well proven ones
3. The ability to distinguish advertising from actual results
4. Rejecting homeopathy, unproven dietary supplements, pseudoscience

Education

1. Reanimation, survival and basic medicine, like "How to survive choking"

2. Medicine and biology, biotechnology, brain sciences

3. Rationality and statistic

4. Constant update of your life extension plan based on new scientific discoveries (read Longecity)

Step 3 Lowering immediate risks

Find and stop most dangerous your illnesses

Control chronic ailments

1. Hypertension
2. Heart diseases
3. Diabetes
4. Chronic inflammation
5. Infections
6. No self-treatment

Find most probable course of your early death and prevent it

Risk Reduction

Injuries

1. Wear a seat belt behind the wheel, do not drive faster than 80 mph, do not drive drunk, do not drive onto the oncoming traffic lane, do not order expensive taxis. Do not go to dangerous places with bad roads. Buy safe car - heavy, new, with autopilot (some cars like Dodge caravan are 1000 times safer than worst cars). Light-returning closes.
2. Fire protection: alarm, metal door
3. Caution on the water
4. Have professionals do repairs in electricity and other things

Infections

1. Protection during sex (AIDS)
2. Hygiene: washing hands, teeth
3. Vaccines (including anti-cancer): in time vaccination

Social Life

1. Comply with rules and laws
2. Increase the level of control over your behaviour, calculating its effects
3. Avoid the risk of violence and conflict

Addictions control

1. Smoking
Switch to electronic cigarettes

2. Alcohol
Switch to beverages weak in alcohol or red wine

3. Overeating
Dietary diversity, reducing food amount, eat only in beautiful places

4. Drugs
Do not inject opiates
Switch to milder options if possible
Find safe and useful pleasures

First Full Bodily Check-Up

1. By doctor's appointments
2. Excessive testing can be harmful
Problems: fear, time, falseness ?
3. Need a regular full medical examination
4. Includes chest X-rays, CT scans, heart, colonoscopy, stomach, blood
5. Control blood level of consumed supplements

Step 4 Brain health and dementia prevention

Good Mood

Depression is related to a low standard of living, and prevents the implementation of any actions for life extension

Treatment of depression

1. Professional -- antidepressants and psychotherapy
2. Vitamins B, C, K2, D
3. Bright light (over 10,000 lumens)
4. New drugs and nootropics

Useful Entertainment

1. Socialization (daily communication with nice people)
2. A variety of activities, entertainment
3. Increasing intelligence
4. Creative work
5. Travel
6. Improving your social status

Avoiding stress

1. Do not deal with toxic people
2. Treat psychosomatics disorders
3. Avoid anger, resentment and depression
4. Mindfulness, awareness
5. Supplements to combat stress

Brain health

Avoid concussions and injury
Avoid brain toxic substances including alcohol
Avoid hypertension and high sugar
Green tea
Vitamins B, E, A, D

Study brain science
Study new skills, especially motor ones
Solve complex tasks
Use everything known for intelligence improvement

Brain regeneration

NGF and BDNF promoting substances:

Pure NGF in drops?
Lion male
Acetyl carnitine
Blueberries
Memantin
Taurine

Exercises which rise blood flow in the brain
Complex tasks: run, walk, travel, social, dance
Sleep

TED talk link

Step 5 Slow aging and lower long term mortality

Lifestyle

Healthy Lifestyle

Complex life patterns which include positive changes in the following domains: sleep, sport, nutrition, hygiene, family.

Such patterns which mean complex change in several domains may be:

1) interest group with strong bonds (vegetarian, semi-religious, dog owning, sport club for running or hiking)

2) change life conditions – move to village, change occupation

Country of Residence

Cons of Moving

1. Some variations in life expectancy linked to genes
2. Moving is stressful
3. Some countries are very expensive (Monaco has the highest life expectancy)
4. Problems of legalization and methods of insurance

Criteria for selecting the country

1. The price (cheapness) and quality of medicine (Europe, Korea, Canada)
2. Safety and friendliness of the population
3. Access to the latest technologies (USA), to cryonics
4. Good weather and diet (Mediterranean)

Social

1. People with pets live longer
2. Be part of big and caring family or social group; don't live alone. (Men with wives live longer)
3. Work and demand: retired people die faster: do not retire or find new occupations
4. Creative occupation: amateur artists live longer
5. Have a higher income
6. Live in places with higher life expectancy (cities, villages, regions), usually indicators of a good ecology, a safe neighbourhood and high quality medicine

Ecology

Clean air and water
Clean food
Clean place; parks

Medicine

Regular Check-Up

1. By doctor's appointments
2. Excessive testing can be harmful
Problems: fear, time, falseness ?
3. Need a regular full medical examination
4. Includes chest X-rays, CT scans, heart, colonoscopy, stomach, blood
5. Control blood level of consumed supplements

Personal Medicine

1. 23andMe analysis – know your genetic characteristics
2. Electronic health card
3. A blood test for a set of parameters
4. Personal doctor

Medical Insurance

1. Coverage not less than one million dollars
2. Personal doctor
3. Regular check-ups are necessary
4. Insurance in a good country judged by the quality of its services ?
5. Personal savings and communication in hospitals (Russian Federation)
6. Active relatives
7. Obtaining citizenship of a country that provides free medical care (Israel)

Avoidable medical errors and unnecessary medical interventions

Proximity of reanimation and first aid services

Preventive interventions

For some people in the second part of their life
1. Mastectomy for BRAC1 gene mutation carriers
2. Stents for coronary artery disease
3. Blood donations
4. Clean teeth

Prophylaxis of main deadly diseases

Cardiovascular disease
Diabetes
Dementia
Stroke
Cancer

Slowing the aging process

Substances

Nutrition

Principles

1. Adhere to scientific advice approved by the FDA
2. Consume high-quality, fresh food
3. Balance and regimen
4. Listen to the needs of your body
5. Don't change diet extremely
6. Organization solution: health food provider

Diets

1. Calorie restriction – not proven in humans, but it is not necessary to overeat
2. Useful products: oily fish, fruit (blueberries, berries, apples, but not very sweet ones), vegetables (spinach, broccoli, tomatoes, herbs, but not potatoes)
3. Harmful products: sugar, meat, fat, salt, fried food, spicy food. Depends on the type of person
4. Nutritious food – you need more than 600 essential substances
5. The Mediterranean diet
6. Intermittent fasting

Supplements

that are safe and good for life extension based on some studies

Principles

1. Control of the blood concentration and side effects
2. Control based on genotype and consultation with independent specialist
3. Systematic approach and analysis of parameters (weight, mood, pressure)
4. Cycling of supplements
5. Add one by one
6. Proven/approved manufacturers

Substances

1. Minerals: lithium; selenium (increased life expectancy in Finland)
2. Vitamins: D, K2, B5, B9, B12
3. Green Tea and Caffeine
4. Q-10
5. Fats: Omega-3 (but fish is better), olive oil
6. Microflora and probiotic yogurts, resistent starch.
7. Curcumin
8. Flavonoids in chocolate

Antioxidants - now their benefits are under question
Resveratrol
Experimental supplements are under question (C60 and so on)

Medications

candidates in geroprotectors

Principles

1. Before taking, consult with your doctor! Small doses! Assess the risk!
2. The older a person is, the more justified the risk: nothing to lose
3. During any treatment, choose drugs with data about life extension abilities
4. Parallel participation in clinical trials

Substances

1. The most proven lifeextenders. Metformin - (proven for diabetics), aspirin, enalapril
2. Other candidates which need further analysis:
Acarbose, Atselltsestin, Selegelin, Ibuprofen
3. Many antidepressants prolong life
4. Rapamycin (but can be dangerous)
5. Experimental drugs
6. NGF and its promoters

Hormone therapy

has not been proven, there are risks

1. Age depleted hormons (testosteron)
2. Melatonin
3. Precursors of hormones: pregnenalon, DHEA

Growth hormone is under question but many use it

Other methods

Control important parameters

Mortality is strongly associated with some parameters:

1. Reduce blood pressure (Q10, garlic, flavonoids, enalapril)
2. Weight loss
3. Control blood sugar
4. Control cholesterol
5. Reduce fatigue
6. Preservation of brain function
7. Strong muscles
8. Preserving mobility and balance (no falls)

Healthy sleep

1. While sleeping, regeneration occurs
2. Orthopaedically "correct," comfortable bed
3. Lack of light exposure
4. Gentle alarm
5. Fresh Air
6. Emotional comfort (cat, music)
7. Positive dreams
8. Lack of sleep apnea

Mobility

1. Walking and running
2. Less sitting
3. Well-chosen workouts
4. Dance
5. Avoiding injuries and trauma-causing sport
6. Personal trainer
7. Joyful social games

Hormesis

Stimulation of repair via stress

1. Short fasting
2. Pouring cold water on the body
3. Sauna
4. Blood donation once a year

Cryonics

Don't forget to sign the cryonics contract

Digital Immortality

Constantly record videos about yourself

Step 6 Social activity

Money for research

Crowdfunding

Crowd fund things that is really important to your health:

Research in your disease

Donate

Donate to fundamental research in aging and life extension

Donate SENS, Buck institute

Promote

Speak
Be example
Write posts
Create art
Political parties and lobbying
Vote

Altruism

Participate in clinical trails
Become a scientists
Prevent x-risks
Invest in life extension of over people (e.g. promote safety)

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