

HOW TO AGE WELL NATURALLY

(IN SPITE OF MODERN MEDICINE)

Part 1.

by

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BoomerHealthCenter.com

I'm glad you requested my multi-part report here. I think it's chock full of great information for you. Look at it as a do-it-yourself guide to aging well.

Enjoy!

All the best in natural health,

Dennis

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DISCLAIMER

The FDA requires all sources of education regarding your health to be accompanied by a disclaimer. It goes something like this:

The purpose of this information is to increase your knowledge about wellness and how to achieve it naturally. It is not intended as medical advice and it is not meant to diagnose or treat any individual's health problems. You should not discontinue any course of medical treatment or undertake any new treatment without first consulting your own healthcare practitioner.

Yeah, right - good luck with that.

After all, the FDA is a rogue government agency accountable only to Big Pharma. It is not your friend.

Nevertheless, you should know I am not a medical doctor and I do not provide medical advice.

You, like me, may already consider FDA-approved drugs, surgeries, and other short-sighted and destructive medical treatments (e.g., high-energy radiation therapy) as desperation measures of last resort.

If so, regarding your choice of physicians, the best starting point is generally a naturopathic medical doctor or other health practitioner who has been trained in **natural approaches** to health based on actual human biology.

BEFORE YOU BEGIN...

The four installments of this report present what I see as the most valuable, yet widely ignored, health strategies for health and longevity.

Modern medicine ignores them, in lieu of synthetic drugs and other non-natural treatments.

That's an epic failure for your health.

Even nutritionists and other practitioners of dietary approaches to health don't seem to know what's most important for healthy longevity. It's not about food.

I'll have much more to say about the role of diet at the end Part 4.

With all that said, let's get you started on the right path to healthy aging.

Buckle up!

This is going to be a wild ride.

Part 1

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WHO AM I?

Always, always, ALWAYS check the credentials and expertise of anyone who purports to know what they're talking about regarding your health. Then turn your BS detector up to 'high sensitivity' and figure out what you think is truth vs. BS.

Doing so is not always easy, although when it comes to your health, your life depends on it.

You should therefore know a bit about me before you read a word of this report. It will help you evaluate my credibility.

My professional history is a good place to start.

It spans a 30-year career as a professor and research scientist at Arizona State University, where I arrived after getting my doctoral degree at the University of Texas.

My research specialty began with a focus on plant natural products chemistry. At ASU it morphed into research studies and courses involving herbal medicine and other aspects of natural approaches to human health.

If you've really got nothing better to do, you can see my entire professional *curriculum vitae* [here](#). It served its purpose for submitting grant proposals, filing my annual faculty progress reports, applying for merit pay, and impressing my parents.

It's really dry reading, so much so that it may help you with insomnia. For the life of me, I don't know why you'd want to undertake such a boring task.

My "bonus" qualification for writing about aging well is that I've learned how to age well myself, using the

tools I explain in this four-part report. At the time of this writing, I'm 75 years old and in excellent health.

And, depending on different surveys I've taken, my biological age is 10-20 years younger than my chronological age.

I've achieved good health based on my own personal research (i.e., using myself as the test subject) and on my interpretation of published scientific studies.

Now you can benefit from my efforts to learn how to better age well yourself.

TAKING STOCK?

All measures of your health are best looked at with one datapoint in mind - i.e., **YOU**.

Experimental designs, statistical analyses, observational studies, *ad nauseum*, are really only important when they provide action steps for impacting your health.

This makes you the **N=1** in your lifelong experiment - i.e., the only participant for biohacking how things work or don't work for you and only you.

"Biohacking" is still a relatively new term, meaning the application of experiments on yourself.

The concept, in its simplest form, means taking stock of where you are now ('Point A') and where you want to be after a biohack ('Point B').

Evaluating your health may entail a selection of measurables such as lab testing and a wide variety of scans. In reality, they form the basis for what I call 'surrogates' for health, not actual health.

What's most important is whether you're healthy or you harbor a disease. Surrogate testing may or may not give you accurate answers.

Blood pressure, for example, is an excellent surrogate test for heart health.

Cholesterol testing is not.

(Yeah, I know I'm contradicting mainstream medicine here. Basically, the American Heart Association, the American Medical Association, and probably your doctor are all wrong about cholesterol. That will be a subject for another report.)

Longevity, however, is an odd concept in that regard. Surrogate health testing can only provide a best guess for predicting your lifespan.

The sole datapoint of interest is your age on the day you take your final breath.

As macabre as that may seem, your best bet is doing whatever you can for your overall health - even when you won't know your final datapoint.

To that end (pardon the pun), learning how you can age well is a continuous learning curve.

This report is meant to help you climb up that learning curve.

So take stock of your surrogate health tests and your own health status (determined by you) whenever appropriate and see what they might predict for you.

I know what that means may seem a little vague at the moment. I'll dig into it more deeply throughout the four parts of this report. What I have to say should give you some ideas on how to evaluate your potential longevity even when you won't know for sure what it will be.

The idea is to increase the odds in your favor.

So let's get started so you can learn about what I've discovered as the top natural health strategies for putting the odds more in your favor.

THE CONTEXT FOR THIS REPORT

Why do I say, "...**in spite of modern medicine?**," in my subtitle?

It's because modern medical approaches to chronic diseases for us seniors are a **blockbuster disaster**.

The increasing incidence of Alzheimer's Disease and other dementias, 'age-related' obesity, diabetes, osteoporosis, arthritis, cancer, and heart disease are testaments to that failure.

Faulty reasoning behind such failure rests on the view that aging is a disease unto itself. And that health problems arising as we grow older are age-related.

It's an all-pervasive view. And to me it's *really annoying!*

The reality is that your body already has all the right tools for aging well - ***if you make the right lifestyle choices for capitalizing on them.***

Those choices must be grounded in the real biology behind what it takes to be healthy as you grow further into your golden years.

LIFESPAN VS. HEALTHSPAN

To be clear, increasing your lifespan isn't the issue.

The greatest benefit to aging well is raising your *quality of life for as many years as possible*. In other words, boosting your **healthspan**.

You don't want to head into your mature years wheezing, limping, and depending on an increasing number of prescription drugs just to stay alive.

Because you requested my report, I'm assuming you'd rather enjoy a vigorous lifestyle until you peacefully pass on to your next plane of existence, whenever that may be.

Lots of valuable information is available for accomplishing that goal.

From a research scientist's point of view (i.e., mine), all the answers you seek for extending your healthspan lie in basic human biology, biochemistry, and biophysics. Oh, and evolution.

Such answers generally occur outside of mainstream medicine.

I'm not talking about reinventing the wheel. A handful of ancient cultures around the world still exist whereby people live long and healthy lives (i.e., 90 to 100+ years).

Understanding how they live provides us with crucial knowledge about how health and longevity go hand in hand.

Fortunately, plenty of researchers have been reporting on how people in those cultures stay healthy for so long.

That's an excellent starting point for understanding the lifestyle choices you can make for achieving the same results.

Some of those choices I explain may surprise you. (Maybe all of them?)

My explanations about why they're so dangd valuable may seem a little complicated at times. So just bear with me in my desire to teach you about them. After all, I no longer have captive audiences who pay to hear what I have to say (meaning: tuition-paying students in my university classes).

So you're my audience now!

For starters, you may be curious about...

Why Do I Refer to Evolution?

Modern humans evolved from ancestors who adapted to their environments over long periods of time. We inherited those adaptations.

Living according to them is what we must do for being as healthy as we can be, especially as we age.

On the other hand, ignoring how we evolved is a recipe for a shorter healthspan. Unfortunately, that's exactly what many people do.

Not you, though, right? **Right!**

This report therefore focuses on the handful of evolutionary adaptations providing you with the greatest potential for good health as you age.

I've chosen them for two main reasons: 1) they're the ones most often violated from an evolutionary

perspective; and, 2) they're the simplest things to change for the greatest benefit to your healthspan.

I've narrowed them down to a short list of four lifestyle strategies for providing the biggest health benefits for you. And they're all doable at home, at little to no extra expense.

Starting right at the top with...

SUNSHINE

*Sunshine is the most powerful
healing agent of all time.*

What drives your basic biology, and has done so over the 3.2 billion year evolutionary history of life on Earth, is the only original source of energy we have on our planet: **sunlight**.

(I use the term "light" loosely here, since Earth receives quite a bit of solar energy outside the range of visible light. For example, ultraviolet 'light' and infrared 'light' are components of sunshine, even though we don't detect them with our eyes.)

Fear of the Sun?

Let's first acknowledge the elephant in the room right now:

You're probably afraid of the sun.

For one main reason.

Over the past half century various medical associations have denounced sun exposure because of its link to increased risks for skin cancer and eye damage.

Most people have fallen victim to that fear. That's no surprise, since it springs from a massive propaganda campaign against sunshine.

It's all misguided in light of human evolution. Think about this:

We evolved in sunlight. We still depend on it for its life-giving properties. If it were as dangerous as conventional wisdom would have you believe, we wouldn't be here.

It's true that UV light can cause skin cancers. However, the incidence of skin cancer, including the most fearsome one (i.e., melanoma), is the wrong measure for evaluating the effects of sunshine.

This is where the heart of the matter is something health researchers call **all-cause mortality**.

Keeping track of all-cause mortality is the most important outcome for any longevity study. The concept is straightforward.

If all-cause mortality *increases*, it means a shorter life.

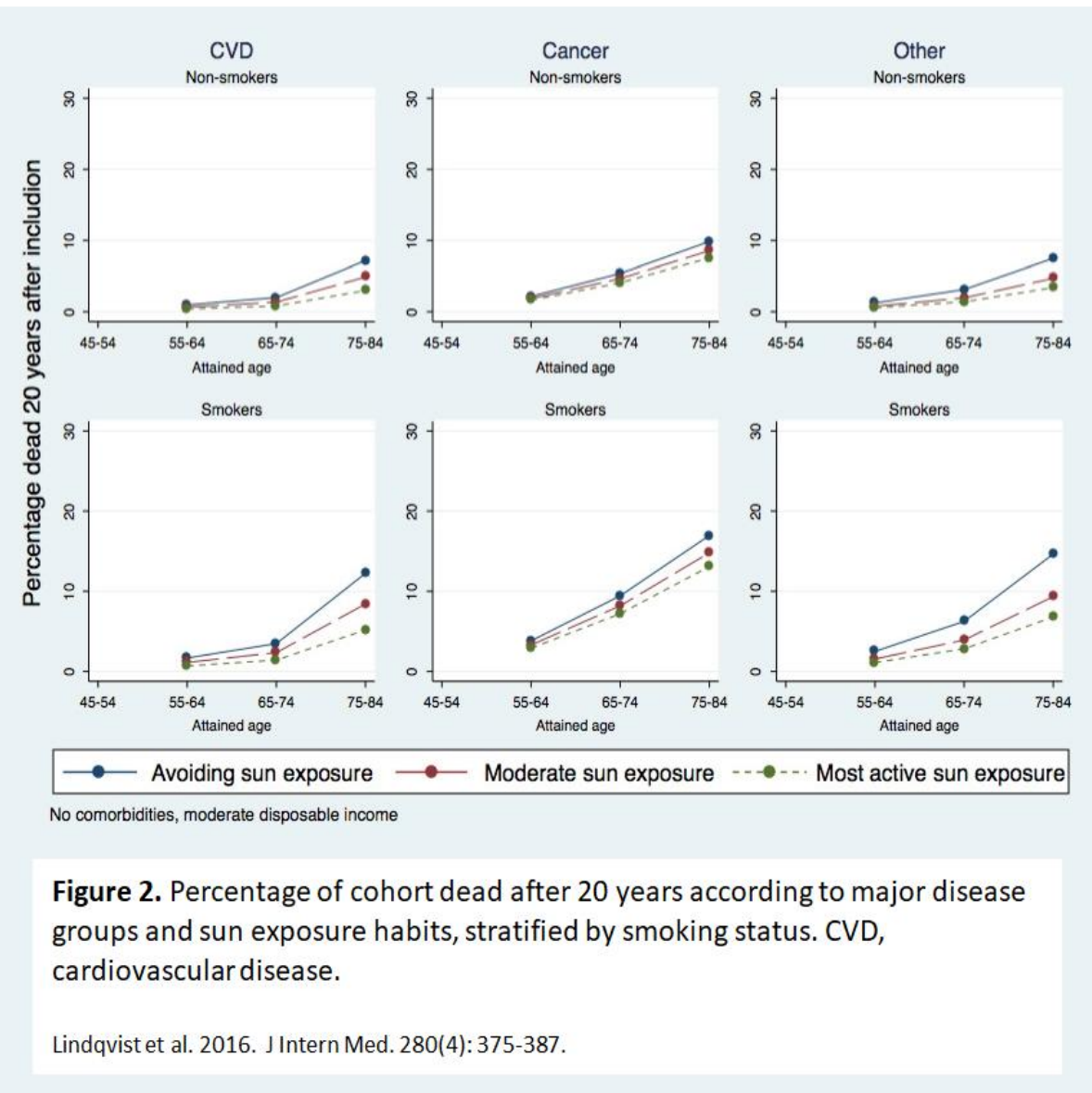
If all-cause mortality *decreases*, it means a longer life.

One of the best studies I've found about sunshine vs. all-cause mortality was published in 2016 (Lindqvist et al. 2016. *Avoidance of sun exposure as a risk factor for major causes of death: a competing risk analysis of the Melanoma in Southern Sweden cohort*. J Intern Med. 280(4): 375-387.)

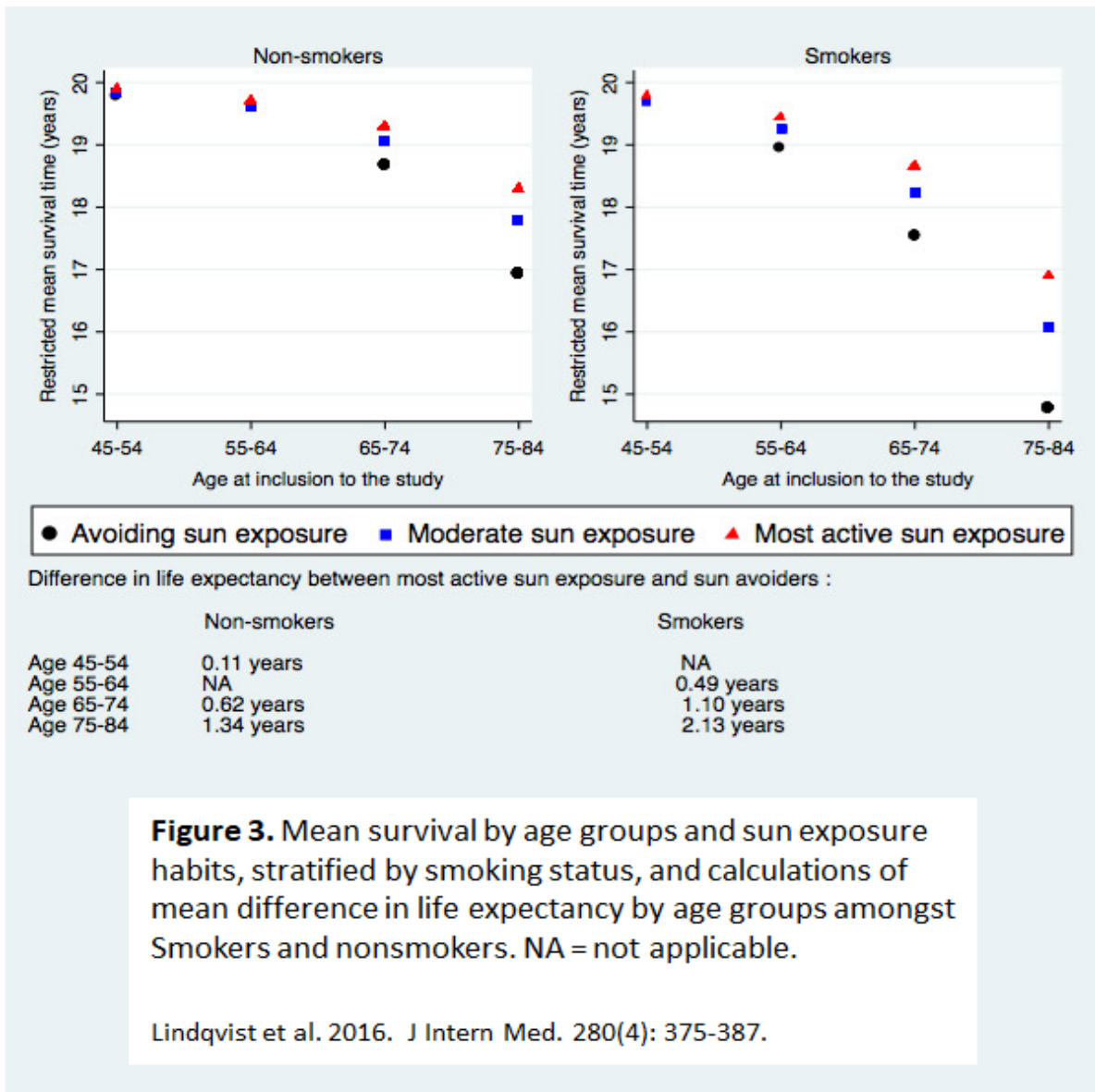
It was the second of two articles published from a large observational study of nearly 30,000 Swedish women over a 20-year period.

Two figures from the article show the core results.

The first one shows the oldest age group (75-84 years) having the greatest survival rate against cardiovascular disease (CVD), cancer, and all 'other' causes, as shown in these graphs:



While Figure 2 shows a potential advantage to smokers, a slightly different perspective, shown in the next graph, reverses the advantage back to non-smokers.



The simplest way to state the main point of the article, as depicted in those two graphs, is this: Even though sun exposure may lead to skin cancer, the lack of sun exposure will kill you sooner.

Sunshine: Still a Hard Sell

Regardless of these kinds of studies, the 'Oh-My-God-Sunshine-Will-Kill-You' crowd hasn't paid much attention to them.

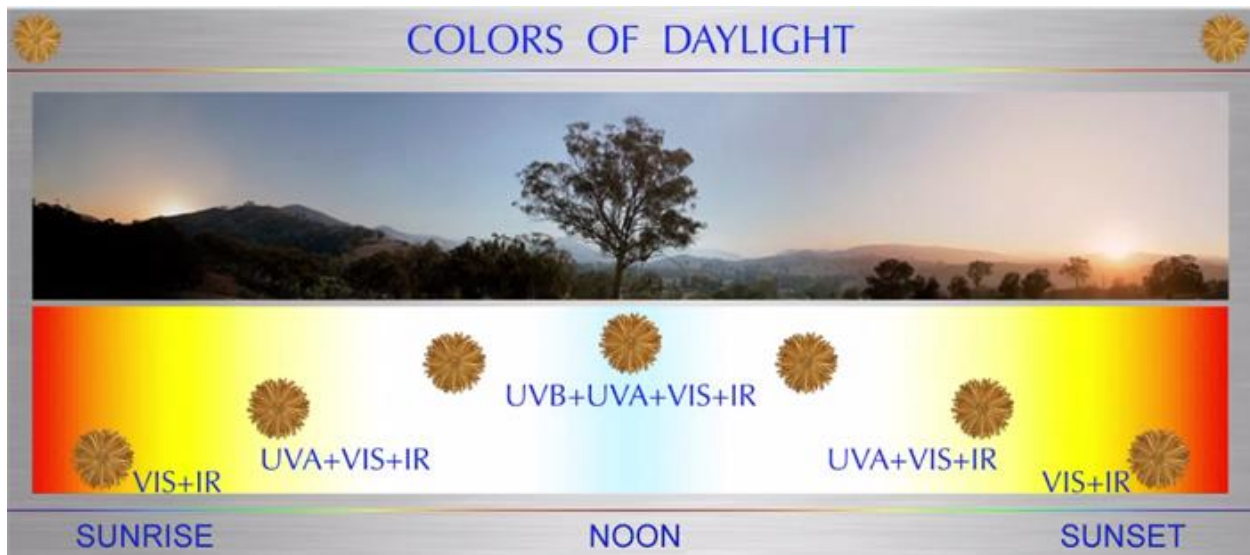
Nor to the sensibilities of human evolution.

The made-up controversy about the dangers of sunshine is like many other issues regarding natural approaches to health. Meaning, contradictory views abound. It's your challenge to sort them out and decide for yourself whether to take action on one side of the controversy or the other.

The additional information I provide below should therefore be helpful in your decision-making process.

Sunshine is More Than One Thing

Full-spectrum sunlight provides several 'colors' throughout the day, sunrise to sunset, as shown in the following graph.



Light at sunrise is exclusively visible (VIS) and infrared (IR), each of which persists all day long. As the morning progresses, ultraviolet-A (near UV: UVA) increases. The middle of the day sees ultraviolet-B (far UV: UVB) come and go. Finally, UVA drops out in late afternoon, leaving us once again with visible and infrared light.

The exact composition and intensity of each part of the spectrum vary with seasons and latitudes. Overall intensity of all parts of the spectrum peaks in summer at the equator. It drops off at higher latitudes and bottoms out in mid-winter, including the near disappearance of UV light.

As you might expect, benefits from sunshine are commensurate with its variability in quality ("color") and intensity.

What Does Sunshine Do for You?

Being outdoors a lot, in the sun, characterizes all of the "Blue Zone" cultures described by Dan Buettner in his book, *The Blue Zones: 9 Lessons for Living Longer From the People Who've Lived the Longest*, 2nd ed. (2012).

Ultimately this means sunshine is a valuable component of a long healthspan (i.e., a comparative reduction in all-cause mortality as you age).

You can expect many benefits along the way to living such a sunny lifestyle. A handful of them stand out, as follows:

a. Sets Your Brain Clock in the Morning

I'll explain more about your brain clock in Part 2. For now just realize that everything about health and longevity depends on exquisite cellular timing. It begins by setting the master molecular clock in your brain in the morning, within about 1-2 hours of sunrise.

Properly setting it begins when morning sunshine enters your eyes.

Whether rain or shine, you'll 'see' the combination of the sun's blue and infrared parts of the spectrum first thing in the morning. That's what provides the 'get your day started' signal for your master brain clock.

This means the absolute **BEST way to start every day** is to get outside and look toward the sunrise (not directly at the sun, of course - more like about 15 degrees away from it). It only takes a couple of minutes.

b. Ditto for Skin Clocks

One of the most surprising discoveries about molecular clocks occurred in 2017. It was the discovery that the well-known 'retinal hormone' - the eye's light 'receiver', *melanopsin* - also occurs in human skin.

Melanopsin is one of the key receptors for sensing blue light through the eyes.

Finding it in our skin sent shockwaves through the community of cellular clock researchers. (Yes, there is such a group.)

It means skin can 'see' the same light eyes can see. It also means skin clocks respond similarly to eye-to-brain molecular clock signal.

Your skin is, therefore, able to 'see' light.

On hindsight, this should be no surprise. Way back in the 1970s scientists discovered that full-spectrum light on the skin could reverse what was then known as *cabin fever*.

Nowadays it's called Seasonal Affective Disorder (SAD). It's characterized by the onset of depression in fall and winter due to lack of sunlight. It's become so significant that it has its own entry in the *Diagnostic*

and Statistical Manual of Mental Illness (the key manual for all psychiatric disorders).

The successful use of full-spectrum lighting against SAD highlights the importance of two different colors of the solar spectrum - blue and infrared.

Now we know the benefits of melanopsin's absorption of blue light only accrue when it's combined with infrared light. In other words, the complete solar spectrum you get first thing after sunrise and all throughout the rest of the day.

And, in case that's not possible for you in mid-winter where you live, you can find a number of full-spectrum lamps and light bulbs on Amazon to help you set your skin clocks in the absence of sunshine. (Actually, I prefer a reptile lamp, which also emits beneficial UVA light. I don't use it often, since we get plenty of winter sunshine here in central Arizona.)

The bottom line is this: setting your body clocks means getting the right light in your eyes **and on your skin.**

The more skin you can expose to the sunrise, the better.

A CRITICAL POINT: It's the **combination of blue and infrared light** that drives proper clock-setting. You absolutely must be exposed to both simultaneously to see any benefits to your health. I'll have much more to say about the appropriate blue-to-infrared balance, in Part 4. For the moment I'll just say the failure to combine blue with infrared will make you sick in more ways than you can shake a stick at. In which case nothing you can do to increase your healthspan will work. **Nothing!**

(Gee - I sure hope that got your attention.)

c. Vitamin D Synthesis

Foremost in the public's mind is the role of sunshine in vitamin D synthesis in the skin.

Vitamin D is much more than a vitamin. It's better thought of as a steroid hormone. After all, it shares a key precursor (cholesterol) with dozens of other steroids. And it carries hormone-style chemical signals throughout your body.

Its role as a hormone explains why it's so valuable in providing protection from osteoporosis, cancer, diabetes, gum disease, multiple sclerosis, asthma, psoriasis, cystic fibrosis, colon cancer, celiac disease, osteoarthritis, Crohn's disease, scleroderma, rickets, osteomalacia, cardiovascular disease, and many other infirmities.

CONNECTING DOTS: In the Swedish study cited earlier, two of the factors driving all-cause mortality were cardiovascular disease and cancer. Sunshine reduced their occurrences. So does vitamin D. The function of sunshine in preventing these diseases therefore rests, in part, on its role in vitamin D synthesis.

Vitamin D is often referred to as the 'sunshine vitamin' because the only way we can produce it is by exposing skin to UVB light.

Dietary or supplemental vitamin D can also be helpful. However, the form of vitamin D produced in your skin is unique. And it works way better than any form you can consume.

One more thing. The value of vitamin D for your healthspan has become so well recognized that testing

for it is now a standard component of your annual Medicare physical.

And yet one more. Keep this in mind when you look back on your most recent Medicare (or other) basic lab tests: Since natural levels of vitamin D depend on sunshine, you can expect to see your lowest levels in winter and your highest levels in summer.

d. Energy Metabolism

Dysfunctional energy metabolism is the root of all disease.

Understanding how you're supposed to get and use cellular energy may seem a bit complicated.

Who am I kidding? It's so complicated that, when I first learned about it in an introductory biology course, it was so far over my head I got a 'D' on the exam over it.

So I'll tread as lightly as I can for you on this topic.

Just keep this in mind:

Energy metabolism is where the future of health, fitness, and longevity lies.

The good news is, you don't have to grasp all the details to know how to capitalize on the right lifestyle choices for keeping your metabolism running smoothly.

Of course, as I mentioned earlier, sunlight is the only original source of energy we have on Earth.

Fundamentally, this means optimal health rests on efficiently harvesting that energy.

The process starts with something called the 'photoelectric effect', which is:

The production of electrons or other free carriers when light is shone onto a material. Electrons emitted in this manner can be called photoelectrons.

TRIVIA ALERT. This so-called 'law of the photoelectric effect' was the basis for Albert Einstein's only Nobel Prize, awarded in 1921. The popular notion that he won the prize for his theory of relativity is incorrect.

In other words, your body absorbs light from the sun and can convert it into energy-rich 'bioelectrons'. Bioelectrons run most of the bioelectricity you depend on for just about all your body's function. Without it, your body gets closer to simulating a dead battery.

In simple equation form it looks like this:

SUNLIGHT --> BIOELECTRONS --> BIOELECTRICITY --> OPTIMAL HEALTH

A GOOD QUESTION: If you happen to be a real geek about this topic, like I am, you may be wondering what happens with protons. Electron flow (electricity) is complemented by proton flow (protonicity) in your body. You may not be aware of protonicity, since your local power company only supplies you with electricity, not protonicity. Yet your life depends on protonicity every bit as much as electricity. At this time, delving into protonicity would make this report more complicated than is necessary. You may already think it's too complicated, so I'll hold back on talking about protons **this time**. Whew!

e. Structuring Water

You probably think of water as plain ol' H₂O.

Most people do.

Yet nothing could be further from the truth.

Water exists in multiple forms, depending on how its molecules split apart or stick together. In other words, **water has structure!**

One particular type of water structure can only occur with an energy input from the infrared (IR) portion of the solar spectrum.

This is a newly discovered role for IR light for cellular energy.

This role is outlined in a relatively recently published book by Dr. Gerald Pollack (University of Washington), *The Fourth Phase of Water: Beyond Solid, Liquid, and Vapor* (2013). (See Amazon and online booksellers - used paperback copies are pretty inexpensive.)

IR, which is part of full-spectrum sunlight **all day long**, is **THE** energy source we need for generating and maintaining the structure of water in cells. Properly structured cellular water is the bedrock of our bioelectrical systems.

Without infrared light, a healthy life is simply not possible.

Dr. Pollack's discovery is worthy of a Nobel Prize, in my opinion.

Aside from that, a good question is, what can you do about Dr. Pollack's discovery?

The good news is, IR light from sunshine makes up about 42% of the solar spectrum all day long, throughout all seasons.

So the obvious answer, again, is to get out in the sun more often.

The most effective strategy to do so would be:

NUDE SUNBATHING!

Now THAT should get your attention. I'm not being facetious, either. The more exposure to full-spectrum sunlight to your eyes and to your skin, the greater the benefits.

Can you imagine your doctor recommending nude sunbathing? No? Too bad, since sunbathing is a HUGE missing ingredient for achieving optimal health.

Can you imagine treating the elderly - homebound, in assisted living, incarcerated in hospitals, etc. - with full-body, full-spectrum sunlight? No again? Too bad again. Health benefits would be so impressive that it would probably undermine the entire eldercare industry.

ONE CAVEAT: **No sunburns!** Sunburns are never good. You therefore have to build up your exposure times without damaging your skin.

AVOIDING THE BURN: Many of the usual suspects determine your 'burnability' - skin type and color, latitude, season, time of day, UV index, etc., etc. One other factor, which is nearly always missing from discussions about sunburn, is your **solar callus**. It's loosely defined as your resistance to burning. You have control over it, too. It builds up upon regular skin exposure to **morning** sunshine, due to the combination effects of blue and IR light. When

you spend time in the sun in the morning, you'll notice the amount of time it takes for you to start getting that familiar mid-day pre-burn sting diminishes. Before I found out about this, I'd often notice the pre-burn feeling beginning after 15-30 minutes in the sun. Now that I've built up my solar callus, I don't get the slightest feeling of oncoming burn even after 4-5 hours of sunshine from late morning to early afternoon. (If that sounds like the right amount of time for a round of golf - well, then, you've found me out!) And I don't wear a hat or sunglasses. Nor do I use sunscreen. (They all severely undermine the benefits of sunshine. Sunscreens also generally act as toxic hormone disruptors. Bad news all the way around.) It's just my solar callus doing its job for me. Now what I get is a little skin reddening due to the effect of sunshine in expanding my skin arterioles (small arterial branches) closer to the surface. It means the sun's rays can more easily energize my blood better, which provides a myriad of health benefits for my cardiovascular health and my immune system.

In the absence of nude sunbathing, you can still take steps to get more sunlight into your body (i.e., on your skin AND into your eyes).

The simplest things I do regularly include:

- Facing the morning sun as early as I can for at least a couple of minutes (in shorts, no shirt, no shoes, bare feet on bare ground).
- Reading the morning paper outdoors, first thing in the morning.
- Never wearing sunglasses outdoors (they filter out much needed UV light).

- Either not wearing my prescription glasses outdoors or at least making sure they're low enough on my nose so sunlight can get into my eyes (most glasses filter out UV light).
- Playing and working outside during the day as much as possible (e.g., golf, yardwork, long walks).
- When in my office, turning on my high-intensity 'reptile' lamp (lots of UV and IR) that faces me as I sit at my desk (not exactly 'sunlight' but better than nothing when indoors).

In other words, I spend time in the sunlight every chance I get - morning, midday, late afternoon. UVA, UVB, and the blue/IR combo are my best medicine.

DID YOU CATCH THAT PART ABOUT BARE FEET ON BARE GROUND?

It turns out that getting electrons from sunlight synergizes with getting electrons directly from the Earth itself.

The surface of the Earth is negatively charged - i.e., full of electrons.

Surface electrons come from lightning strikes hitting the ground about 100 times per second, or as much as 8 million times per day worldwide.

Your body absorbs those surface electrons through your skin.

Since electrons are reducing agents (aka, 'antioxidants'), this is the greatest source of free antioxidants you can get anywhere.

Taking in electron energy from the Earth is a major theme for optimal health.

After all, those Paleo ancestors I keep referring to didn't wear Nikes. (They may have worn animal skins on their feet, which is fine. Leather is conductive.)

CONFIRMED:

So far I've kept my promise to explain to you how to start immediately on the path to a better healthspan at no extra cost to you.

And you don't even have to leave home.

Free sunshine is just the beginning.

Parts 2-4 will provide you with equally simple and inexpensive strategies for complementing your new 'sunny' behaviors for healthy longevity.

Be sure to keep an eye on your inbox for them!

Up next: Part 2.

NOW WHAT'S NEXT FOR YOU?

Part 1 of my report has just scratched the surface, exposed the tip of the iceberg, whatever you want to call it. There is **sooo** much more to know and do for aging well naturally.

The most obvious next steps for you include digging into Parts 2-4. Then you'll have the foundation for adopting the four most important, yet routinely ignored, strategies for being healthy for a long, long time.

Constantly learning about and applying the principles of good health based on real human biology (as opposed to drug-based modern medicine) requires vigilance.

I'm gratified and amazed you made it this far. I know scientists like me can sometimes be a bit too geeky for public consumption. (Yeah - I talk like a nerd because I am one!)

QUESTIONS OR COMMENTS?

Feel free to let me know if you have any questions or comments about this report. My email address is: boomerhealthcenter@gmail.com.

I usually check it for messages at least once a day.

BETTER YET. As much as I distrust 'anti-social' and 'socially-invasive' media (sounds like a cranky old guy, doesn't it?), they can be useful tools when used properly.

That's why I set up a special page for our 'longevity' community on Facebook, here: [Boomer Health Center](#).

It's probably the best place for you to interact with me and others who have the same goals for healthy aging naturally. (I even allow doctors there.)

So, by all means, please visit us and join in. Facebook will also help things along when you 'like', share, and comment on the page. (That seems nonsensical to me, although that's how the 'system' works.)

I hope to see you there!

Unless I'm taking my weekly 'tech-free' day, which I highly recommended to you. Ideally with some outdoor playtime - mine's golf.

What's yours?

Once again, I wish you all the best in natural health,

Dennis