



The
HUMANLONGEVITY
Project



EPISODE 1 HIGHLIGHTS

THE TRUTH ABOUT AGING
Can It Be Slowed or Even Reversed?



Hi. It's Jason. Welcome to the Human Longevity Project

Over the next nine days, we'll take you on a journey around the globe to uncover lost wisdom from some of the world's healthiest and longest living people. You'll get a rare glimpse into the lives of elders in remote parts of the world and experience what their environment and lifestyle was really like growing up. We also interviewed over 90 health experts to explain how we've gotten so far off track as a culture and what we can do to put an end to this chronic disease epidemic we now face.

We'll cover a lot of ground in this series: You're going to learn exactly what aging is, how to slow this process, and ways you can apply this knowledge today to live a longer, happier, and more fulfilled life. We welcome you to our community and ask for your continued support to spread this message of health. **By registering to watch this series, you've joined tens of thousands of people who've said yes to a brighter future. Because of you, someone you know will get the solutions they desperately need to live longer & healthier. Thank you, and enjoy the series!**

- Jason P.

The Truth About Aging: Can It Be Slowed or Even Reversed?

Episode 1 sets the stage for the rest of the series. We investigated aging from a physiological perspective, chronic disease epidemics, and our ill-equipped medical systems. We then got into some very cutting-edge research regarding the role our mitochondria play in the process of aging, along with an in-depth introduction to the field of epigenetics (how gene expression changes depending on food, environment, thoughts, emotions, microbiome, and other factors).

4:17 - Dr. Beth Lambert

"The epidemic of chronic illness... is really a problem in the modern industrialized world... Why are autism, ADHD, asthma, autoimmune diseases, allergies, why are these so endemic in the modern industrialized world? Why is it that we see so many kids in the United States, UK, and Australia with these skyrocketing rates of every kind of illness out there? The reason why is because we live differently."



WHAT'S REALLY CAUSING THE MODERN HEALTH CRISIS?



This first episode presents a challenging question: If our modern medical system is so focused on eradicating disease, where is our focus on creating health? As it stands, the majority of healthcare providers haven't even breached the topic of creating longevity, only in fighting symptoms. If we want answers, we must begin our own research and path to healing. At 6:00 in the film, health legend Paul Chek shares the following:



"We have more scientists, more doctors, more therapists, more gyms, more chiropractors, more osteopaths, more nutritionists per capita than we ever had and we're the sickest people we've ever been."

"The search for longevity is looking at how do we understand how to keep ourselves healthy over the long term. That's not something the medical system has ever really thought about, that wasn't really in their remit, and the truth is that it's probably never going to be created by a medical system. It's going to be created mainly by patients and patients being inspired by content, by providers, by each other."

7:34 - James Maskell



WHAT IS AGING, ANYWAYS?

Our experts explain that there are many ways to look at the phenomenon of aging: for some it's simply the passage of time, for others it's the accumulation of wisdom, but we can all agree that the biggest signs of aging are a decrease in the vitality and flexibility of our body and mind. It's a stiffening of our natural playfulness: the true source of youth.



"Aging is the process of where we let go of flow, flow in the body. Things start to stiffen, become stagnant, become more rigid..."

10:14 - Dr. Deanna Minich

THE MODERN SCIENTIFIC DEFINITION OF AGING...

It turns out our mitochondria play a major role in the process of aging, along with our **epigenetics**. Between our cells, our lifestyle choices and environmental factors, we get the influences that determine how our genes operate (epigenetics research claims genes on their own don't determine most chronic diseases).

*"Within our cells, we have a powerhouse that makes energy called the mitochondria. Basically, every time we eat foods, protein, fats, carbohydrates to make glucose, then glucose combines with oxygen that's circulating as we breathe and then we start to make something called ATP which then provides us energy to function. **The higher functioning your mitochondria is the more ATP you have.**"*



14:40 - Dr. Datis Kharrazian



15:00 - Dave Asprey

*"But if they are weak, they are stressed, they cannot turn food and air into energy, then it's going to be hard for you to do what you want. **That's why mitochondria matter for more than just aging. If they're happy, you're happy. If they're stressed, you're stressed**"*

These were just a few highlights from Episode 1. There's so much more we get into in the next episodes, where we cover the most important information to healing chronic diseases and creating longevity, plus the weird role of the microbiome in healing...

If you're committed to turning around your health and enjoying lasting radiant health, we invite you to take the leap by getting the full documentary series. For just a single payment of \$197, you'll get the digital and physical copies of the series, plus access to our exclusive Action Plan, packed with all the action steps, up-to-date scientific research, summaries of the episodes, and links to longevity products to ensure you and your family have radiant health. It's a total no-brainer with our 60-Day Money-Back Guarantee. See you on the inside & enjoy the series!

*- Your friends at
The Human Longevity Project*

YES, I WANT ACCESS TO THE FULL SERIES