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## Is The Human Body Designed ‘To Last Hundreds Of Years’ And What Is The Secret of Longevity?



I was recently meeting with a very well known and respected herbalist in Edmonton and our conversation turned, as it so often does, to the fundamentals of good health and longevity, and why, given all our supposed advancements, humanity is getting sicker and sicker, to the point that we will likely out-live our children.

He said to me that it all comes down to our personal body’s ability to efficiently process and purge toxins from our bodies. His rationale

was that toxins are poisonous so they need to be cleared from the body as quickly and as efficiently as possible so that poison doesn’t accumulate and start to erode our functionality, which accelerates our decline and ultimately our aging.

He went on to explain that every culture loves their cooked food, and often our traditional dishes define our culture and our heritage, but the more we refine our food and the more we cook it with all sorts of taste enhancing additives, so we drift further away from the raw fruit and

vegetable diet we are ultimately designed for. Raw fruits and vegetables are very good for our digestive system which extracts the life-giving nutrients we need and ejects the toxic waste materials we don't need.

If we can get back to this purer and more digestive diet we should be able to significantly increase both our longevity and the quality of our lives, which, in my opinion, is even more important.

My herbalist friend then said that in his opinion, *"our bodies are designed to last a thousand years"*, citing the example of Methuselah who, according to the bible died at the age of 969. And he wasn't the only person who apparently lived for hundreds of years. Adam lived for 930 years, Seth his son lived for 912 years. Enosh his son lived for 905 years. Kenan his son lived for 910 years, and so the list goes on until after Noah and the great flood. At that point, according to Genesis chapter 6, verse 3, *"Then the Lord said, 'My Spirit will not contend with humans forever, for they are mortal; their days will be a hundred and twenty years.'"*

This is a major drop from the pre-flood life span of eight hundred plus years. However a 120 year life span is still significantly longer than our current 75 or 80 years, which, with all the attrition over the last five years, especially of younger people, is suddenly dropping fast.

This got me thinking about why people lived for so much longer back in the times of Genesis and whether there is any evidence of how they lived which we could apply to our own lives and the lives of our children today to enhance the quality and length of our limited time on earth.

The longest living person in 'modern' times was reputed to be the Chinese professor and herbalist (mmmm... another herbalist who seems to have the secret to longevity) Li Chung Yun who died in 1933. His death was announced in both the New York Times and Time Magazine (remember this was back in the days before manipulation of the news and censorship to promote political agendas, so we can take it as likely to be factual).

According to the article in Time Magazine, Li Chung Yun *"was born in 1736. In 1930 Professor Wu Chung-chieh, dean of the department of education at Chengtu University, found records that the Imperial Chinese Government had congratulated Li Ching Yun in*

*1827 on his 100th birthday, making the man who died last week a 256-year-old."*

According to Kevan Garner's book 'Regeneration' Li Chung Yun's secrets to longevity were:

- 1) He was a strict vegetarian and didn't eat any meat or fish and everyday supplemented his intake with ginseng and the rejuvenating Chinese herb Foti-tieng.
- 2) He maintained *"a steel like guard on his emotions and refused to allow anything to ruffle his composure. He cultivated the divine virtues of patience, peace and poise"* In other words he actively avoided any emotional stress.
- 3) From a very young age he avoided cities and urban environments as much as possible as he realized they were more polluted and therefore poisonous to both his body and his mind.

We can apply all of these 'principles of longevity' to our own lives:

We should focus on eating a healthy non-GMO, organic diet of fresh fruits and vegetables with as little industrial processing as possible. We definitely need to avoid as much stress and tension as possible, which is obviously a lot easier said than done, given how crazy our world is right now. Plus of course we should avoid cities and urban areas as much as we can.

Our modern cities are flooded with EMF radiation and dirty electricity, the water is poisonous and the vast majority of supermarket food is not good for us, and we are easier to control and 'herd' in the confines of a metropolis, which is why they are trying to sell us so hard on this '15 minute city' plan. The healthcare system is also a massive risk, especially given all the toxic ingredients in the endless list of vaccines they are forcing upon us, never mind all the air and noise pollution which barrages us all the time.

Although I am very aware that it is very hard to avoid all of these things, if we are serious about living longer, happier and healthier lives we should try to avoid as many of them as we can, and much of this advice is being confirmed by independent scientific research.

In the conclusion of the 2016 study 'Secrets of Healthy Aging and Longevity From

Exceptional Survivors Around the Globe: Lessons From Octogenarians to Supercentenarians' as published by the National Library of Medicine, they stated that, *"The articles presented in this special section of the Journal represent a new and exciting direction in gerontology—a focus on health rather than disease."*

Well there's a great bit of advice to our current North American healthcare system that they should "focus on health rather than disease!" What a thought!! And this is exactly what Robert Kennedy Jr. is saying he wants the American healthcare system to focus on. However compared to disease, there isn't much profit in people being healthy, which is exactly why Big Pharma and Big Agriculture are doing everything in their power to block and delay RFK Jr.'s confirmation. They are fighting for their future profits and market share with no regard for the health and wellbeing of ordinary people like you and I.

In the 2016 News In Health article entitled, 'Can You Lengthen Your Life? Researchers Explore How To Stay Healthy Longer.' The authors say, "Scientists have found ways to prolong the healthy lifespans of worms, mice, and even monkeys. Their work has revealed exciting new clues about the biology of aging. But solid evidence still shows that the best way to boost the chance of living a long and active life is to follow the advice you likely heard from your parents: eat well, exercise regularly, get plenty of sleep, and stay away from bad habits." This was written almost a decade ago, yet the mainstream media haven't talked about it at all.

Likewise in the 'Want to live to 116? The secret to longevity is less complicated than you think' article they say that *"Good humour, a positive outlook and staying away from toxic people is more important than genes, ice baths or spartan diets."*

You can see the trend and it reinforces what Li Chung Yun said, what our current herbalists are saying, and what most serious investigative journalists and researchers are also saying:

- 1) Eat a good diet based mostly on fresh, organic (and ideally raw) fruits and vegetables.
- 2) Cultivate positive, supportive relationships, cultivate a sense of humour and, at all cost, avoid stress, and finally,
- 3) Avoid all the poisons of modern urban life, including vaccines, fluorinated water, 5G and EMF radiation, processed GMO foods, crazy political and municipal systems and the numerous poisons like glyphosate that lace our food supply.

If you can do all that... health, happiness and longevity should be yours for the taking.

Alan Brough

Sources for this article include:

- \* The hard copy book 'Regeneration. Live Longer, Live Better' by Kevan Garner, C.PH.T, M.H. as published in August 1982 in Edmonton, Alberta.
- \* <https://www.theguardian.com/lifeandstyle/2023/oct/28/want-to-live-to-116-the-secret-to-longevity-is-less-complicated-than-you-think>
- \* <https://newsinhealth.nih.gov/2016/06/can-you-lengthen-your-life>
- \* <https://pmc.ncbi.nlm.nih.gov/articles/PMC4986604/>
- \* <https://time.com/archive/6751064/china-tortoise-pigeon-dog/>

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