

New and Exciting Advances in

# Ageing Deferral



Revival can show you how you can:-

- Live Ten Years Longer
- Look Ten Years Younger

By

Steve Alexander

Founding Principal, Revival

## Introduction

As a young child I had an unresolved dilemma.

I was told that doctors were great people who would look after us if we got sick. Why then did my Aunty or the lady down the road die such horrible deaths as they did?

This was back in the 50s and 60s. Not much has changed.

Later in my life it dawned upon me the western medical system is pretty much powerless to fix most degenerative diseases. This is unfortunately still the case.

Since my childhood, medical science has made massive advances in many areas. Diagnostic technology, emergency treatment and surgery have routinely achieved results that would have been miracles back in my childhood. Millions of people have been saved from death and disability.

Some high tech avenues such as genetics, nanotechnologies, artificial intelligence and stem cell therapies hold great hopes for a better future but that is some distance away, probably too far for my contemporaries.

Why then has the medical system been unable to fix asthma, arthritis and diabetes? Let alone the scourge of the 20<sup>th</sup> and 21<sup>st</sup> centuries, cancer.

On the subject of cancer, the USA under President Nixon, back in the early 1970s declared a “War on Cancer”. Despite billions being invested in this war, cancer remains one of the top causes of death around the world.

If you engaged in a war over forty years ago, endured hundreds of millions of casualties, spent trillions on that war and made little real progress, you would probably feel you were losing the war.

On one hand we are geniuses. On the other we are idiots.

With “The System” unable to help us in many important ways, maybe we need to look elsewhere.

**It's time to take responsibility for our own destinies.**



## My Story

For the first twenty five years or so of my life I was pretty apathetic on the subject of health issues. I had been brought up to regard the Doctor as God.

One major event did raise some questions about the Doctor/God story. I had been putting up with indigestion for about six months. I went to my local GP, a lovely elderly [he was probably in his 50s] Irish doctor who chain-smoked Camel cigarettes without filters. This should have rung some alarm bells but those were different times in the 70s.

Anyway, his highly researched and considered recommendation was to put me into hospital and operate to kink the top of my stomach so any reflux would be physically restricted. He said he would also cut the Vagus nerve, a nerve which supplies energy to virtually all the organs in the abdomen.

Even to my apathetic and medically ignorant mind, this seemed a little extreme. The good Doctor was somewhat miffed when I did not immediately book myself in for the procedure and the subsequent two weeks in hospital.

I played a lot of sport at the time and was receiving treatment for lower back issues from a local Chiropractor. Seeing as I was paying for the adjustment, I thought I would seek a free second opinion despite thinking Chiropractors just fixed backs and did not know much about health but there was not much to lose.

He examined me up near my shoulder blades and said I was jammed up near there. He said this was the reason for the indigestion and furthermore, he would adjust me, following which I would feel indigestion pain for an hour or so and it would then be gone.

Yeah, right!

Nice guy, but how could he know so much when a Proper Doctor had a very different view.

Amazingly, it played out exactly as he said. Now, after more than thirty five years, I have NEVER experienced indigestion again.

Result: one very closed mind was somewhat opened.

I moved away from the area and never spoke to the doctor again. After all this time I wonder whether the Chiropractor or the Doctor are still alive. I know who my money would be on if it came to a bet.



Fast forward about a decade and here is where I was dragged screaming into the health world. My beautiful partner, Debbie, was having difficulty getting through the day without a nap and was noticeably stressed. Not good for someone in her late 20s. [Some say I could be the reason for the stress but we will put that aside for the moment]. Today, she would be diagnosed with Chronic Fatigue Syndrome and it was a severe case.

We went to the doctor and were referred to specialists of varying types. None were conclusive in a diagnosis. She was plied with different drugs, none of which made a positive impact and most made her worse. She even had some exploratory surgery which resulted in nothing valuable. This process took a couple of years and she was getting worse, not better.

Finally, her illustrious GP suggested that all her problems would disappear if she had a baby. What study did he base that piece of groundbreaking medicine on?

Dear friends of ours suggested she see an Acupuncturist they went to. Why not? There was nothing to lose.

After undergoing five days of intensive treatment Debbie was much more relaxed and seemed better in many ways. Even if it was placebo, who cared?

We were then referred to a Kinesiologist. No one knew what they were back then but we were happy to try most things if they were not painful, invasive or dangerous. She immediately received massive benefits.

Sometime later we were referred to yet another practitioner who used a computer linked device that electronically tested acupuncture points and then designed homeopathic style remedies and nutritional support. This bought about the most

amazing change in her condition and her stress levels within forty eight hours. It was as close as I have seen to a miracle.

In the space of about four months Debbie was returned to a good functioning level of health.

You will now understand why I do not take in everything the 'modern' health system tells me in rapturous awe.

I found out that Kinesiology was something lay people could study for use on friends and family and we embarked on a program for a weekend. That kind of organically grew to over 2000 hours of study over the next few years.

I also studied Anatomy and Physiology, nutrition, homeopathy and a few other modalities.

Debbie and I were intrigued with the computer device and eventually bought one and without any intention of moving away from my corporate type businesses, a successful practice just kind of grew from us working on family and friends at home.

Before long we found ourselves in a very busy practice helping many people who had gone as far as they could with the medical system and still not had their problems solved.

We achieved some amazing results with clients. When I say 'we' it was always the client working with us, making some lifestyle changes and working towards a resolution on many different levels.

It is obvious there are two types of people in the world. Those that want someone else to fix them, usually quickly, and those who are prepared to take responsibility for their own health and work proactively with someone like us to make things better. The first group never stayed long in our clinic. Unfortunately the current 'sickness system' encourages the first group, which is a big reason we are facing the challenges we have before us.

We really enjoyed working with the second group. The fact you have read this far almost certainly puts you in the second group. Congratulations.

We did not always get a great result but we never did any harm and saw lots of little miracles, which are always fun for us and life changing for the client.

It is very gratifying work.

## A Different Perspective on Health



We went to many conferences and courses with many gifted teachers in many modalities.

What appealed to us was looking at health from a different perspective to the conventional western medical perspective which focuses on disease.

We grew to the understanding that we are made up of trillions of cells and they are all independent life units. Assuming no major genetic issues, all a cell needs to function is adequate nutrition and to not be overwhelmed by toxic substances that might stop it from doing its job.

When you take that and apply it to the entire body it becomes obvious that there are two major factors underlying almost all diseases – lack of appropriate nutrition and toxicity.

Our approach evolved to find ways of assessing the nutritional status and indications of toxicity in a client and then correcting those nutritional deficiencies and toxicities. This is based on the theory that the body will fix itself in most cases if the cells are able to function normally.

Most western medicine sees the body malfunctioning and needing to be fixed, which is an interventionist mentality of conflict with the body rather than supportive healing. We prefer to do what we can to clean the cells, provide nutrition and then get out of the way and let the most powerful healing system available do its work.

This is greatly at odds with the “Fix it with a Pill” approach developed by the pharmaceutical industry. Big Pharma has had great influence with governments and academia. Some see this as a good thing and others not. Without judgement either way, it is patently obvious that the current system has the potential to bankrupt every government in the western world. That alone should be the catalyst for looking at different ways of helping people with their health.

As I write this there is a lot of talk about increasing the Australian GST by 50%. It was first proposed by the Premier of NSW solely because of the rate of growth of health costs.

Regardless of your perspective on health, **something is horribly wrong with the system.**

It became clear to me that western medicine is very limited in resolving degenerative diseases. Doctors are usually just trying to manage symptoms and halt the advancement of the condition. Doctors don't cure diabetes, arthritis, asthma or many other conditions that are at epidemic levels in society.

It's as plain as the nose on your face that if they can't help in most cases, the best plan is not to get the condition in the first place.

This is known as **prevention.**

Unfortunately very few seriously address prevention. It's like the weather. Everyone talks about it but no one does anything about it. Why not, you may well ask. The “health” system is constructed to work against it.

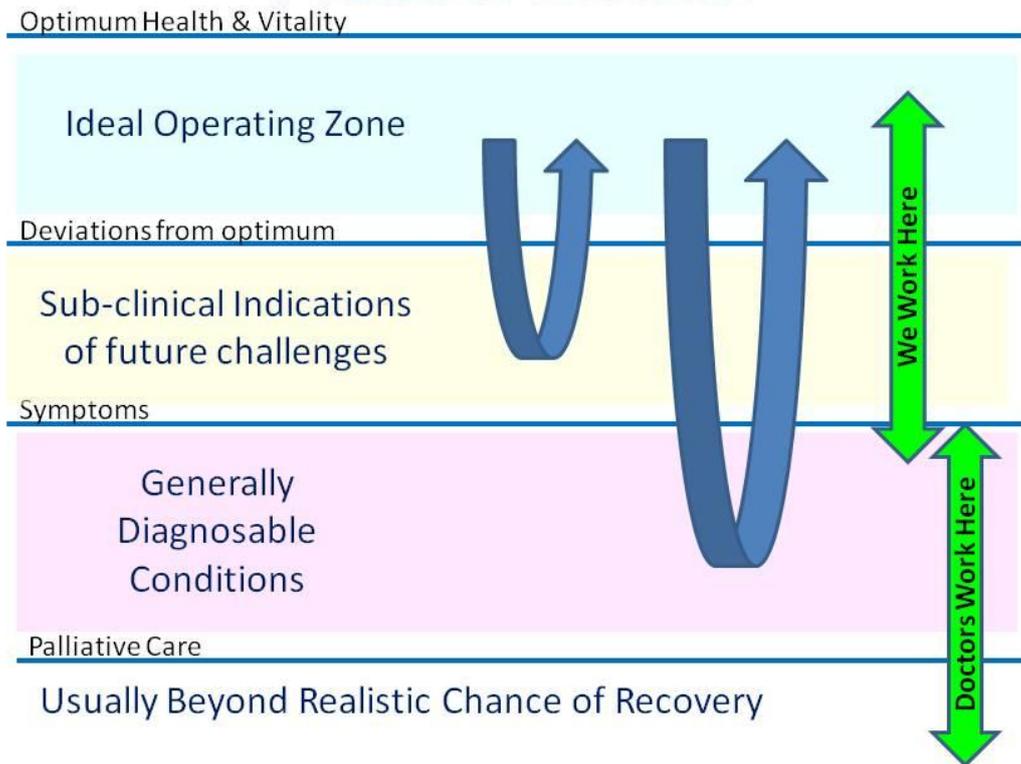
Doctors can only treat medically diagnosed conditions lest they fall foul of the authorities and the health insurance system. That pretty much eliminates prevention as a major function for a doctor.

The key to effective prevention is in the sub-clinical arena. By this I mean where there are not yet identifiable symptoms. It is the space between good health and identifiable disease.

The following graphic tries to simplify our perspective.

Clearly if the sub-clinical deviations can be assessed early the challenge of returning the client to functional wellness is way easier than waiting until we have a diagnosable disease to contend with.

## Phases of Wellness



It will be a truly great day when the immense forces of the modern medical system fully integrate their role to incorporate the sub-clinical realm into their modus operandi. It could then become a true wellness industry rather than a sickness industry. We will all be much better off when that day arrives. It will not be anytime soon though because there is a very strong element of the system that only makes profit when people are sick and taking expensive drugs.

**The system will not fix itself. That is OUR responsibility.**

## The Link Between Wellness and Antiageing



My next metamorphosis was the growth in interest in Antiageing.

The concept of Antiageing covers a broad range of territory. Everything from drinking more water to massive plastic surgery falls into this arena.

I prefer the term Ageing Deferral. You will not have come across it before. To my mind, it has never been used in any significant way until now.

When you think about your life and how you would like it to proceed, there is great commonality between all of us. We all want to be as active, vital and healthy as possible right up to the time we move on to the next dimension. Few have great concerns about the actual time we are to be here, although the general consensus is 'longer is better', so long as I am OK.

Given the commonality of thought on the subject it is fascinating to see the variance of how we firstly make some effort to achieve the desired results and secondly, the variance of methods utilised.

I became more involved when I realised that effective PREVENTION is also a very practical application of practices designed to promote ANTIAGEING. In fact, the coining of the phrase AGE DEFERRAL came from this realisation. We are not necessarily fighting the ageing process, we are endeavouring to push it back [or defer it] for as long as possible.

You see, the ageing process is very similar to the disease process. Scientists will tell you ageing occurs when tissue damage exceeds tissue regeneration. Is that not also the start of ill health?

Some look at antiageing as a purely cosmetic realm. This may be their area of interest but the concept is still exactly the same. “Beauty comes from within” is very true. If you wish to maintain external youth the same principles apply for keeping your internal body functioning as well as possible – nourish and detoxify. Your skin is an organ just the same as your liver. The cells aren’t that much different. They need the same things.

It may well be a sign of rampant vanity in our society but there is much more interest in external Antiageing than overall Wellness and yet they are closely linked.

It would be easy to stop here and say Age Deferral is about nourishing the cells of your body and detoxifying them to the best of your ability. There is however, an entirely new realm of Age Deferral. It involves genetics.

It is now possible to influence the way in which our genes run our body.

**This is by far the biggest news to ever hit the realm of Ageing Deferral.**

# Genes and Epigenetics



Every cell in our body has DNA which basically consists of more than 20,000 genes. Our genome is our recipe book for our life. Genes form a code, like a written instruction book. Some are 'hardwired' like those determining our height. Some are able to express themselves in different ways as a result of environmental influences within our body.

The Human Genome Project mapped our genes and was completed in 2003. Since then this has been the basis of much research and will see some wonderful breakthroughs over time.

A new science has emerged from this research. It is Epigenetics, or the study of Gene Expression. It is very significant to us all; especially those who want to defer their own ageing process.

This cover of Time magazine from January 2010 sums it up.



The simple explanation of gene expression comes if you view the gene coding in the DNA as your recipe book for your life. The gene expression is the interpretation of the recipe book and how it is used to prepare a meal.

As you would have seen in Masterchef, the contestants may be given the same recipe and ingredients used by the maestro chef but the meals they produce do not necessarily measure up to the original.

This is the same with gene expression. The recipe book remains constant but our gene expression brings about different practical results. This is amply demonstrated with identical twins. They have the same genes and look identical as toddlers but can often appear quite different over time. Here are two examples:-



Their genes are exactly the same. Their Gene Expression has been different so there is a difference in their appearance.

Many believe their health destiny is in their genes. It is, to a point. For example, you may have a number of genes that predispose you to contracting arthritis. If those genes are expressing at a low level all your life you will not develop the disease. Should they, for whatever reason, express at a higher level then you will develop arthritis.

Therefore the understanding that gene expression can be influenced is a remarkable concept holding great hope for those who wish to defer ageing.

To illustrate in the field of skin care, all women know about collagen. It keeps the skin plump and firm. For whatever reasons, the genes that control collagen production reduce activity [down regulate] with ageing. So if you can identify which genes they are and then test different treatments to see which ones increase the intensity levels of those genes, you would have a very valuable product for the skin care market.

Another example is the gene or genes that control melanin. This area of genetic activity is at a low level in the young. With age it increases in activity [or expression]

and age spots result. Therefore the Ageing Deferral best result here would be to keep the gene expression of those genes at a very low level.

Some genes need to be up regulated and some down regulated to produce the Ageing Deferral results desired.

These exact examples can now be achieved through revolutionary but affordable commercial products.

Let us look at how this came to pass.

## Thirty Years To Build A Gene Expression Database

Back in 1988 Professor Richard Weindrach started an experiment at the Wisconsin National Primate Research Center. The subject was Caloric Restriction and its effect on health and longevity. Seventy six Rhesus Monkeys were divided into two groups and the control group lived a normal healthy life while the CR group did exactly the same except they ate 30% less than the control group. More about that later.



Early in the experiment revolutionary technology came into being called the Gene Chip. This device enables the gene expression of the entire genome to be examined quickly and effectively.

Professor Weindrach and his colleagues began testing the two groups to see if there was a change in Gene Expression as a result of the Caloric Restriction. There was a marked difference.

Years of intricate research ensued. The research team built up a database of gene expression results that is unique in the world today. They can now identify which of our genes are involved in pretty much any physiological function. That is almost unbelievable in itself.

The second phase of this Ageing Deferral miracle is that any substance can be tested to see what effect it has on the Gene Expression profile. For example, you could have some blood taken and produce a Gene Chip profile. You could then have a cup of coffee and then take another profile to see what effect coffee has on the expression of your 20,000 or so genes.

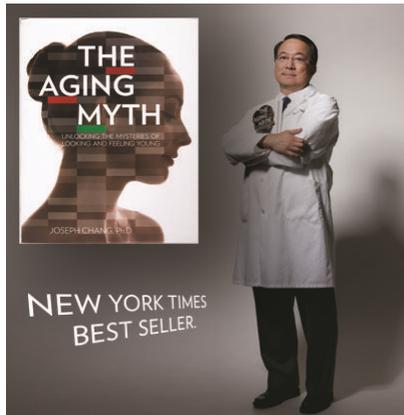
This has opened up a whole new way to research. If, for example we wanted to stimulate the genes that control collagen production but you can test ingredients you feel may work [and some that you feel won't] and you can then design a product mix to gain the maximum benefits.

It is a relatively simple scientific process but only if you have the gene expression database and technical expertise to conduct this work. Only one such database exists as a result of around thirty years of top class research.

## [A Whole New World Has Opened Up](#)

Gene expression is a significant topic. The Discovery Channel produced a 40 minute documentary on the subject, investigating the work of the scientists at the cutting edge of this exciting new field of endeavour.

[CLICK HERE](#) if you would like to view the documentary.



One person featured in the documentary is Dr Joe Chang, a highly respected scientist who wrote this best selling book, “The Aging Myth”.

It details much of the background science underpinning Epigenetics and how it was developed.

As you can see, Gene Expression modification is a very hot topic in the scientific community. It opens up great possibilities for deferring the ageing process and improving the quality of people lives.

What has become apparent from many clinical trials is that if you can reset the expression of those genes that are linked to a particular cellular function, the cell behaves in a more youthful fashion. Harking back to our collagen example, if those genes are reset to the younger expression profile, collagen will continue to be produced when it would otherwise have tailed off. The result is younger looking and firmer skin. This emanates from the cellular level.

The potential to do great things for many people is enormous.

It is this science that is the basis for you being able to Live Ten Years Longer and Look Ten Years Younger.

## Live Ten Years Longer

You recall the twenty year study into Caloric Restriction.

It was published in one of the two most prestigious scientific journals in the world, Nature.



Some of the results the CR group enjoyed as opposed to the control group include:

- 80% still alive at the end of the trial as opposed to 50% in the control group
- In the control there were five cases of Diabetes and eleven were pre-diabetic where there was zero glucose impairment in the CR group
- The CR group had 50% of the incidence of Cancer
- The CR group had 50% of cardiovascular disease.
- Age related degenerative diseases were one third of the control group
- The CR group had reduced brain atrophy [shrinking]

How would you like to be in the CR group equivalent in humans?

This was a groundbreaking study that clearly demonstrated that CR is the best longevity and wellness strategy ever seen in scientific circles. This study has been used as the basis of many other scientific studies into ageing and health.

During the study, Professor Weindrach and his colleagues were researching the gene expression profiles of the apes in the trial. Their genome is very close to our own.

They found clear differences between the two groups. This led to the identification of somewhere in the order of 1000 genes that acted in concert in relation to aging. They called them Aging Defence Mechanisms.

It is very unlikely that many of us would reduce our food intake 30% for twenty years. The wonderful question was asked, "Could we use botanical ingredients to create similar gene expression profile changes in the ADMs instead of CR?"

To the casual observer it seems somewhat fanciful to have a supplement that defers the ageing process. It has never been done before.

Several teams of scientists set about testing many ingredients to see if it was possible. The work continued for SEVEN YEARS.

This has culminated in the development of what I consider to be the greatest supplement system ever. It is called ageLOC Y-Span. We have been testing it for over six months now using our equipment that we rely upon for sub-clinical assessments. I have never seen any supplement do what this one does – at such a deep level in the body.

The testimonials are flooding in already. There was a small amount released pre-launch about three months prior to the time of writing this e-book. It has yet to be fully released but stories of resolution of pain and difficult conditions abound. You should not expect any specific outcome for any condition as this is not a medical drug and has not been tested on any medical conditions. What the stunning testimonials are telling me is that the body is being supported at a very deep level and is therefore better able to do what it does best – heal itself.

It would be folly to buy ageLOC Y-Span to feel better [although many do]. The reason to invest in this supplement is to reset your Aging Defence Mechanisms. This should result in improved longevity and a lessened likelihood of age related diseases, as was experienced by the CR group of monkeys in the study.

The one guarantee the company making ageLOC Y-Span gives is that your antioxidant levels [as measured by a biophotonic scanner] will improve over a three month period. As this is a significant biomarker of aging [and an excellent indicator of sub-clinical wellness assets] an improved level means a lot. My own levels have been pretty static for five years now but suddenly my antioxidant scored jumped up 60% in the first three months of taking this supplement. That is very impressive to me.

Also impressive is my purely anecdotal observations that those taking ageLOC Y-Span for a few months look noticeably younger and healthier.

My take on ageLOC Y-Span is that it produces the ‘Trifecta of Wellness’ in that it supplies highly effective and absorbable nutrition, it helps detoxify the body and it obviously resets the ADMs. It is the ultimate Ageing Deferral system for the entire body.

The bottom line is that if your choice is to

## **Live Ten Years Longer**

my recommended strategy is to take this supplement long term.

It is a reasonably significant investment for most. The nett figure is around \$4 per day. While significant, it is a lot less expensive than ill health.

My feeling is that sacrificing a cup of coffee per day to fund this program makes a lot of sense. Just ask anyone with a horrible health challenge whether they would have been prepared to invest \$4 per day for a few years back if they could avoid the problem. It will be a resounding yes.

Nevertheless, it is a value judgement that only you can make for yourself.

Should finance be a genuine issue, there is another supplement system that will nourish the cells and help detoxify them. It requires an investment of around \$2 per day. I have been taking this for nine years now. My personal experience is that symptoms from a childhood illness disappeared when I took this product for a few months. Fifty year old symptoms that never previously budged were gone. I found that to be very impressive as well. This multi nutrient system is called LifePak.

I will continue to take both Y-Span and LifePak until the next big breakthrough.

## Look Ten Years Younger

The same Gene Expression science is available for external Ageing Deferral.



2007



2015

You can look younger as you move through your years.

This is my beautiful partner Debbie, aged 56 in 2015.

You can clearly see the improvement in the wrinkles. What is less apparent is pore size and general skin quality.

Her skin just continues to improve as years go by.

The same three strategies apply to skin as they do to general wellness:-

- Nourish the cells
- Detoxify the cells
- Reset the gene expression to a more youthful profile.

Over the last five or six years a number of products have been released that specifically target the sources of skin related ageing. In fact, several billions of dollars in sales have been achieved in this groundbreaking new product sector.

Debbie and I have seen great results from them with hundreds of our clients.

This is why we are so excited about the Gene Expression products. They are truly Deferring Ageing.

What is **big news** is that a brand new concept in INDIVIDUALISED PRODUCT DELIVERY is just about to be launched into this country. It is a much more effective method of delivering the Gene Expression technology into the skin.

It effectively achieves the 'trifecta' of cleansing, nourishing and resetting the gene expression profile to a much younger level.

Any skin care product in the world is limited in its effectiveness by requirements for 'shelf life'. Preservatives are necessary to keep the product fresh for a reasonable period until consumption. Some are horrible toxic chemicals. Some are natural.

ALL reduce effectiveness of the product.

**Just imagine.** What if your ingredients could be mixed on the spot from sealed containers?

**Just imagine.** What if you could CUSTOMISE the ingredients to formulate the perfect product grouping for you?

Select a combination of day moisturiser, night moisturiser and serum that are individually perfect for you AND deliver it right into your hand in your bathroom.

What if you could reset the combination any time you wish by completing an assessment process on line or using an app on your smart phone?

What if there were over 2,000 combinations to select from?

This has never been attempted before. After many millions of dollars in research and at least five new patents, this incredible system is ready for a progressive release over this year. It is called ageLOC Me.



This device is mind-blowing to most people. It certainly was to me when I first saw it.

And it is very reasonably priced.

The unit will be in the range of \$700-800 to purchase.

The sealed containers of product will be delivered to you each month for approximately \$4 per day nett cost. This is much less than many top line skin care products available through traditional outlets.

We have this device available for demonstration to our clients and potential clients. It will become available through 2016. There is already massive demand for it.

If you want to

## **Look Ten Years Younger**

you need to become aware of ageLOC Me.

There are more economical options if dollars are a challenge. One system of high quality home skin care which focuses on nourishing the skin and detoxifying it [yes, the same principles as internal wellness strategies] can be purchased for less than \$400 and will the consumables are less than \$2 per day.

It is called the Galvanic Spa. Ask us for a demonstration.

Options abound but the Rolls Royce of external Ageing Deferral is ageLOC Me.

## In Summary

I trust this little e-book has at least inspired you to take more control of your own wellness and increase your involvement and learning. That is what my passion is.

You may have some interest in finding out more about:-

1. Please give me more info on how to **Live Ten Years Longer.** [\(CLICK HERE\)](#)
2. Please give me more info on how to **Look Ten Years Younger.** [\(CLICK HERE\)](#)

You may have no interest in learning anything more. Thank you for reading this far.

If one or more of the options does interest you, simply click on the options that interest you and submit.

**My dream** is for you to create a very long, healthy and happy life for yourself and help others do the same.

I wish you well.

*Steve Alexander.*

*Founding Principal, Revival*