

FEEL GREAT & LIVE LONGER

A New Zealand
handbook for
exceptional
health



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2. STRETCHING AND MOVING YOUR BODY

NEED TO EXERCISE EVERY DAY (NEED)

IT'S ALL ABOUT MOVEMENT – NOT EXERCISE

The only difference between a dead person and a living person is movement. Movement can be simply standing more than you sit, or squatting, stretching, running, walking, swimming, sprinting, lifting, climbing or lying down relaxing.

The real enemy is sitting. Sitting is what we are designed to do occasionally. Sitting is what we do now, all day. Sitting is stagnation and that is the problem.

Moving is what you should focus on: moving, rather than exercise. I am not a personal trainer and this chapter is not about giving some secret three-minute exercise for rock-hard abs. This is all about why movement is so important.

Everyone will enjoy a different exercise and daily movement routine depending on their age, geography and season, their ability and personal preference. Therefore, you must find movements that suit you but still push you. Simple push-ups, done well, are one of the best exercises. I love to improve my strength daily by doing 100 full-height push-ups every morning. Some days I can and some days I fail. But you must stand or move more than you sit every day.

Exercise has the ability to impact stem cell biology – it has the ability to influence how they differentiate.

Gianni Parise, author, Canada

When we sit down there is an absence of muscle contractions, these contractions are required for the body to clear blood glucose and blood fats from the blood stream.

Professor Dunstan, 2012

WALKING IS THE BEST EXERCISE

All the longest-living people walk daily. Walking dramatically lowers your risk of all lifestyle disease be it stroke, arthritis, osteoporosis, cancers, heart disease, depression, stress, asthma, mental decline, diabetes or obesity.

Walk, walk and then when you cannot walk any more, walk some more. Climb the stairs instead of using the elevator. Climb two stairs at once instead of one. Walk every day or lose the ability to walk at all. A fit person of 70 is like an unfit person of 40. The life expectancy of someone in their 80s who walks daily is the same as someone in their 60s who doesn't. Walking just ten kilometres per week boosts brainpower, heart health and lowers your risk of Alzheimer's.

GET UP!

Prolonged sitting causes the body to turn off its fat-burning mechanisms. The longer you sit, the fatter you get. The more time you spend sitting and not exercising, the faster you die. If you sit for an hour, then walk for five minutes. You become what you do every day.

- take pleasure in physical activities
- find something you enjoy doing and make it a daily habit
- park on the far side of the carpark so you have to walk a little more to get to the shops
- make exercise second nature – it will become integrated into your way of life



WALK OUTSIDE

Walking outside gives you fresh air, exercise, peace of mind, relaxation, deep breathing, movement, brain download, creative thoughts, and, as well, sunlight directly on to the skin. Get into sunshine at least three times per week for 15 minutes at a time, more where possible. Vitamin D and various wavelengths of sunlight dominate and regulate your immune system and over 10 per cent of the genes in the human body.

We evolved through walking, running, throwing, swimming, jumping, carrying and climbing. The modern versions of this are hiking, golf, yoga, sprinting, swimming, tennis and weight training. Try to use different muscle groups on different days and mix it up all the time.

Stand up while you work. I stand all day as I work. I am standing as I write this. A few years ago I was having regular back problems: a sore neck, sore back, aching shoulders. But I gleaned a crucial piece of information from a back specialist: we are not built to sit. We are built to stand and walk most of the time. I took their advice and my back and neck pains are gone.

REGULAR MOVEMENT IS AS IMPORTANT AS OXYGEN.

- Walking for just three hours per week for 12 weeks causes so many new neurons to grow that it actually increases your brain size.¹
- Exercise improves your sleep, which improves your liver function.²
- Waking early and exercising in the morning, on an empty stomach, is the best for burning fat.³
- Regular morning exercise helps heal bowel and digestive disease – supporting the liver cleaning and strengthening.⁴

SITTING FOR MOST OF THE DAY LEADS TO AN EARLIER DEATH

There are many studies showing clearly that sitting all day leads to obesity, diabetes, heart disease, cancers, muscle and bone problems, lower back pain and low energy levels. When you sit, the following occurs:

1. your body slows down production of one of the key enzymes needed to break down blood fats
2. your metabolic 'engines' go to sleep
3. your muscles stop moving
4. your heartbeat slows
5. your calorie-burning rate drops to about one calorie per minute (this is a third of what it is while walking)
6. insulin effectiveness drops
7. fat and cholesterol levels rise
8. the risk of developing type II diabetes increases

Never in history have we all collectively sat for so much of every day as we do now. If you sit for an hour then you must stand, or even better, walk for five minutes. Your brain will be sharper and your creative mind will kick in. You

may solve problems that have been bugging you for days. Walking in between periods of sitting improves our thinking. Another payoff is that blissful 'aaah' feeling when you sit down after standing while at work. This is the polar opposite of when you have to slowly stand up because your back is aching. **Standing is the design and sitting is the reward.**

EXERCISE FOR LONGEVITY RATHER THAN WEIGHT LOSS

If you focus on movement and exercise for your health and longevity – alongside intelligent diet and lifestyle changes – then any excess weight you are carrying will naturally drop off and you will find your body back at your optimum weight rather easily. **Weight loss is directly influenced by your diet, exercise, sleeping patterns, fibre/water intake, stress levels and your daily routines, not just exercise.** If you eat around 2000 calories daily on a plant-based, wholefood diet, then you will be able to maintain your ideal weight easily.

There is data that yoga rectifies the inflammatory state in the body and is useful in the management of lower back ache, multiple sclerosis, stress and depression, asthma, chronic obstructive pulmonary disease, pulmonary tuberculosis, schizophrenia, rheumatoid arthritis and osteoarthritis.

Dr Deepak Natarajan, Interventional Cardiologist, India, August 2014

STRETCHING AND YOGA

Stretching is the second most important exercise to do from your 30s onwards as lack of mobility is the most debilitating aspect of ageing. I have heard from many elderly people I have worked with all over the world that they feel robbed when they hit their 60s and they lose their flexibility when they need it the most. Small, regular sessions are the key to flexibility. You can start at any age and improve at any age.



3. IMPROVING YOUR DIET

EAT A LOCAL, SEASONAL, BALANCED, PLANT-BASED WHOLEFOOD DIET

A PLANT-BASED WHOLEFOOD DIET

According to the Global Burden of Disease Study, a poor diet lacking in fruits and vegetables is now the number four cause of death worldwide.¹ This illuminates the real and immediate benefits of a healthy, balanced, plant-based wholefood diet and how it could help to reverse disease and ageing, while at the same time improving your health, weight, energy, longevity, immunity and vitality.

My aim is to highlight the risks you are taking if you eat a lot of animal products and the benefits you gain from eating a plant-based wholefood diet. If meat and dairy produce are displacing vegetables, fruits, legumes, nuts, seeds and wholegrains in your diet, then you are heading for trouble. The exact mix of animal foods versus plant foods in your diet is up to you. However, given that we live in a country dominated by the food industry, in particular the meat and dairy industries, it is important to talk about the research and long-term studies on meat eaters and vegetarians – not the marketing hype.

We know from research around the world that starting young on a healthy plant-based wholefood diet, rich in good-quality traditional soy foods, significantly reduces heart disease risk across your lifetime.

Advertisers try to tell us to eat meat and milk or else we will become deficient in essential nutrients'; that 'meat is necessary for our iron and protein'; and we 'need to eat dairy foods to get our calcium'. These statements

are factually incorrect. There are virtually no nutrients in animal foods that are not better provided by plant foods.

Right now, New Zealanders are eating more red meat than ever, as are most Western countries, and we have the highest bowel cancer rates in the world. These facts are clearly linked. Every American eats an average of 260 pounds (117 kg) of meat per year, the world's number one rate. New Zealand is number two – and not far behind. On average, each year New Zealanders eat 31 kg of chicken, 27 kg of beef, 16.5 kg of pork, 6.9 kg of mutton and 9.7 kg of lamb. That is about 1.5 times the industrial world average, three times the East Asian average, and 40 times the average in Bangladesh, where bowel cancer is almost non-existent.

Many young people these days eat vegetables only if they are on a pizza. However, vegetable carbohydrates are the single most important life-extending foods you can eat.

- eat a minimum of three servings of raw fruit and seven servings of vegetables daily.
- make half the food you eat vegetables, and the rest mainly plant-based food.
- base your diet around locally grown, seasonal, fresh fruits, vegetables, nuts, seeds, wholegrains and legumes.

VEGETABLES ARE THE MAIN DISH

Vegetables are the ultimate nutritional superstars, providing us with a unique mixture of super-healthy components that just do not exist in any other food. Eating vegetables feeds every major organ and vital system you have and supercharges your body's ability to fight off disease and illness.

Raw vegetables have the strongest and most consistent association with reduction of cancers of all types: lung, stomach, prostate, kidney, liver, and colon and breast cancer.

Eating at least five servings of vegetables and two servings of fruit daily, combined with wholegrains, fish, beans, nuts and seeds, can more than halve the risk of developing cardiovascular disease. This means if we eat less and we eat better-quality foods, up to 75 per cent of heart attacks could be prevented.²

'Nutrition and the Burden of Disease: New Zealand 1997–2011' (released by the Ministry of Health and the University of Auckland, 2003), found that a 'simple lack of nutrition (mostly fruits and vegetables) is responsible for about 11,000 deaths each year in New Zealand – this is 40 per cent of all deaths'.

Vegetables are the only foods that contain all of the following:

- **Fibre:** to ensure your bowels evacuate regularly and remove the body waste
- **Vitamins:** vitamin C for your immune system and fat-burning
- **Highly alkalising minerals:** from boron to zinc
- **Essential fatty acids:** for lubrication, longevity, skin, internal protection
- **Biophotons:** plant-stored 'sunlight fuel'
- **Plantioxidants:** antioxidants only available in plant compounds
- **Prebiotics:** to feed and strengthen your good intestinal bacteria
- **Digestive enzymes:** to break down your food for full absorption
- **Proteins:** for your cells, muscles, heart
- **Carotenoids:** that convert into plantioxidant protection in the body
- **Chlorophyll:** the 'green blood' of plants that cleans/rebuilds your blood
- **Flavonoids:** anthocyanins, flavonols, flavones, flavonones
- **Polyphenols:** incredibly important plant pigments that protect the systems of the body from almost all chronic disease
- **Trace elements:** such as selenium, the only trace element mentioned in the human DNA code
- **Water, carbon, hydrogen and oxygen:** all necessary for survival
- **Phytonutrition, phytochemicals and unique plant pigments – lignans, sulphoraphane, DIM, isothiocyanates – all anti-cancerous**

There are thousands more vegetable nutrients not mentioned in this list that build and add to these benefits and increase protection. Good-quality vegetables are essential to life and they should form the biggest part of your food intake as the basis for health and longevity.

EXAMPLES OF LONGEVITY AND HEALTH FROM AROUND THE WORLD

Traditional Japanese eat significantly less than we do. Japanese women have an 86-year life expectancy and a 1.5-per cent obesity rate, with low levels of sickness, and an almost non-existent need of medication. (In comparison, many Western women have a life expectancy in the 70s, a 35-per cent obesity rate, with the last 20 years of life (from their 50s) usually dominated by sickness, hospitals, pain, drugs and disease.) Japan has the world's lowest infant mortality rate.

The traditional Japanese diet consists of fresh, plant-based foods such as brown rice, local and seasonal vegetables, fermented soy products, pickles and a little fish. They have a custom of serving up small portions of food on their plate. The Japanese adherence to Buddhism and Shintoism also keeps the population svelte because of the prohibition on eating meat.

In 2013, seven of the ten oldest people in the world were from Japan. Of the world's 64 oldest people, 22 of them come from Japan. Misao Okawa was 116 years old in 2014. She is from Osaka and holds the title of oldest living person as well as oldest living woman, as at September 2014. Misao was 102 years old when she fell and broke her leg. A few days afterwards she was found doing leg squats because she didn't want her body to 'get out of shape'.

THE SEVENTH-DAY ADVENTISTS OF LOMA LINDA, CALIFORNIA

For over 30 years, researchers have studied over 100,000 Californian Loma Linda Adventists to assess their life expectancy and risk of heart disease and cancer. Loma Linda is a vegetarian community. There are no liquor stores and the community has been legally smoke-free for nearly three decades. *National Geographic* called Loma Linda 'the single healthiest place to live in America'. The average Adventist lives up to ten years longer than the average Californian. They have ten centenarians per one in other US states.

How do they do it? Firstly, they eat significantly less than your average person. They eat a plant-based wholefood diet of beans, soy milk, tofu, mixed green salad, tomatoes, nuts, wholegrain bread, and legumes, and they drink at least five glasses of water a day. They eat no meat. They are fit, lean, smoke-free, caffeine-free, and non-drinking vegetarians.

THE ECUADOR VILCABAMBA INCA CENTENARIANS

The Vilcabambans regularly live to their hundreds and they have near-zero levels of obesity, diabetes, heart disease and cancers. They eat a plant-based wholefood diet.

THE PAKISTAN HUNZA CENTENARIANS

Many get to 100+. They climb mountains and are faster, healthier and fitter when older than any other group of people in the world. They eat a plant-based wholefood diet.

THE OKINAWAN CENTENARIANS

This group of people have the highest rate of people living to 100–120+ years old in the world and effectively have the longest life expectancy. Over 97 per cent of the population is disability-free. Obesity and diabetes levels are the lowest in the developed world. Okinawans have barely 17 per cent of the heart disease of Americans and are the least likely to ever suffer coronary heart disease, strokes and cancers. They eat a plant-based wholefood diet.

WHAT CAN WE LEARN?

The world's longest-lived, healthiest centenarians, with the lowest levels of disease, and all without medication, eat a fresh, seasonal, plant-based wholefood diet. They eat 1900 calories daily or around 30% less than we do. They move all day every day. They value friendship, community, family and a place for everyone. (See *Eat Less, Live Long* for more on the centenarian cultures.)

MEAT, IRON AND ANAEMIA

It's a myth that vegetarian diets are low in iron. Research shows that vegetarians with a balanced diet are no more likely to suffer from iron deficiency or

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