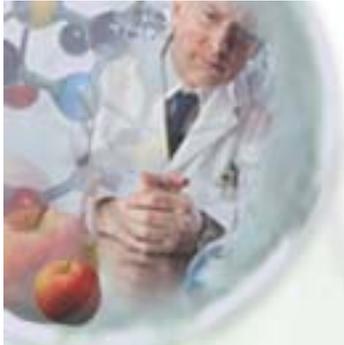


Zone Living:

You Need A Plan



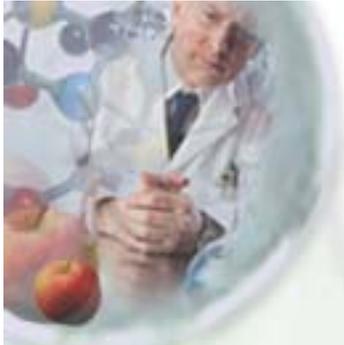
We All Need A Philosophy For Life

- We are all going to die
- Have to decide near the end whether or not our life was meaningful?



Four Basic Questions About Life

- Where did I come from?
- Where am I going?
- Who am I?
- Why am I here?



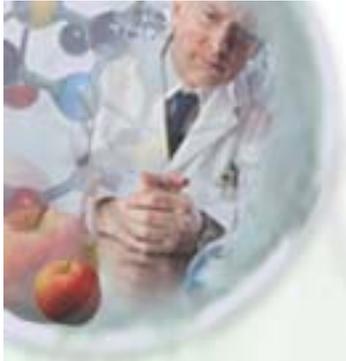
You Also Have To Pose The Right Context

- What do I want out of life?
- What does life want out of me?

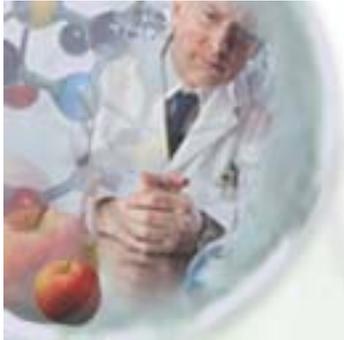


Balancing Resumes

- Marketing resume
 - Skills for external success
 - Desire for high status and victories
 - Me
- Eulogy resume
 - Character
 - Moral goodness
 - Calling to serve the world
 - Us

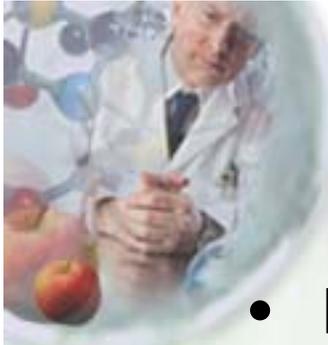


Overcoming Evolutionary Programing



What Is Evolutionary Programming?

- Gaining a greater share of physical resources
- Increase likelihood of survival
- Increasing status within your group
- Increase the likelihood of procreation



Dopamine Drives Evolutionary Programming

- Fame
- Wealth
- Power
- Flattery
- Sex
- Food
- Sugar
- Drugs
- Shopping
- Flickering images (video games, iPad, etc)
- Exercise
- Helping others



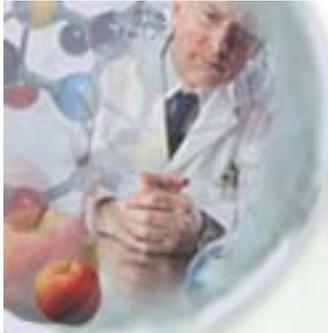
Living a Meaningful Life

- Beginnings of cognitive behavior
 - 2,500 years ago
- Philosophy: Using cognitive thought to overcome evolutionary programming
- Going back to the ancients for practical advice
 - Especially Roman Stoics



Key Points of Roman Stoic Philosophy

- Wisdom
 - The only thing you have total control over is your character and your commitment to excellence. Knowing what is valuable.
- Justice
 - Do the right thing, not the easy thing
- Courage
 - Overcoming irrational fears
- Self-discipline
 - Rational control of desires



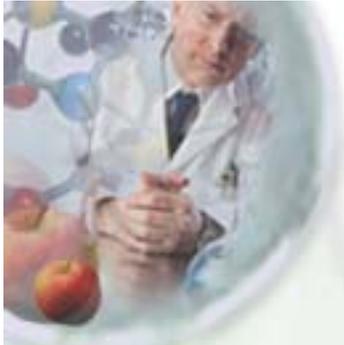
Cognitive Behavioral Therapy (CBT)

- Thinking your way out of irrational behavior
- Only addresses the Courage aspect of Stoic thought
 - Reducing irrational fears
- Says nothing about how to live a meaningful life
 - Honor, duty, excellence, etc



Things You Can Control

- Who I am?
 - Character vs. reputation
 - Understanding needs vs. desires
 - Mastering desires
 - Knowing when enough is enough
- Why I am here?
 - We all want happiness
 - Finding sustainable activities that make you happy without compromising your character



Things You Can't Control

- Health
- Death
- Reputation
- Wealth



Living A Legacy

- Humility
 - Hand in the bucket of water
- Live by example, not words
- Passing the torch



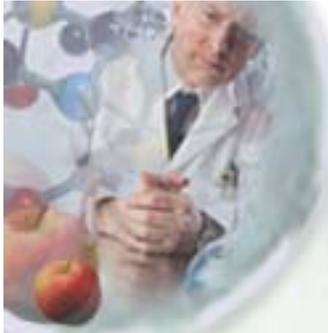
Practical Approaches To Happiness

- Master your desires
 - Dopamine made me do it
- Appreciate what you have
 - Negative visualization
 - Voluntary discomfort
- Doing the best you can
 - Commitment to excellence
- Don't get too attached to anything
- Associate with good people
- Helping others
 - Especially the next generation



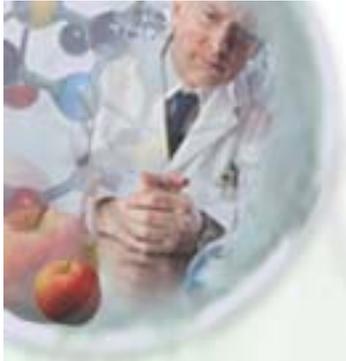
Things That Make You Happy Because They Are Sustainable

- Trying to become a better person
- Peace of mind
- Friendships based on shared visions

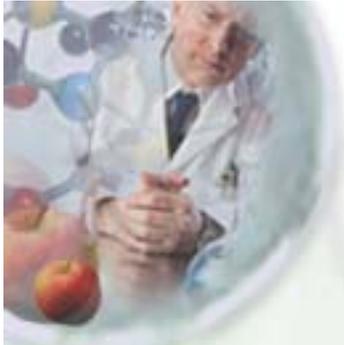


Things That Always Make You Unhappy Because They Are Unsustainable

- Chasing fame
- Chasing wealth
- Chasing power

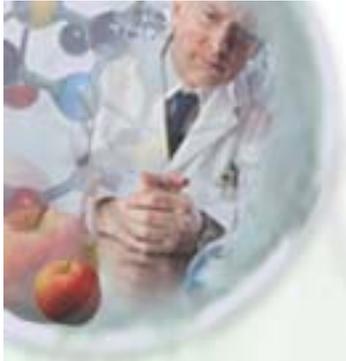


What Does This Mean For Zone Living?



Components of Zone Living

- 80% comes from diet
- 15% comes from exercise
- 5% comes from stress reduction



All Require Discipline



Diet Effects

- Hormonal changes
 - Short-acting
 - Epigenetic changes
- Fetal programming
 - Permanent epigenetic changes
- Transgenerational changes
 - May become permanent



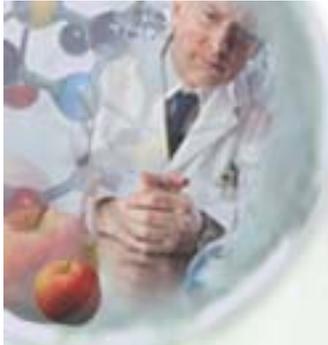
Smart Exercise

- Not sitting
- Work against gravity
- Interval training



Easy Stress Reduction

- Comfortable chair
- Quiet area
- Think of nothing for 20 minutes
- Ideally before sleep



Why Do People Go To Physicians?

- Something hurts
 - Long-term cellular inflammation leading to organ damage
- They are tired
 - Lack of ATP production



Physician as Detective

- Clues
 - Look, touch, and feel
 - Let the patient talk long enough
 - Blood testing
 - Idiopathic



Why Clinical Tests?

- Confirmation of existing disease
- Suspicion of approaching disease
- Tell nothing about state of wellness



Measuring Wellness

- Long glycemic control
 - HbA_{1c} 5%
- Insulin resistance
 - TG/HDL <1
- Cellular inflammation
 - AA/EPA 1.5-3



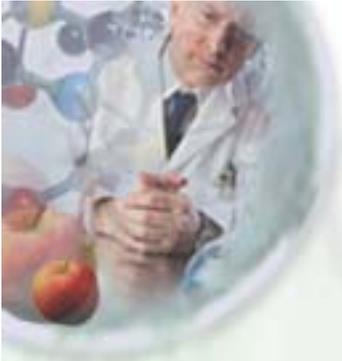
Zone Diet Paradox

- Low-calorie diet
 - Better conversion to ATP
 - Never tired
- No hunger diet
 - Stabilization of blood sugar and better release of satiety hormones
 - Never hungry
- High-energy diet
 - Maintain stable blood sugar and adequate ATP levels



Minimum Levels of Anti-Inflammatory Supplements

- Omega-3 fatty acids
 - 2.5 to 10 grams per day
- Polyphenols
 - 1-2 g of polyphenols per day



Exercise and Stress Reduction



Why Exercise?

- Make gravity your ally
- Increased blood flow to the brain
 - BDNF
- Release of growth hormone
 - HGH
- Prevent muscle loss



Benefits of Exercise

- Become happier
- Less likely to get heart disease and diabetes
- Hang out with nice people
- Don't expect much weight loss
 - Exercise makes you hungry



Basic Exercise

- Don't sit
- Standing
- Walking
- Stretching
- Limited resistance exercise using only your body weight
 - Squats
 - Push-ups



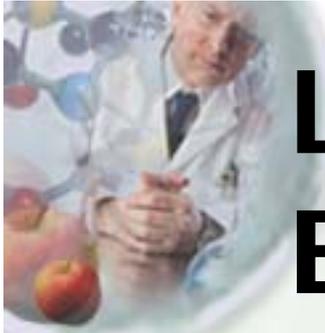
Advanced Exercise

- Interval aerobic training
- Resistance exercise with weights
- Stretching
 - Yoga
 - Pilates
- Functional fitness



Stress Reduction

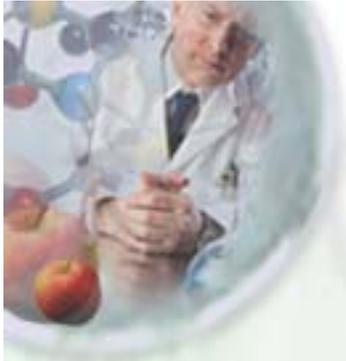
- Building awareness by thinking of nothing
- Requires only a comfortable chair and 20 minutes a day



Living Longer and Better Is Lifelong Effort

- Anti-inflammatory diet
- Moderate exercise
- Stress reduction

These all have epigenetic effects



**Even If You Live A
Charmed Life,
Times Can Get Tough**



Quotes I Try to Live By

- "Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." -- *Buddha*
- "The unexamined life is not worth living." -- *Socrates*
- "Happiness does not consist in pastimes and amusements, but in virtuous activities." - *Aristotle*



Quotes I Try to Live By

- "Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." -- *Buddha*
- "The unexamined life is not worth living." -- *Socrates*
- "Happiness does not consist in pastimes and amusements, but in virtuous activities." - *Aristotle*



Quotes I Try to Live By

- "Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." -- *Buddha*
- "The unexamined life is not worth living." -- *Socrates*
- "Happiness does not consist in pastimes and amusements, but in virtuous activities." - *Aristotle*



Quotes I Try To Live By

- "Every truth passes through three stages before it is recognized. In the first, it is ridiculed. In the second, it is opposed. In the third, it is regarded as self-evident." - *Arthur Schopenhauer*
- "I haven't failed. I've just found 10,000 ways that won't work." - *Thomas Edison*



Quotes I Try To Live By

- "Every truth passes through three stages before it is recognized. In the first, it is ridiculed. In the second, it is opposed. In the third, it is regarded as self-evident." - *Arthur Schopenhauer*
- "I haven't failed. I've just found 10,000 ways that won't work." - *Thomas Edison*



Quotes I Try To Live By

- “I will prepare myself and some day my chance will come.” – *Abraham Lincoln*
- “Success is sweet: the sweeter if long delayed and attained through manifold struggles and defeats.” -*A. Branson Alcott*



Quotes I Try To Live By

- “I will prepare myself and some day my chance will come.” – *Abraham Lincoln*
- “Success is sweet: the sweeter if long delayed and attained through manifold struggles and defeats.” -*A. Branson Alcott*



Quotes I Try To Live By

- "Live as if you were to die tomorrow. Learn as if you were to live forever." – *Mahatma Gandhi*
- "If you can't explain it simply, you don't understand it well enough" -- *Albert Einstein*
- "Life is no brief candle to me. It is a sort of splendid torch which I have got a hold of for the moment, and I want to make it burn as brightly as possible before handing it onto future generations." -- *George Bernard Shaw*



Quotes I Try To Live By

- "Live as if you were to die tomorrow. Learn as if you were to live forever." – *Mahatma Gandhi*
- "If you can't explain it simply, you don't understand it well enough" -- *Albert Einstein*
- "Life is no brief candle to me. It is a sort of splendid torch which I have got a hold of for the moment, and I want to make it burn as brightly as possible before handing it onto future generations." -- *George Bernard Shaw*



Quotes I Try To Live By

- "Live as if you were to die tomorrow. Learn as if you were to live forever." – *Mahatma Gandhi*
- "If you can't explain it simply, you don't understand it well enough" -- *Albert Einstein*
- "Life is no brief candle to me. It is a sort of splendid torch which I have got a hold of for the moment, and I want to make it burn as brightly as possible before handing it onto future generations." -- *George Bernard Shaw*



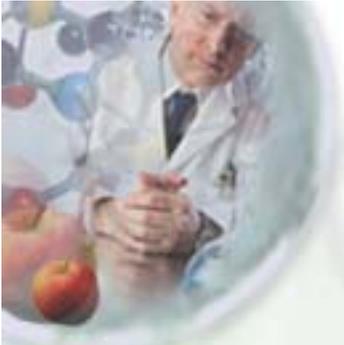
Quotes I Try To Live By

- “The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.” - *Winston Churchill*
- “We make a living by what we get, but we make a life by what we give.” - *Winston Churchill*

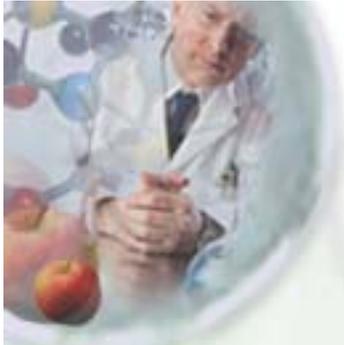


Quotes I Try To Live By

- “The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.” - *Winston Churchill*
- “We make a living by what we get, but we make a life by what we give.” - *Winston Churchill*



**Try to Live Your Life The
Way You Want Your
Epitaph to Read**



My Possible Choices

- He saw the future, and he tried to change it.
- He was a stand-up guy who did the right thing whether it was noticed or not. He was a man who had strong convictions and a tender heart.

