



# Creating a Lifetime of Independence

Living The 100 Year Lifestyle is about living a healthy, passionate, prosperous life everyday of your life for 100 years and beyond. There are many centenarians who are achieving this goal. Unfortunately there are many people in their 80's, 90's and beyond who are suffering during their later years because they were blindsided by their unexpected extended life and are sadly rotting away as human preservatives in nursing homes. Many are becoming a burden to their family because they did not know they would live this long. They did not take care of themselves to insure a lifetime of independence. If you have aging parents and grandparents, it is very important that you acknowledge that you have their genes. Healthy lifestyle choices will insure that you age well, making the most of your longevity so that you can share your later years with the people you love rather than be a drain on their emotions and resources.

## A Healthy Lifestyle Triggers Genetic Changes

A recent study from the Preventive Research Medicine Institute found that men who underwent a 3 month major lifestyle change including diet, fitness, and the other self care and health care aspects of The 100 Year Lifestyle, were able to lose weight, lower their blood pressure and even improve the results of prostate biopsies. After 3 months, these men had changes in the activity of about 500 genes. Additional research from the MacArthur Foundation found that quality of life is dependent on 30% of your genetic makeup as opposed to 70% of your lifestyle choices. Just because your aging parents or grandparents may be suffering with a disease, this does not have to happen to you. Stop blaming your genes and change your lifestyle.

## Follow the Health Care Hierarchy

The Health Care Hierarchy of The 100 Year Lifestyle is Self Care and Health Care first, and Crisis Care last. Here are some self care and health care things that you can incorporate into your lifestyle to improve your quality of life, offset the effect of

aging, and insure to the best of your ability that you live a life of independence.

### Self care:

- Eat more vegetables
- Eat lean proteins and whole grain foods.
- Exercise 4-5 times per week including endurance, strength, and structure training.
- Spend more quality time with family and friends.
- Minimize the stress in your environment.
- Cleanse your home or work space.
- Use green-friendly non-toxic products.
- Be conscious of your posture.
- Open a savings account and live within your means.
- Get 7-8 hours of sleep per night and get a supportive pillow.
- Take a good quality, whole food organic supplement.

### Health Care:

- Get your teeth cleaned.
- See your chiropractor for spinal adjustments.
- Have a preventative health screening that is related to a disease in your family.
- Consult with a personal trainer.
- Schedule a massage.
- Have a foot scan done that determines your need for orthotics.

### Crisis Care:

Obviously this is something that you want to avoid through good self care and health care choices. Ignoring self care and health care will set you up for a lifetime of living from crisis to crisis which is more likely to create a dependent life where your finish line can be a decade or more of suffering and dependency. The Health Care Hierarchy of The 100 Year Lifestyle will not only insure that you maximize the quantity of your years but more importantly it will insure that you and your family enjoy incredible quality years together for a lifetime.

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