



# OUR RECOMMENDATIONS FOR WELLNESS

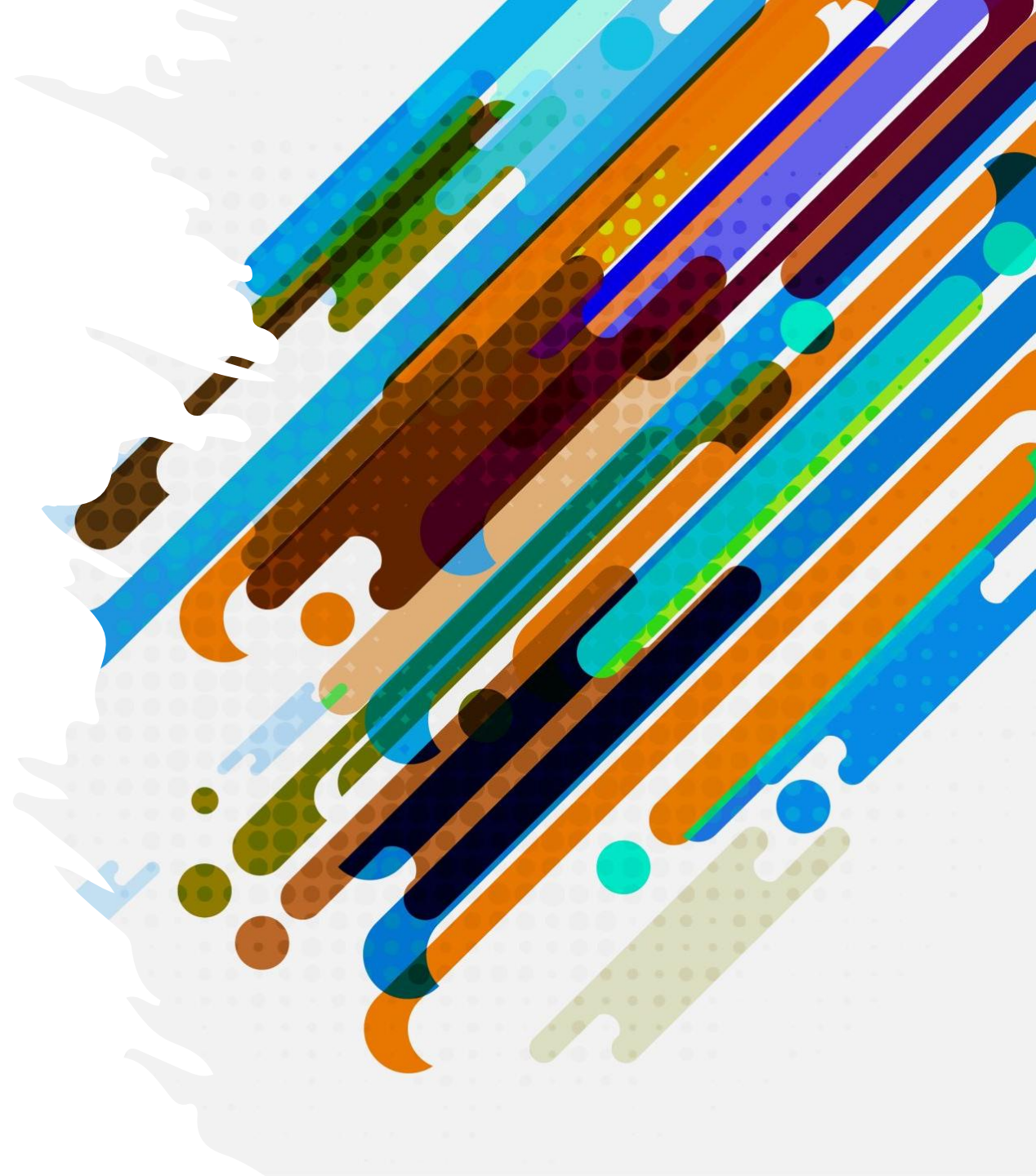
## Norse Foundation

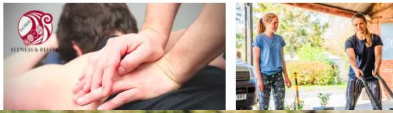
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# OUR RECOMMENDATIONS

A SMALL NUMBER OF THINGS TO DO.

04/02/2025





# 10 THINGS TO IMPROVE YOUR LONGEVITY

Exercise at least five times a week.

- Stretch – yoga – norse foundation stretching programs.
- Pilates
- Weight train
- Cardio vascular exercise
- HIIT

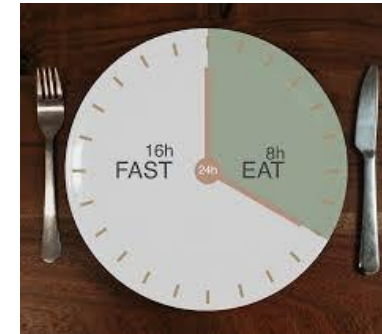
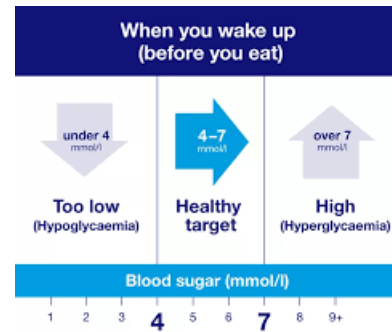


04/01/2015

# RECOMMENDATION TO IMPROVE YOUR LONGEVITY

Create some dietary stress.

- Work towards becoming a 75% vegetarian.
- Eat less meat
- Eat less processed and red meat – if it's a plant eat it, if it made in a plant don't.
- Eat less sugar.
- High fibre.
- Eat colourful vegetables.
- Drink less alcohol
- Keep blood sugars level and under control
- Reduce daily calories by 300 a day.
- Occasionally fast.



# RECOMMENDATION TO IMPROVE YOUR LONGEVITY

Meditate and breath

- Helps to control stress.
- Some evidence it reduces inflammation

Spend time with your elderly friends and family.

- Helps give them a purpose.
- Increases life expectancy.





# RECOMMENDATION TO IMPROVE YOUR LONGEVITY



- Introduce happy hour once a week into your life.
  - Have a party.
  - Live life.
  - Be sociable.
- Reduce uncontrollable stress and introduce controllable stress.
- Get out of thermoneutrality at least three times a week.
  - Sauna
  - Hot tube
  - Cold environment
  - Turn the shower too cold for the last 30 seconds of every shower.





# RECOMMENDATION TO IMPROVE YOUR LONGEVITY



- Supplements
  - Resveratrol
  - NMA
  - Vitamin D
  - Calcium
  - Omega – 3 Fish oil
  - Magnesium
  - Vitamin K1/ K2
- Get a hearing test if you need one.
- If you are retired – make sure you learn new skills.
  - Learn new things – to dance, a language, etc
  - Teach your grandchildren skills – how to milk a cow.
  - Get your grandchildren to teach you how to use the playstation – at least how to use the sky remote!!!!
  - The cross word is not enough.