



**Transcript: #384 Radical Longevity - The 7 New Radical Rules to Extend Your Youth Span  
with Dr. Ann Louise Gittleman**

**Wendy Myers:**

Hey everyone, how are you doing? My name is Wendy Myers. Welcome to *The Myers Detox Podcast*. You can learn more about my work and sign up for my newsletter at [myersdetox.com](http://myersdetox.com). Please go there and subscribe, so you get the latest health information on how to detox and radically improve your life. Today, we have my friend, Dr. Ann Louise Gittleman, on the show. She's such a wealth of information. I love having her on. I love her spirit. She has an amazing new book out called *Radical Longevity*. She's going to talk to us about the seven new radical rules to extend your youth span. I love it. I am going to be 50 years old next year, and I'm always looking for ways to improve my health, too. I want to live longer. I want to live so long that I can continue to help you guys and share all the knowledge and little tidbits on this podcast, and in my work. I love what I do so much.

**Wendy Myers:**

Today on the show, Ann Louise is going to talk to us about peptides. She's going to talk to us about some little known foods, or actually some forbidden foods, that help us to age better. We'll talk about iron, the problem with iron and cast iron pots and pans, and what you should use instead. Why giving blood dramatically improves your lifespan and your brain function.

**Wendy Myers:**

We'll also talk about the role of toxins in aging. We're going to be talking about so many good things. We'll address the problems with copper pipes in homes and the type of copper that you should be getting. Why you should not take supplements with copper or iron in them. We'll talk also about how to increase stem cell production in your body, as well. How to rev up your mitochondria and improve energy production. We'll talk about EMF. I love that Ann Louise Gittleman loves the harmony pendant. She talks about her experience with the harmony pendant, why she likes it, how she got reduced stress and sleeps better with the pendant.

**Wendy Myers:** We'll also talk about the number one brain aging hazard, hiding in your home as well. There are so many other tips in this show. Tune in and check it out. I know you guys listening are really concerned about toxins. You're concerned about your heavy metal load, your toxic load and how to get rid of it so you can live a long, healthy, disease-free life. I created a quiz at [heavymetalsquiz.com](http://heavymetalsquiz.com). When you go there, it takes two minutes to take it. After that you get your results and you get a free video series that tells you how to detox, where to get started and how it takes. All of your questions will be answered at [heavymetalsquiz.com](http://heavymetalsquiz.com).

**Wendy Myers:** Our guest today, Ann Louise Gittleman, is a trendsetting pioneer in the health and healing arena. She holds an MS in nutrition education from Columbia University and a certified nutrition specialist certificate from the American College of Nutrition. She also has a PhD in holistic nutrition. She is the award winning author of more than 37 books, including several *New York Times* best sellers. She has also served as the chief nutritionist of the pediatric clinic at Bellevue Hospital, and is the former Director of Nutrition at the Pritikin Longevity Center in Santa Monica, California. I used to do the Pritikin diet with my dad. She's highly respected as an international leader in diet, nutrition and the environment. You can learn more about Ann and her work at [annlouise.com](http://annlouise.com). Ann Louise, thank you so much for coming on the show.

**Ann Louise Gittleman:** Nice to be here, Wendy. How are you in beautiful Mexico?

**Wendy Myers:** Oh, I am loving it. I'm loving life here. I just love the weather. It's a beautiful jungle behind me. I saw a baby owl yesterday, and was feeding my peacock. I'm just very happy here.

**Ann Louise Gittleman:** Oh, I'm so glad. Well, I'm in wintery Idaho right now, so I envy you tremendously.

**Wendy Myers:** It's beautiful there too. It's gorgeous.

**Ann Louise Gittleman:** Yes, a different kind of beauty.

**Wendy Myers:** Yes, a different kind, a white snow beauty. I love having you come on the show. You're such a wealth of information and such an inspiration to so many people. Many health professionals and medical doctors follow you. You've written 35 books. I mean, you're just a wealth of information. I want to talk about your new book, *Radical Longevity*. Tell us a little bit about how we can live longer.

**Ann Louise Gittleman:** Well, you've got to really embrace aging. I have to stop and smell the roses and remember my age. I'm 72. When you approach your 70s, Wendy, the whole aspect of life and what lies beyond, becomes very different than when you're approaching 40 or 50. I needed to write the book, number one, to tell people that there's a new view of aging. We don't have to age and become decrepit or disabled. As we get older, we can get better.

**Ann Louise Gittleman:** I really believe we have the technology. We've got the energy medicine. We have the devices to live to 120, but live till 120 with vitality, with passion, with purpose and with grace. I think it's really a blessing that many of us are living as long as we are. We shouldn't take that for granted because so many people just don't have the privilege of living longer these days. For those of us that are living on planet earth, God bless us. Let us continue to thrive till 120. I wrote this book for you, for me and for everybody that wants to embrace the new view of aging.

**Wendy Myers:** Yes and I want to live a long, healthy, medication-free and disease-free life. I worked very hard at that, and I'm always looking for new information, tips and things that I can use to meet that goal. What is this paradigm shift, in which your biology is not your biography, that you talk about in your new book?

**Ann Louise Gittleman:** Many of us were not blessed with longevity genes. I don't even suggest that people go get their genealogy done, that they decode their genes, because I think it puts them in a real fear mode. I think it is very antithetical to really embracing aging with passion, with excitement and with grace. I think it's important to just embrace the concept of mother nature being your guide, to live properly, to live simply, to eat wholesome foods and to give blood once a year. The most important thing you can do to live till the ripe old age and die young is to give blood once a year or even two or three times a year, because iron is a real antagonist to the aging process.

**Ann Louise Gittleman:** I find that there are two minerals that can misbehave. One of them is iron and the other is copper. If they're not in the proper balance or the proper form, they can really be aging triggers. Giving blood is exceedingly important. Eating less meat or eating iron blockers, as we're eating more meat, is also important. That's where the wine comes into play, that's where a little dairy comes into play, because they're iron blockers. Also, making sure that once you're past the age of 40 or 45, that unless you have a significant iron deficiency, you check your multivitamin and make sure there's no added iron in that daily mouthful.

**Wendy Myers:** It's such a misnomer, because in the '80s, there was so much marketing of Geritol. If you were fatigued, take more iron and people were loading up on iron every single day. I'm really concerned about that population.

**Ann Louise Gittleman:** That's one of the major paradigm shifts, but that's not meant to say that you shouldn't be taking extra B12. We find that B12 is very helpful for the aging process, particularly if it's methylated B12. A methylated B12 can actually substitute for iron, when people are feeling deficient or when they're feeling tired. It's more or less the symptomatology of feeling that your adrenals are burning out, that your thyroid isn't being supported, your parathyroid is losing its function and that your mitochondria are losing their energy.

**Ann Louise Gittleman:** Getting away from high iron is very important. Wendy, in the book, I tell people to get a yearly ferritin test. Most doctors don't prescribe it, but you want to get a ferritin test, at least starting at the age of about 40. That's when men start evidencing heart attacks. Make sure that that ferritin level is between 50 and 70.

Some of the levels that you'll see in the normal labs go up to 300, that's much too high. You want it to be 50 to 70, and then you give blood until you get to that level. That's what the key is.

**Wendy Myers:** Fantastic. It's so easy to do. Such a simple solution. No detox involved, just give blood.

**Ann Louise Gittleman:** It is because you want to save your brain from iron overload, because it's one of the triggers of Alzheimer's. You have got to lessen your iron level. People that live the longest, the blue zones, have very low iron. That's why we're always being told to eat less meat, because meat is a high source of iron. If you eat an iron blocker with meat, you can get away with higher protein. That's where a little good wine comes into play. Maybe some black tea and a little bit of coffee. Block the iron at any cost, take a blood test, see where your base levels are. Get a ferritin test every year. That's the most important thing you can do. If there's nothing else that you learn from *Radical Longevity*, get radical about your ferritin.

**Wendy Myers:** Yes, and that's why I'm going to live a really, really long time, because I love cheese. You mentioned that dairy blocks iron?

**Ann Louise Gittleman:** Yes, it does. Now, here's the kicker with cheese. There's always a little, should I say, thorn in the rose?

**Wendy Myers:** Try the caveat.

**Ann Louise Gittleman:** This is a little caveat. I also wrote about the problem of advanced glycation end products, which is one of the chapters in *Radical Longevity*. Cheese is a very high source of advanced glycation end products, so be very judicious with your cheese. The cheese that has the lowest advanced glycation end products, which is a sign of aging, happens to be low fat cheddar. I'm hopeful that you enjoy low fat cheddar. To good health till 120 Ms. Wendy Myers.

**Wendy Myers:** I tend to do the parmesan and gouda, more hard cheeses. I just crave it, probably for the vitamin K. I don't do too much, so it's not too bad.

**Ann Louise Gittleman:** A little bit goes a long way. I think that's what the key is there. You're right about vitamin K, which is so important for triggering adult stem cells. I salute you in that regard.

**Wendy Myers:** Let's talk about toxins. Obviously toxins are a huge source of oxidative stress and aging. What can we do about that to promote anti-aging?

**Ann Louise Gittleman:** Let's talk about what you're cooking in. That goes back to the iron. Years ago, we were telling people to use cast iron to cook in, because you actually absorbed a little iron into your food. You want to get rid of any kind of cooking utensil that can leach metals into your food. People pay a lot of attention to what they're

eating, but not what they're cooking in. I think it's important that we get a non-leaching metal. I like the Xtrema line of products that are out there these days. It's kind of a ceramic type of cooking. Are you familiar with Xtrema?

**Wendy Myers:** Yes, absolutely.

**Ann Louise Gittleman:** I like Xtrema. I also like a company that used to be very prevalent, called Royal Prestige. It is a waterless cooking company, where you can cook in a kind of vacuum under 180 degrees, which preserves the life force of foods, because over 180 degrees you lose enzymes. I like waterless cooking. I like the Xtrema. I also like clay, but I liked the clay of the Romertopf, where it's actually lined with a glaze that's made out of glass, because otherwise the clay can leach into the food. We're finding when we test the food, it's high in lead.

**Ann Louise Gittleman:** You've got to really get aluminum out of the kitchen, get copper out of the kitchen and anything that can leach into your foods. The high gauge stainless steel, that's where the water was cooking. The other brand that I like happens to be SaladMaster, which is a waterless cooking system.

**Wendy Myers:** Fantastic. How do you make your body produce far more stem cells than you're producing right now?

**Ann Louise Gittleman:** By eating a lot of vitamin K-rich products. That's where your little bits of cheese come into play.

**Wendy Myers:** That's why I'm a little mouse, a little rat. Always grating cheese.

**Ann Louise Gittleman:** Well, I love cheese, if it only loved me back. I'm telling you something, I love cheese. There's nothing like a little Caesar salad in the middle of summer, in the middle of winter or fall and spring, as well. The highest source of vitamin K is really a goose liver, so getting back to organ meats. Maybe you can take a supplement that's an organ supplement or you can get some goose liver. It's very, very high in vitamin K.

**Ann Louise Gittleman:** Also getting more vitamin C and vitamin D. The other element that I like, and I talk about in *Radical Longevity*, is resveratrol. All of those tend to tamp up the production of your body's adult stem cells. There are also other ways that you can take stem cells into your body, with kind of mitochondrial peptides, which I write about as well. There's a line that I discovered called Medics for Life, which will go into the system in a nanotechnology fashion. That kind of energy medicine way, and allow your body's adult stem cells to replenish themselves.

**Ann Louise Gittleman:** There are lots of little things you can do, but probably the most important besides vitamin K and these mitochondria rich peptides, is also to sleep a little more. That's where I need to thank you so much, Wendy, because you gifted me with a little pendant. It's called the Harmoni Pendant.

**Wendy Myers:** Yes.

**Ann Louise Gittleman:** You sent that to me on the publication and release of *Radical Longevity*, so I'm so grateful. It's allowing me to sleep deeper and take the edge off things. I think it's getting people back into a parasympathetic mode. Whatever you do, whether it's taking a little more melatonin, getting grounded or getting a Harmoni pendant, you've got to do whatever it takes. In this day and age we're under unrelenting stress. You do what you have to do to get your system in alignment and in balance so that your parasympathetic can take hold once again.

**Wendy Myers:** That's exactly why the Harmoni pendant was invented, to help reduce stress. We've had over a thousand reviews of people saying they're sleeping better or they feel less stressed. They feel more calm. I think it's like you said, we're under so many different types of stress that this simple tool isso invaluable to help people get into a less stressed state.

**Ann Louise Gittleman:** Well, it's not just that, but I think it protects against EMF, if I'm not mistaken.

**Wendy Myers:** Yes. We showed in a study that it has about 48% reduction in the stressful effects of EMF.

**Ann Louise Gittleman:** I mean, it's amazing. Your whole bio energy field becomes protected. I saw the difference within two minutes of putting it on. I'm like a canary. I write all my books because I'm exceedingly sensitive, myself.

**Ann Louise Gittleman:** I have three detox pathways out of the four detox pathways blocked. If it works for me, it's going to work for everybody out there. I highly suggest that people look into the Harmoni pendant. I like this of all the EMF blocking tools that I've tried over the years, and I get things in the mail every month to be exact. I wrote a book 10 years ago called *Zap*, so I get even more because of the popularity of EMF now. I found that this actually works. I congratulate you on making me so aware of it and now I wear it 24/7. Can you wear it into the bath and shower?

**Wendy Myers:** Yes, you can. You absolutely can.

**Ann Louise Gittleman:** I'm getting it wet all the time.

**Wendy Myers:** It's fine. If something happens to it, we'll send you another one. I'm glad that you had such a positive benefit from it.

**Ann Louise Gittleman:** Immediately. I'm going to get it for all my staff because we all need to de-stress. I mean, this is going to be constant. I know we're coming out of the pandemic, God willing, but there's constantly more stresses. 5g is going to be rolled out nationwide and who knows what the next assault will be around the corner. Whether it's virus, bacteria, parasites or EMFs, we've got protection.

**Wendy Myers:** Stress is one of the number one agers out there. I think a lot of people don't realize how much stress they're under, because they've just habituated to it and habituated to the EMF or whatever emotional trauma or other types of stressors be it financial, emotional, et cetera.

**Ann Louise Gittleman:** It's so true. That's why in the book, I talk about a lot of these energy medicine devices. If I knew about the Harmoni pendant, I would have written about it by the way, when the book went to press, just so you know. Maybe we could add it to another printing.

**Ann Louise Gittleman:** Having said that, I'm a big believer in flower remedies. Are you familiar with the Bach Flower Remedies?

**Wendy Myers:** Yes.

**Ann Louise Gittleman:** I live on the stress remedy, the rescue remedy. I also live on Star of Bethlehem for any kind of trauma, because writing a book is very, very stressful. I think you know I've actually written 37. It's not the writing of the book that's stressful, it's the promotion. It's the marketing and making sure things get out there on time and making people aware of your book. There's so much competition out there, it's hard to make it stand out from all the noise.

**Wendy Myers:** Yes, absolutely. Your books have such a wealth of information in them and you've written so many books, this is the culmination. All choice information and all this research that you've been doing for so long.

**Ann Louise Gittleman:** Well, it works. Don't forget, I really studied with a master. She was the grand dame of alternative medicine, Dr. Hazel Parcells. She started teaching me, Wendy, when she was 84. I was, I think, about 25. She died at the age of 106 with all of her mind, her intellect and her spirit was totally intact. A lot of the principles of what I learned from her so many years ago, are intertwined in this book. You know, you learn from a master. There are a lot of people that are writing books these days and look at the research, but I studied at the feet of the master. Whatever she taught me is now hidden in this book. It's kind of a buried lesson from Dr. Parcells that nobody has been able to put into a book, until now. *Radical Longevity* is really a testimony to her.

**Wendy Myers:** I love it. Let's talk about some of the issues that are in our home that people may not be aware of. What's the number one brain aging hazard that's in our home and how do we defend ourselves against that?

**Ann Louise Gittleman:** It really is the copper pipes. This is an issue that you and I have spoken about for a while now. It's the copper pipes. I didn't know that there were actually two types of copper. There's the organic copper that we want and that we need because it's so important for the myelin sheath. It's so important for the keratin and the elastin of your skin. With the synthetic copper, it goes right to the brain. Your body has not had the ability to habituate itself to it. That's coming from the



copper pipes that are in almost everybody's home these days. I think two thirds of the American public have copper water pipes. You've got to get a water filter to protect against that. That's number one.

**Ann Louise Gittleman:** Number two, you've got to look at your vitamins and minerals and the way you're going to eliminate iron. Because of the high ferritin that most of us are walking around with, but we don't know it. You've got to get a copper-free multiple. If you're going to have copper in the diet, then use it in food form. That's where the chocolate comes into play. That's where your tea comes into play. That's where your avocados, your nuts and seeds come in. There are plenty of foods out there that are rich in copper. Get some liver, get some organic desiccated liver and take that as a supplement, but you do not want synthetic copper.

**Ann Louise Gittleman:** When I was writing this book, I got involved with a gentleman who was a university professor, I think emeritus, at the University of Michigan. His name is Dr. George Brewer. He says that the biggest connection between the environment and Alzheimer's has to do with copper and it's synthetic inorganic divalent copper. A lot of what he said is in this book. You'll see the levels that you need to check for in your water, but knowing that you can get a reverse osmosis system to block copper is the most important thing you can do. That would be number one. Look at your vitamins and minerals, get rid of anything that has a copper content. It's usually two MCGs of copper. You want a copper-free multiple as well as an iron-free multiple, and half the multiples on the market all have copper.

**Wendy Myers:** Yes, absolutely. I definitely focus on food-based copper like taking desiccated liver, eating beans and copper rich foods.

**Ann Louise Gittleman:** Yes. We're on the same page.

**Wendy Myers:** Fantastic. What common household items might be aging you? Say wi-fi?

**Ann Louise Gittleman:** Well, you've got your cell phone. Number one. You've got your mobile phone, which actually emits more radiation than your cell phone. You've got the baby monitor out there that people are using. You've also got smart meters on the house. You have got to be really careful with all of that. Even the Fitbit that people are wearing can affect their body rhythms. That's where your little pendant comes into play, and maybe some grounding or some earthing at night. I also have some Shungite surrounding my computer.

**Wendy Myers:** Yes, I do too. I love the Shungite.

**Ann Louise Gittleman:** You've got to layer all these things. I'm not sure that there's one particular remedy for all the EMFs, but it's not going to get better, it'll probably get worse. I think you've got to unplug the router at night, if you can do that, so that you're



in a completely wifi-free environment when you're regenerating and rejuvenating during sleep.

**Wendy Myers:** You wrote a whole book on EMF. I mean, yours is the first one out there or one of the very first ones in the health biz. You were way ahead of your time on that.

**Ann Louise Gittleman:** I know and I had a target on my back. It wasn't a popular book in those days. Now people are coming around, but it's so important. You can see what's going on with the kids, the screens, the hyperactivity and even the brain tumors. The ear tumors. I had a parotid gland tumor, which made me so very aware. I do salt and soda baths at night, to kind of destress and get rid of the static electricity. I ground as much as I can. I'm wearing my Harmoni pendant.

**Ann Louise Gittleman:** There's all kinds of things you can do to get back into a parasympathetic mode. I'm naturally very sympathetic, so I over respond and overreact. Anything that I can do to relax, as well as many of your viewers, is very important. That's where some of the baths come into play. That's where a little essential oil, like lavender and maybe a little ylang ylang and yarrow. Yarrow specifically, Wendy, is very protective against EMF.

**Wendy Myers:** Interesting. I do an Epsom salt bath almost every night. I've definitely been doing those lately. They help me so much. It might be with a little essential oil in there as well. It's just amazing. Let's talk about bioenergetics. You mentioned bioenergetics when we were talking earlier in the show or earlier before the show. What type of bioenergetic modalities do you like and how did they help with anti-aging?

**Ann Louise Gittleman:** I like anything where people can learn to de-stress. I love certain types of music, which I feel is very bioenergetic. I think all the classics are very healthy for people to listen to on a daily basis. I think it's important to understand that the rhythm of the music is very uplifting or very degenerating. Listening to what is currently popular now, it may not be uplifting to your solar, to your chakras. I'm also really liking some of those bioenergetic remedies that I talk about in the book.

**Ann Louise Gittleman:** That's where the Medics for Life comes into play. I'm also very fond of redox signaling, a remedy called ASEA that's also out on the market. It's very helpful for cell communication. Whatever you can do on a cellular level. The key is to get to the cells, get to the mitochondria, the little plant powerhouses in the cell is really where the key is. You've got to do these things on a daily basis. Detoxification is not a seasonal event anymore. It's on a daily basis. That's where I take a little dandelion root tea and then I have a special drink in store for my new readers and fans, which is in *Radical Longevity*, which is a cranberry elixir. That is very important because it opens up the detox pathways. Whatever you can do, on a daily basis, including some of the Bach Flower Remedies, I think is very helpful.

**Ann Louise Gittleman:** The other thing that I think is good bio energetically, is the simple fact of being in Mexico and going out into the ocean and grounding yourself on the ocean floor if you can, and walking on the sand. There's nothing like sunshine, sand, being barefoot when you can, to really ground yourself and tamp down all the oxidative stress and get all the healing electrons. We're just missing that aspect. I call it vitamin G, vitamin grounding.

**Wendy Myers:** All I can say is when I came from the United States to Mexico and I started swimming in the ocean, walking and getting sun every day, I feel like a completely different person. It has helped de-stress me so much. It's so invaluable.

**Ann Louise Gittleman:** I am so looking forward to the summer, because it's been a very stressful year for all of us. I mean, whether we're in total lockdown or partial lockdown, we have loved ones that we haven't been able to see. There's a lot of natural energy that you get from just being in the sun or showing your face to the sun and getting sunlight into your eyes. All those things are kind of natural remedies that we're taking for granted, because we're locked down, we're in our basements and we're in our homes. We're not seeing each other. The concept of social action, I think, is bioenergetic as well. It's so important that there is social action and activity between human beings. We're missing that. We're missing really successful touching and hugging. That is so very bio energetically nourishing that it is very tragic to see what's going on. We will hopefully be coming out of that and moving ahead into a very bio energetically sound and radical longevity, a healthy future.

**Wendy Myers:** I believe we are coming out of it. I feel like evil is not going to be winning here. We are coming out of it. The light is winning, and I have a hundred percent expectation that we will be coming out of this in the next year or so.

**Ann Louise Gittleman:** We'll keep affirming that.

**Wendy Myers:** It's not as dismal as some people, some influencers, make it out to be.

**Ann Louise Gittleman:** I totally agree. You've got to have a miracle mindset. We're talking about living older, living better, living with resilience, vigilance and passion. You really have to have a very positive mindset. The concept of affirmations every day, I think is incredibly important. I don't have the discipline to sit down and meditate. Oh that I wish I would, but I'm always affirming that I'm healthy. I am strong. I have a strong immune system. The light is healing the world, the universe, my space and everybody's space. The world is in total harmony and peace.

**Ann Louise Gittleman:** Whatever it is, make the rewards very positive because we know the power of speaking. I believe that you are not what you think, but you are what you speak.

**Wendy Myers:** Absolutely. The biology of belief is so, so powerful. It just permeates every action, thought and word now, because I know that all of our thoughts, actions

and words are so, so powerful. Let's talk about why we should change our point of view on aging as a privilege, and not something to dread? I know some people dread aging or they just have a negative viewpoint of it. I don't at all. The more I age, I'm going to be 50 next year, the more I love getting older. I feel so much better as I get older.

**Wendy Myers:** The research shows, Gail Sheehy, did the decades of the man's life. I forget the name of her other book about women's life. Every decade women get happier and happier and happier. It's not something to dread.

**Ann Louise Gittleman:** No, it's not something to dread. First of all, we shouldn't talk about aging. We should talk about saging as we get more wisdom. As we sage, we get old. I also think it's important to understand that we approach aging as a massive accumulation of a lifetime of toxicities and deficiencies. We need to deal with the root cause. It's like any kind of disease, you get to the root cause.

**Ann Louise Gittleman:** Is it the EMFs in your environment? Is it the stress? Is it the toxic metals? Is it the mold in your home? Is it the fact that you're using too much iron in your cooking? You just put a magnifying glass on all those different areas, clean them up and supplement the deficiencies. Eat properly, get back to nature, sleep well, get a Harmoni pendant to get into the parasympathetic state. I think that's all it takes. I think it's also important to have positive intersocial interaction, to have meaningful work, have daily exercise and also to have restricted time eating. I think the concept of intermittent fasting is one that we should all adopt two to three times a week. All of those things that are really simplistic, they're outlined in *Lavender* and *Radical Longevity*. I think that it's all within our grasp. When I wrote the book, I wrote an acknowledgement to all the people that were my mentors.

**Ann Louise Gittleman:** I thought to myself, what was it that they missed? I think what they missed was a lot of the issues that I'm putting in the book, the concept of the iron overload, the wrong types of copper that could really affect your brain chemistry and your neuron lack of cognition, as you got older. The things that you really need to do are hiding in plain sight and I've made the book easy. You can start on very simplistic levels by changing the way that you cook, the way that you eat, no high and dry cooking. Forget about the air fryer. Get a Water Wise cooking utensil. I think that there's things that you can do that are even more advanced. That's where bioenergetics come into play. Whether it's the redox signaling molecules that you take internally or put on your skin, on your hair, on your face and your eyes. You can do this on any level and start wherever you're comfortable.

**Ann Louise Gittleman:** I think it's within our grasp and we need not face aging and fear that you'd be limited by any means, or that your independence is going to be challenged. I think we all have the ability, if we have the desire, to really put our desire and our intentions in the right place. Grab hold of whatever is out there and just do it. The idea is this, I think, that if you can just accommodate all these things into

a daily routine, you're much better off. Getting rid of the stress is number one and giving blood, most definitely is number two.

**Wendy Myers:** Fantastic. I love your work so much. I've followed your work for years. I highly recommend it. Anyone that's interested in health, longevity and detoxification go follow Ann Louise Gittleman. Grab her new book, *Radical Longevity*. If you guys want to get some free downloads and some freebies, go to [radicallongevitybook.com](http://radicallongevitybook.com). When you order Ann's book, *Radical Longevity*, you get some freebies when you go to that website.

**Wendy Myers:** Ann, thank you so much for coming on the show. Any parting words or thoughts that we didn't cover?

**Ann Louise Gittleman:** No, I think we can all live to 120, so let's do it, my dear.

**Wendy Myers:** Let's do it. Let's do it. Everyone, thanks so much for tuning in. Ann, thanks so much for coming on the show. Thank you guys for tuning in every week. I'm so thankful and so blessed that you choose to spend your time with me. I wake up every morning, I love what I do and I love trying to help you guys live your best life and step into your life purpose. Thanks for tuning in. I'll talk to you guys very, very soon.