Video 9/9: Organ of Longevity

Disease Prevention, Remission & Rejuvenation



FILL OUT & CHECK THE BOXES

- [ ] I have seen video 9/9 Organ of Longevity (Muscles are the organ of Longevity)

- [ ] I understand inflammation or the pre-marker of physical & mental disease, comes from chronic environmental stress or chronic physiological stress from food, causing inflammatory insulin spikes and cellular waste and obstruction in the body.

- [ ] Even more important than our food intake is catching sun (vit D3) and good sleep. Or supplement with combination Vit D3 (6000 IU/ day in dark months) + K2 (there is no flue/ corona season, only a low Vit-D-season, which you can compensate)

- [ ] I understand being in a relaxed state by solving oxidative stress from unsolved fear, stress, pain or trauma, is the most important factor in reversing disease, from spiking inflammatory insulin, from being cramped and obstructed, from switching on inherited disease genes, towards a natural healthy flow.

- [ ] Click here to reclaim your relaxed, fulfilled and healthy emotional state

- [ ] I understand, it doesn't matter whether you are male or female, the healthier our muscle strength & mass, the healthier our brain (cognitive function, learning ability, memory, formation of new healthy brain cells (Brain Derived Neurotrophic factor), the healthier the quality-of-life is going to be and the longer we are going to live.

- [ ] I understand following a high fat, low carb - fat adapted ketogenic way of consuming and being in a fasted state for most of the time creates the following advantages:

-it reduces oxidative free radical stress
-it reduces inflammation and consequential diseases drastically
-it also boosts the metabolic engine, so it feels like running on jet fuel
-it reduces mTOR and random cancer growth and starves possible cancer growth
-it increases our telemores which means we actually are able to live longer
-it spares our muscles
-it is not only anti-aging for our excess skin or wrinkles, but for our entire body.
-working out also boosts antioxidant activation, the protector against oxidative stress
-spiking our mTOR and insulin max 1 time a day as described around our workout, and keeping the baseline low the rest of the time is how we can create a healthy natural longevity flow, where we keep all body functions like our thyroid, insulin, growth and adrenals functioning and where we combine best of both worlds.
-creating short peaks of stress, instead of constant chronic stress to our body will promote the hormetic effect, which means it will make you anti-fragile and will promote longevity.

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- [ ] I understand keeping the baseline most of the time in a relaxed, repaired flowing state in alternation with short and very few peaks of stress, from e.g.. insulin, from mTOR, lectins, from e.g.. fitness, will after enough reparation, refueling and relaxation make you stronger.

- [ ] I understand simply put: when we adapt to the way our ancestors lived, we get out of the way of nature itself and let nature bring us in our intended optimal state.

Scientific studies

Click here	Brain-derived Neurotrophic Factor (BDNF) https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2504526/
Click here	BDNF, depression & Physical Activity https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5591905/
Click here	High-Intensity Exercise Increases BDNF https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5359683/
Click here	Maintaining a healthy brain throughout aging https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6296262/
Click here	Lack of Exercise: major cause of chronic diseases https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4241367/

BECOME YOUR OWN EXPERT

Me personally, the main reason why I have spend so much time to figure this out is because I'm so grateful that I got a second change of living and want to treat my vehicle which we call body, the best way I can. And the second reason is that I want my children and loved ones to enjoy me in the healthiest most joyful super-state, the longest possible.

For whom would you bring yourself in your intended joyful super state?

I want you to become an expert of your own health, instead of becoming dependent of expensive symptom treatment.

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NEXT: MY EXACT STEP-BY-STEP PLAN

- Do you want to know my extra exact step-by-step daily routine of how to ease into your most powerful natural super state, what to eat, how much to eat, when to eat it and when not?
- Do you want to know how to enjoy the best of both worlds, which includes business dinners in a healthy way?
- Do you want to know when to workout and exactly what to eat to optimize your muscle, your brain, your skin, your physiology repair and regeneration.
- Do you want to know my simple longevity workout-routine (max 4 x 1/2 hour/ week) you can do anywhere (WOMEN INCLUDED).
- Do you want to know my additional very powerful life changing longevity hacks ?

GET SUPER NATURAL MASTER CLASS

YOU WILL GET YOUR PASSWORD EN LOG-IN IMMEDIATELY

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Tom Nuyens Presents

ALIVE ACADEMY

GET SUPER NATURAL MASTER CLASS

9 VIDEO COURSE

DISEASE PREVENTION, REMISSION & REJUVENATION

HOW TO LET NATURE ITSELF MAKE THIS POSSIBLE

EXACT STEP-BY-STEP PLAN

SCIENTIFICALLY PROVEN STUDIES INCLUDED

20

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Get Super Natural - Master Class

Disease Prevention, Remission & Rejuvenation



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FILL OUT & CHECK THE BOXES

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☐ **USER NAME** _____

☐ **PASSWORD** _____

☐ I understand my login details are strictly personal (& linked to my IP address)
when I let others use my personal login details, my account will be automatically canceled.

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