

100 Year Lifestyle Presents

BECOMING A 'LEAST VULNERABLE' PERSON

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**DR. ERIC PLASKER, BEST SELLING AUTHOR &
CREATOR OF THE 100 YEAR LIFESTYLE
100YEARLIFESTYLE.COM**



Dr. Eric Plasker, DC

Dr. Eric Plasker has been a practicing chiropractor for 36 years and a leader in the chiropractic and wellness industry for decades. In 1999, he founded The Family Practice through which he has helped thousands of chiropractors improve the health of their communities by delivering high integrity, lifetime chiropractic care to more people.

An international bestselling author of [The 100 Year Lifestyle book series](#), creator of [100YearLifestyle.com](#) and [The 100 Year Lifestyle Network of Chiropractors](#), Dr. Plasker and his team are committed to transforming health and longevity consciousness worldwide while attracting people everywhere to the chiropractic lifestyle.

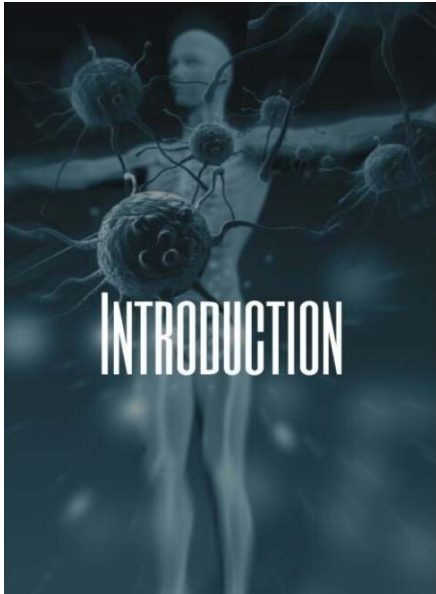
When the pandemic hit, Dr. Plasker published an eBook, *Becoming a “Least Vulnerable” Person*, that empowered people to live healthier lives, not live in fear, and once again, attracted more people to the chiropractic lifestyle.

Dr. Plasker is regularly featured on international television, radio, traditional and social media platforms reaching millions while also speaking to “live” chiropractic and corporate audiences worldwide.

He and his wife, Lisa, have been married for 34 years. They have three children who are all practicing chiropractors.

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Introduction

Welcome to this important eBook on "Becoming A Least Vulnerable Person." We're excited to bring this information to you for so many reasons.

When the pandemic of 2020 first hit, before we realized what was happening and the world started to change, we put together this *Becoming A Least Vulnerable Person* program for our patients, the people in our community, our 100 Year Lifestyle Affiliate Chiropractic

Doctors around the country and their communities. It has really made a difference and we're so excited about the difference it can make for you!

We see so many people who are functioning healthier; they're not afraid, their health is improving, and their stress levels are down. So, we wanted to bring this program to you in a way where you can read it over and use it to get the knowledge and information to make yourself even more empowered than you were before. You can share the knowledge and the information with the people in your life - your family, friends, coworkers - the people who are important to you.

We have a lot to cover, so let's get right into it. What is super exciting is that, yes, [your 100 is still coming](#). At The 100 Year Lifestyle, for decades now, we have been helping people function at their highest level for a lifetime.

We've been getting people to realize their human potential as it relates to longevity. It is not just getting to 100, but really living their best life every day, no matter their age. Whether they're teens or in their 20s, 30s, 50s, 80s, or any age.

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I have some good news for you! You just survived a pandemic if you're reading this eBook. This means that your body is stronger than it was in 2020.

You have probably, on some level, embraced your ability to adapt. Some of you are marveling at your unique ability to survive and even thrive under these circumstances, and you're having more confidence in yourself. Some of you may be nervous and concerned.

In this eBook, I'm going to be very sensitive and very compassionate because many of us know family members, loved ones, and friends who have been affected by the pandemic in very stressful and tragic ways.

Many of us have lost jobs, lost family members, and lost livelihoods. We want you to know that you're still here despite all of that. I am compassionate to all of those circumstances with all the love in my heart - and YOU are still here. And because you are still here, your best could be, should be, yet to come.

We have been reporting on our platforms that there have been many people who have survived this pandemic. In fact, many 100-year-old people have survived, beat the virus, and even thrived through this pandemic.

We did a podcast on surviving the pandemic called [Becoming A Least Vulnerable Person](#). For those of you who aren't familiar with our *100 Year Lifestyle* podcast, you can access it on 100YearLifestyle.com or directly from Apple or any of the other podcast outlets.

If you haven't, you will realize that, yes, you have something in common with centenarians. You, like them, survived this pandemic! As a matter of fact, they've survived multiple epidemics, multiple pandemics, major wars, The Great Depression, 22 recessions including The Great Recession, and the most recent one.

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One of my health freedom colleagues out in the world, Andy Wakefield, has a movie that just came out, *1986: The Act*. I highly recommend it. He just made this post about a woman, 103-years-old, who made it an entire century without vaccines.

We're going to talk a little bit about that as this eBook progresses. We want you to have confidence in yourself. That's one of the purposes of this eBook.

[There's an article at 100YearLifestyle.com that is very relevant. This article is titled, "Trends, Casualties, and Control."](#)

Despite this pandemic the world is changing drastically, and this trend is continuing. People are living longer than ever. 100-year-old people are still, percentage-wise, one of the fastest-growing groups. So, that trend is continuing. And yes, there will be casualties along the way, and we are sad for those people, as we've already mentioned.

Because you're still here, like many of these 100-year-old people, what can you do for yourself, for your family, for your loved ones to make the quality of your life much better? You can take control over the things that you have control over to make yourself a Least Vulnerable Person. And by making yourself a Least Vulnerable Person, you'll put yourself in a position that, no matter what is going on in the outside world, in your inner world you are healthy, you are immune, you are confident, and you are fearless.

One of the things that I've said many times is that just because I'm not afraid doesn't make me reckless. When you know the science, how to keep yourself less vulnerable, how to avoid the things that make you sick, and how to keep yourself healthy on every level - then, you don't have to be afraid.

You can live your life without being reckless. We'll care for the sick people; we'll love them and protect them in whatever ways we can. While at the same time, you, individually, can function at your highest level for a lifetime. We call it living at 100% for 100 years.

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And by the way, this is a great goal! It sure beats 75% for 82 years, or 68% for 87 years, or 57% for 96 years. Living at 100% for 100 years is a great vision and a great goal that will make you and make your loved one's Least Vulnerable People. It's all about making the most of every single day so that you enjoy the journey all along the way, and you get there in style with health and vitality.

I'm going to use many of the resources that we regularly report on 100YearLifestyle.com to deliver this message so that you can reference these resources, share them, and master them to live without fear. You can constantly empower yourself to be stronger in your mind, stronger in your body, and be more purposeful in all your actions. This is a significant point because we do have in our country, in the world, an epidemic of fear. People are afraid of viruses and bacteria. They're anti-bacterizing everything - their hands and their face - which is very, very concerning to me.

I have been a practicing chiropractor for 35 years and helped thousands of people become healthier, naturally. So have my colleagues. Through The 100 Year Lifestyle, I have traveled the world speaking to groups of doctors, fitness leaders, financial people, and had leadership conversations with leaders in all different fields. I have realized that this epidemic of fear is probably the biggest problem that we have because fear makes you more vulnerable and can lead to very bad decisions. It can even affect your immune system.

Another one of the goals of this eBook is to have you live your life without fear. This information may be new to you, but it is not new to us. We have been empowering families in my private practice for 35 years.

We've seen people implement these resources, these conversations, this consciousness to become less vulnerable as they age. And their families have gotten healthier through every phase of life. From newborn babies to high school kids, college kids, new parents, pregnant moms and dads, seniors, working people, centenarians, and everybody in between.

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Who Are The 'Most Vulnerable People?'

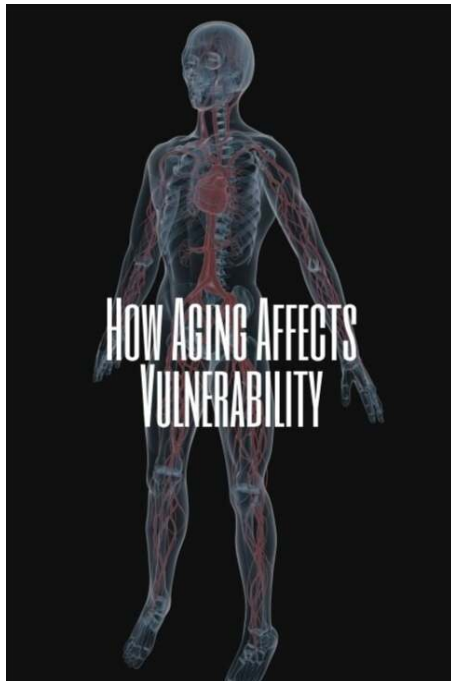
Who are the most vulnerable people? Well, they are people with suppressed immune systems. They are people who are already dealing with other health conditions. Many of them are unhealthy people who are just not taking care of themselves the way that they should. They are making poor lifestyle choices. Many are misinformed. Unfortunately, the amount of misinformation and the marketing of unhealthy products is everywhere, making it

difficult for undereducated people to know what to do or whom to trust.

I'm going to address all of those things in a way that leads you to positive change! Every change is going to lessen your vulnerability. If you make all of these changes and make them your new lifestyle, then that's what the 100 Year Lifestyle is really all about. You learn to love the things that are good for you. And then, as every year goes by, you function at higher and higher levels regardless of your biological age.

There's been much talk about seniors being the most vulnerable people, but we, and many other people, are questioning that. Why are we questioning it? Because we've seen stories of beautiful 100-year-old people who got COVID and survived. These people were 100-years-old, but they were not vulnerable to the point where this virus overcame their body's ability to cope, and they survived it.

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How Aging Affects Vulnerability

One significant thing that we've learned through the principles of the 100 Year Lifestyle in our chiropractic practice, and in the chiropractic practices that we work with around the country and the world, is that we need to stop blaming age for health problems. This is truly ridiculous!

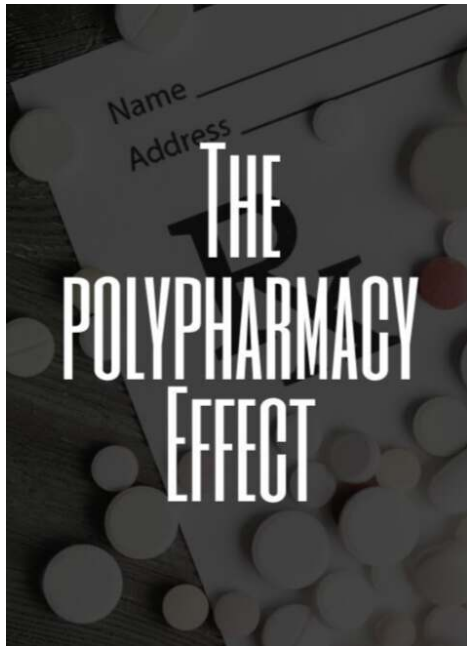
We learned this from [Max, the 100-year-old man who inspired The 100 Year Lifestyle](#). His entire story is on our YouTube channel and website.

We have seen 99-year-old people and 98-year-old people who have made themselves less vulnerable after being very vulnerable. They have done this by implementing many of these ideas, these strategies, these techniques, and the research in our articles.

Age has taken the rap for so many things that aren't its fault. We see people who come into our practices, and they're either hurting, sick, they're feeling old, they're not moving the way that they think they should, or they're suffering. Then they start getting adjusted.

They start getting chiropractic care, changing their life and philosophy. All of a sudden, they feel better, and they feel younger, even though they're older in age. Maybe they are 30 days older in age, 90 days older, a year, five years more senior in age. But they're younger in health and function. This is exciting!

It's important that you stop blaming age and that you do not fear age. Why? Because that's the one thing that you can't control. Everybody gets biologically older, and if you do the right things to take care of yourself, you will function at a much higher level. You'll feel younger regardless of your age.



The Polypharmacy Effect

Let's talk about something that is coming up a lot lately that increases vulnerability. You've seen it in the news. You've seen it in all kinds of special reports. Maybe you've seen it with the people who you love - perhaps aging parents or grandparents. It's a concept called Polypharmacy. So, what is Polypharmacy?

Well, it's when people take more than one medication. This is an important concept because Polypharmacy can be dangerous. It is most common among seniors and

individuals with multiple medical conditions. Because older people metabolize drugs differently, the combined effects of these medications can be especially harmful.

Here's the one thing, though, that is left out in many of these studies and a lot of these reports. It's not just the aging population that is affected. Many parents give their kids all different kinds of medications because they think they're making their lives easier. Short term fixes can lead to life-long problems.

You can make yourself a Least Vulnerable Person by choosing drug-free healthcare options first. It's exciting to see more and more people doing this day in and day out.

Why? Because many of them are seeing chiropractors first. They're going for nutritional consultations first. They're ignoring the drug ads and doing things that are drug-free first. They're making drugs a second, third, or fourth resort instead of a first choice. And this includes over-the-counter drugs.

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Have more faith in the healing power of your body than you do in medication. One suggestion that we make very strongly to people is before you ever take medication, or if you know people on multiple medications, go to [drugs.com](https://www.drugs.com) and enter the name of any prescription medication and you can look at the side effects. Then, you can explore drug interactions.

In these reports, the only challenge is that what is not explained sufficiently is the effects of the medication's long-term usage. One thing we do know is that the longer you take medications, the more likely you are to experience side effects.

If you're 30 or you're 40 or 50, and you start taking lifestyle-oriented prescription drugs or nonprescription drugs, or maybe you're in your teens or 20s and you're taking them regularly, this is something for you to consider. You have to realize that none of these drugs were tested for use over the course of decades - none of them. And so, why is that important for you?

We are seeing more and more people who are developing organ, system, and neurological conditions that may be drug-induced. The more your body physiologically has to adapt to medications, the more vulnerable that you can become. We see it in the elderly, but a lot of it starts because people start taking multiple medications when they're younger.

DR. FEEL GOOD

Benzodiazepines, like Xanax and Valium, are prescribed for anxiety and insomnia. If you believe that you need a pill to help you sleep – you're not alone. [Benzodiazepine drugs are prescribed at about 66 million doctors' appointments a year in the US, according to a report by the US National Center for Health Statistics. This means that for every 100 adults that visit an office-based doctor over the course of a year, 27 visits will result in a prescription for a benzodiazepine.](#)

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The fact is, however, that you don't need a pill to sleep, and the doctor who is willing to give you that highly addictive prescription isn't helping you. Make sure you read this eBook in its entirety, then if you still don't feel you have the tools you need to make the healthy lifestyle choices necessary, contact us or [find a 100 Year Lifestyle provider near you](#).

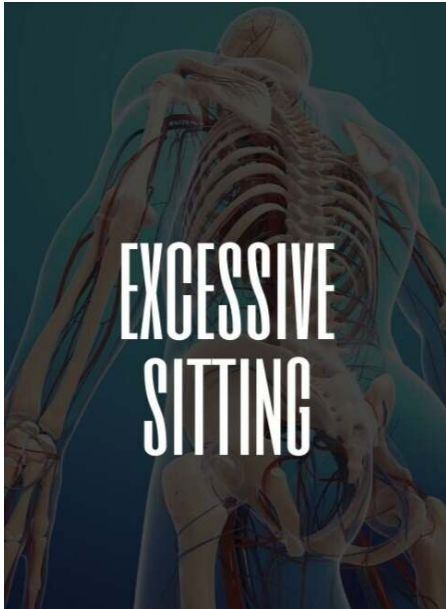
OPIOIDS

[Opioids are responsible for 41,000 deaths a year, plus all kinds of other hospitalizations and tragedies out there](#). Obviously, this is concerning because people who are in pain are taking opioids way too much. They're addicted.

(<https://ihpi.umich.edu/news/opioids-fueled-doubling-suicides-and-overdoses-us>)

If you are addicted to opioids or know somebody addicted to opioids, they are becoming more and more vulnerable as time goes on, with [41,000 deaths reported a year](#).

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Excessive Sitting

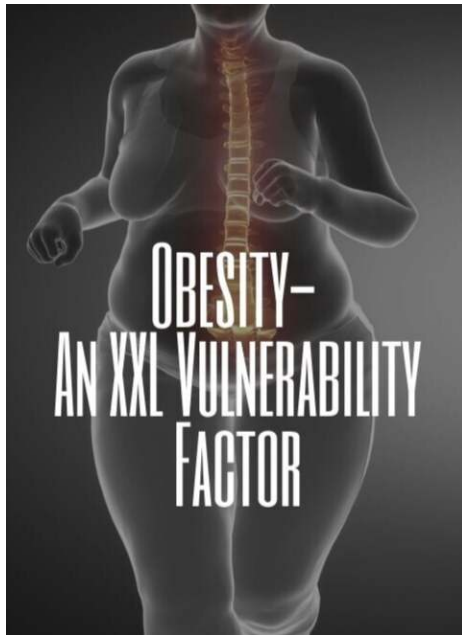
Many people, especially today, which is really concerning, are sitting too much. People are on too many Zoom calls, remote schooling, and things like that. Sitting too much can be very dangerous and make you more vulnerable.

According to individual reports, Americans, on average, sit for about 11 hours each day. And listen to this everybody: [physical inactivity is linked to more than three million preventable deaths every year globally](#). That is a staggering statistic. [It ranks fourth as a leading cause of death from non-communicable diseases](#).

(Sitting Disease: Too Much Sitting at Your Office Desk is The New Smoking-
CorporateWellness.com)

Here's the thing, before sitting kills you it makes you more vulnerable. In our chiropractic practices, we see kids with degeneration in their spine from poor posture and excessive sitting. We see Tech Neck and Smartphone Syndromes causing all types of health problems. Many of these issues can be corrected with chiropractic care and lifestyle changes. It's important to make these corrections early and change your habits to avoid permanent damage. It is said that sitting is the new smoking.

Here is a simple thing that you can do right now if you're sitting a lot. There's the 50/10 rule. That means that you set the alarm on your phone, and every 50 minutes you get up and stretch for at least 10 minutes.



Obesity – An XXL Vulnerability Factor

Obesity and weight. *We know it is well-documented that obesity or being overweight together are the second leading cause of preventable death in the United States behind tobacco use. Preventable deaths. Obesity and being overweight are estimated to cause 300,000 deaths per year.*

(<https://www.wvdhhr.org/bph/oehp/obesity/mortality.htm>)

If you are obese and therefore more vulnerable, don't take care of yourself, allow yourself to sit too much, are stressed out, and all of these things that we're going to talk about - they add up. Why is this a problem, especially during this time of pandemic? You are really putting yourself at risk. This is really concerning to me, and I'm going to be a little in your face here if this applies to you or somebody you love.

Obesity Increases Covid Risk

According to a March 3 *London Telegraph* article, the World Obesity Federation studied 100 countries and found that 2.2 million of the 2.5 million COVID-19 deaths happened in nations where obesity is a major issue.

(https://www.unitedvoice.com/high-covid-19-death-toll-attributed-to-obesity-crisis/?utm_source=uv-awf&utm_placement=newsletter&utm_medium=email&utm_campaign=newsletter&utm_content=UVnewsletter?)

The study found that the death rates in those places were 10 times higher when 50% of the people living there were overweight.

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America has a higher COVID death rate than most countries because we are one of the unhealthiest countries in the world. Obesity is an epidemic here. In 2018, the obesity rate in adults in the US rose to more than 35%. A 2020 study by the Kaiser Foundation found that obese people were at “particularly high risk of death” no matter their age. That’s because they have higher rates of other medical problems, including high blood pressure and diabetes.

I was in a supermarket one day, and there was an obese person in the line in front of me. And I have no judgment towards this person. But what was interesting was she was judgmental of me because I wasn't wearing a mask. I had a cart filled with fruits and vegetables and healthy lean proteins. She had a cart literally filled with probably, I'm going to estimate, a dozen 32-ounce bottles of Coca Cola and another few six-packs of Coca-Cola. Then, she had all kinds of unhealthy chips and other things.

She was wearing a mask, and she was concerned about her vulnerability. She looked at me and judged me because I wasn't wearing a mask when I'm not contagious, and I'm not hurting anybody. I'm not afraid of something that she's going to give to me. And I know that there's nothing that I have that I'm going to give to her. Yet, she was judging me because I didn't wear a mask.

Here's the thing about this that I think is really important. If you are unhealthy and you know you need to make changes, and you're not willing to make them, why should we mandate or cause the rest of the world to make changes in their life that are inconvenient and unhealthy in many ways, like we're learning that masks are?

There was a time when I was 60 pounds heavier than I am now. I didn't mandate that you change your life. I changed mine. This is about you “Becoming A Least Vulnerable Person.” If you're truly concerned about your vulnerability, then you should really take a look at how you manage your weight. We're going to talk about nutrition later because being overweight makes you a significantly more vulnerable person.



Smoking, Vaping, & Vulnerability

If sitting is the new smoking, smoking...is still smoking and is still one of the leading causes of vulnerabilities? When you smoke or vape you are inhaling a number of chemicals and particulates into your lungs. Those chemicals and particulates inflame the lungs, lowering the lungs' immune response to infection.

Vaping and smoking make you most vulnerable to infection, including COVID. And by the way, this includes secondhand smoke.

So, when you smoke or vape, everyone around you is also smoking or vaping, thanks to you.

Nicotine, in any form, is one of the most addictive substances on the planet. [Nicotine raises blood pressure and increasing your adrenaline, which makes the possibility of a heart attack much more likely.](#)

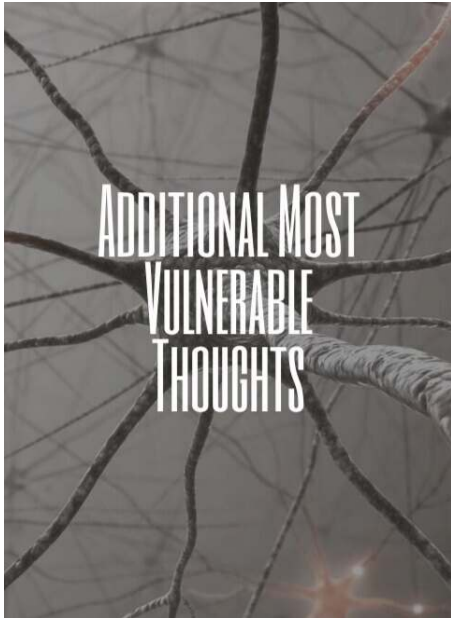
You can beat it with the right mindset and a commitment towards yourself and your human potential. Many people have. And when you do you will be less vulnerable, much healthier, feel better, and super proud of your accomplishment, which will give you the confidence in every other area of your life.

[What was once considered a cool, totally safe social activity, we now know is directly linked to cancer, lung disease, heart disease, stroke, and the list goes on. The fact is smoking can cause cancer almost anywhere in your body, it harms nearly every organ in your body, and affects your overall health.](#)

There was never a better time to quit smoking than now.

Need help quitting? Check out our podcasts, [Getting Off the Roller Coaster](#), [Mastering Personal Change and Habit Patterns that Optimize Your Energy](#).

[Click HERE and Listen to This Podcast Now](#)



Additional Most Vulnerable Thoughts

If you are one of the Most Vulnerable People, it is common sense that you govern yourself accordingly to protect yourself. It's also important to remember that your vulnerability does not have to be a life sentence. Making the changes, we discuss in the next phase of this eBook will help make you less vulnerable and more confident, regardless of your age. And we encourage you to take it on.

When it comes to COVID-19 or any other infection for that matter, comorbidities are the real problem. According to Definitive Healthcare, "of the 1.3 million claims, COVID-19 was named as the primary diagnosis in 316,000 – just under 24 percent. This suggests that COVID-19 was comorbidity in about 74 percent of the cases. It likely exacerbated patients' pre-existing conditions." Then you realize that all of these things that we're talking about here are actually more deadly than COVID.

<https://api.umich.edu/news/opioids-fueled-doubling-suicides-and-overdoses-us>

When you have the awareness that most of the pre-existing conditions are lifestyle-based and under your control, you will not live in fear, you will not wear a mask. You will not look to lock down the world, you will take personal responsibility and change your life.

Take a stand for yourself and your loved ones to Become Least Vulnerable People. Have these important conversations with people and don't let cancel culture cancel your voice.

In 2020, The US Department of Homeland Security just named chiropractors essential healthcare providers. The message and care that we provide helps people function better, making them less vulnerable, and it keeps people from becoming dependent on medication. So, it's exciting to be able to serve in this way.



Germ Theory VS Terrain Theory

If you've studied the immune system, you know that a big question that comes up about vulnerability is germs. What you're hearing in mainstream media is very minimal information about immune system health or what you can do to make yourself less vulnerable.

The mainstream media has been terrible at covering the pandemic because they are all about scaring you into staying inside, staying away from people, and being afraid of germs. This is very irresponsible!

When you think about germs...we are misguided on germs. Other than the scientists who work for the government, all of the scientists worldwide specializing in microbiology, biology, and immunology talk about the importance of bacteria and viruses and how necessary they are. When you look at the ratio, this is a staggering number. There are 100 trillion microbes inside of you. 100 trillion microbes. That's viruses, bacteria inside of your body. You have more bacteria and viruses inside your body than you do cells.

So, really, what we've learned and what we know from an immune system perspective is that to be less vulnerable, your body has to be healthy and live in harmony with germs.

If you focus on killing germs, you are actually making yourself a more vulnerable person. There have been many reports where people are rubbing their hands with antibacterial soap regularly. Their skin is wearing down, and they're getting skin lesions and skin infections. Why is that happening? It's because they are destroying the flora, the average balance between the bacteria, the viruses in the body's cells.

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Where else have we seen this happen? We've seen it happen with people in my generation growing up. We were given antibiotics for every little sniffle and cold. Many parents didn't know any better, giving their kids antibiotics at every sign of a sniffle.

Well, why is this a problem? Because you end up destroying the flora's balance. Suddenly, about 15 years ago, we had this probiotic development. Probiotics were to give your body the good bacteria that were destroyed by the antibiotics. When you throw the bacteria out of balance within your body, you make yourself a more vulnerable person.

Overuse of antibiotics and fearing germs is going to make you a weaker person. We need to learn to live in harmony with those bacteria and viruses.

There's a great article on *100YearLifestyle.com* titled "[Superbugs and The War on Germs](#)." If you want more information on antibiotics' overuse and fearing germs, it's a great read. The principle and the theories behind this, which I think are really important; way back when, years ago, the germ theory and the host theory came out at similar times.

From a scientific journal perspective or a political perspective, these two theories got in a little bit of a battle. This is early on in the early 1900s, late 1800s, and the germ theory won out over the host theory at the time. We realize that's why we had this development of antibiotics and this prescription drug explosion that has happened over the last century. But it has not made us a healthier country as far as the United States goes.

We are actually one of the industrialized nations' unhealthiest, and we take more drugs than any other industrialized nation. We have 5% of the world's population, and we take 50% of the world's drugs. Prescription drugs have not made us healthier.

What is kind of exciting is that the host theory has rebranded itself as the terrain theory, and it is exploding on the scene. Why? Because we know that the host, the terrain, is much more important than the actual germ, We need to live in harmony with germs.

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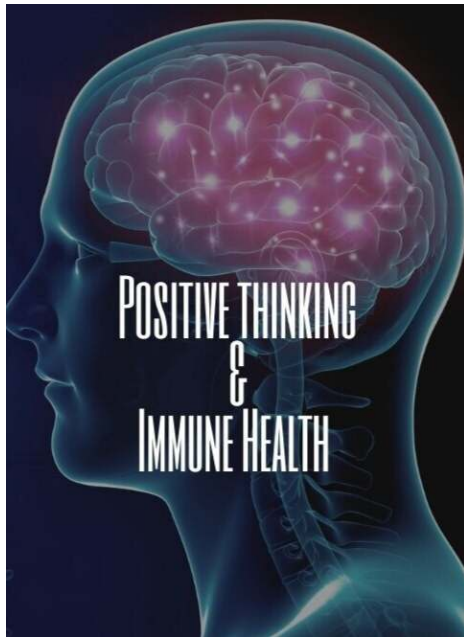
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There's another article on *100YearLifestyle.com*; it's a parody. I call it breaking fake news. It's called "[Maggots Kill Elephants](#)." Maggots don't, really, but it would be great if you could read the article because it really speaks to what's going on here in a way that will make sense to you. This is great follow-up information for those of you that might be interested in this topic to get more knowledge.

When you understand the host, you understand the principle of keeping the host healthy and keeping the immune system strong. This is why so many seniors are becoming centenarians as time goes on. It's important to understand the technology within the body and the body's innate intelligence. We have the ability to adapt. Suppose you keep your body healthy. If you keep yourself a Least Vulnerable Person, then your body has a greater chance of adapting.

We see this with our practice members and our patients in our chiropractic office. [We talk about it with our 100 Year Lifestyle doctors around the country and the world](#). And we talk about how to get the body working better.

[Click HERE and Listen to This Podcast Now](#)



Positive Thinking & Immune Health

Let's say you have a goal 90 days from now that you want to become a Least Vulnerable Person. You could make little changes, going over this list every single day. In 90 days, you will be so confident that you are less vulnerable that you'll be literally fearless - not reckless. It is not reckless but fearless because of how you have empowered yourself and take care of yourself.

Let's talk about the power of positive thinking. You know some people will say, "Come on. Oh, that's just hogwash." No, it is not. It is well documented. There's so much science on this. The power of positive thinking, indeed, works. It helps build your immune system, and it makes you a Least Vulnerable Person.

People with a family history of heart disease, who also had a positive outlook, were one-third less likely to have a heart attack or other cardiovascular events within five to 25 years than those with a more pessimistic view. That is a staggering statistic. This finding even held in positive people with a family history with the most risk factors for coronary artery disease. The general population was 13% less likely than negative counterparts to have a heart attack or other coronary events because of a positive attitude.

(<https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-power-of-positive-thinking>)

This is so exciting because, literally, you can change your thinking overnight. People love The 100 Year Lifestyle and embracing their extended life opportunity changes them from a negative outlook or a worrying outlook about aging to a very positive outlook.

BECOMING A 'LEAST VULNERABLE' PERSON

There's another great article on 100YearLifestyle.com. It's called "[Changing The Movie of You](#)." If you read that article, it goes over how you can change your outlook, literally overnight, by watching yourself like you're watching a movie, doing a midstream catch, and shifting yourself from negative thoughts to positive thoughts if you have the desire to do it.

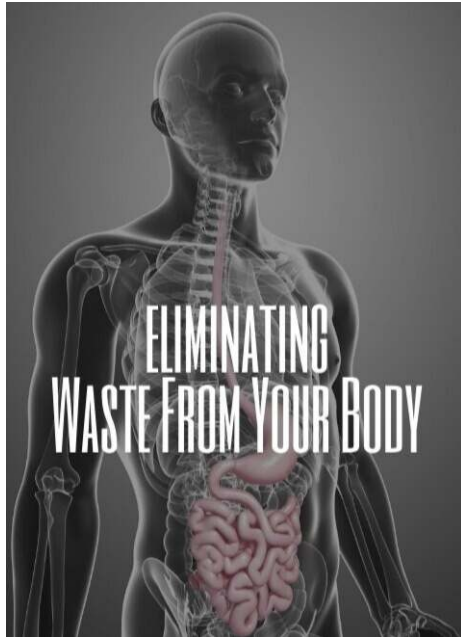
We talk about the healthcare hierarchy a lot in The 100 Year Lifestyle. There is self-care, healthcare, and crisis care. The self-care piece of it is what you have to do for yourself that nobody can do for you. If you watch yourself like you're watching a movie and change on the fly, you'll be amazed at how much better you feel, how much more optimistic you become, and how much healthier your immune system is.

We also know that happiness boosts the immune system. It's been published in Scientific American and many books and many different places. We know that happiness boosts the immune system. We don't know all the scientific details why, but we do know that it is true, just like gravity existed long before the apple fell on Isaac Newton's head. We know that happiness boosts the immune system.

There's mounting evidence that suggests these effects may have to do with the mind's power over the immune system. *For example, one recent study polled healthy first-year law students at the beginning of the school year to find out how optimistic they felt about the upcoming year. By the middle of the first semester, the students who had been confident they would do well had more and better functioning immune cells than the worried students.*

(<https://pubmed.ncbi.nlm.nih.gov/9654763/#:~:text=Optimism%20was%20associated%20with%20better,higher%20natural%20killer%20cell%20cytotoxicity.&text=Individual%20differences%20in%20expectancies%2C%20appraisal,and%20immune%20responses%20to%20stress>)

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Eliminating Waste From Your Body

This is really a big deal, especially now. We're seeing kids coming into our practice with headaches, dizziness, and all kinds of problems because they are not eliminating waste from their bodies properly.

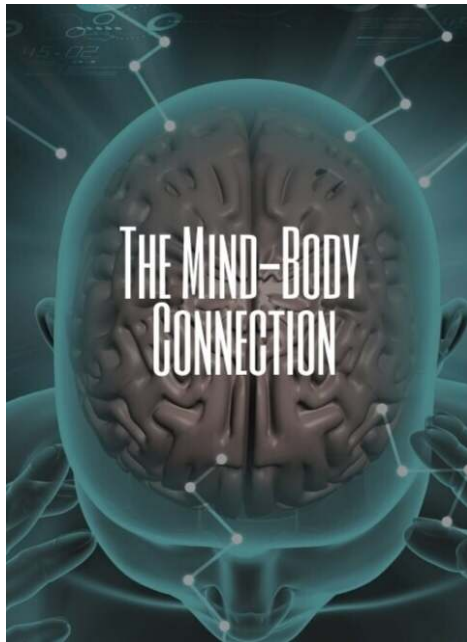
There are only four ways that your body eliminates waste. There's sweat, urine, feces, and respiration. You wouldn't lick your own sweat. You wouldn't drink your own pee. You wouldn't eat your own poop, and you

shouldn't inspire your own expiration of carbon dioxide.

If you do not eliminate waste from your body, your body becomes toxic. When your body becomes toxic, your immune system is strained. Your immune system has to work extra hard to fight off a build-up of toxins inside your body. For example, we all know what it's like to be constipated. If you're constipated and get that back-up inside your body, it can make you sick. Not just because you're uncomfortable in your gut, but because you become more toxic.

We have teachers reporting headaches, dizziness, nausea, lightheadedness, hypoxia, and all kinds of things from students in school wearing masks all day long. Ensure that if you are afraid and feel the need to wear a mask, you should really limit the amount of time you spend in a mask.

If you make yourself a Least Vulnerable Person, you'll probably want to take your mask off completely and live without it because you trust your body's immune system. So, eliminating waste from your body through the expiration of your carbon dioxide is really, really important.



The Mind Body Connection

The state of your mind is connected to the immune system and nerve supply. We know that your immune system can't function without nerve supply. Nerve interference can cause immune system stress.

There were experiments early on when this new field of science was created called psychoneuroimmunology. They found, for the first time, how the nerve system cells were communicating directly with the immune system cells. When they cut the nerve supply going to the immune system, they found that the immune system tended not to be nearly as effective. The body broke down. The immune system functioned less effectively, and more sicknesses and illnesses resulted on a cellular level.

When we talk about the nervous system, we're talking about the brain, the spinal cord, and the nerves that go to every cell of the body. We've seen this happen in all different types of studies. This was published in *Science Daily*. We found that the interconnection between the nervous system and the immune system is real; that there is a neuroendocrine reflex that triggers infections.

Researchers have shown an increased incidence of infections seen in spinal cord injury patients where the nervous system was directly injured. It was directly linked to disruption of the normal central nervous system function.

(<https://www.sciencedaily.com/releases/2017/09/170919102530.htm>)

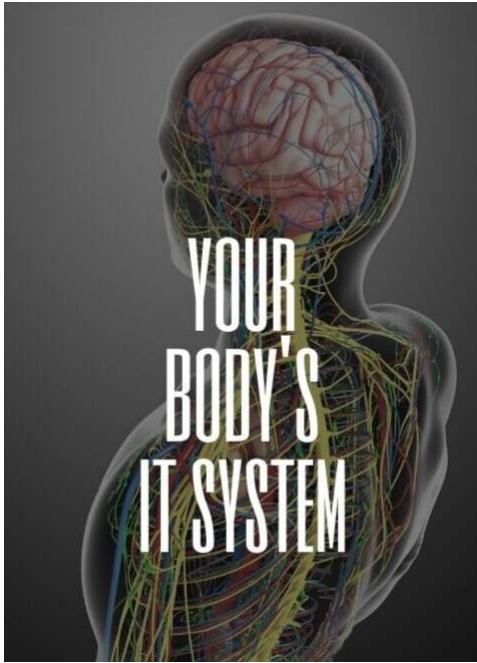
We see that very often with subluxation, a slight misalignment of the vertebrae, which is not a spinal cord injury. However, even with other lesser types of damages there is still an effect on the immune system function.

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There is a direct connection here that is really important for us to understand. We know that in addition to a decrease in immune function, stress will also affect and cause unhealthy aging. It can lead to premature aging. According to a National Academy of Sciences study, stress shortens telomeres, the caps on your genes. It increases oxidative stress, which can lead to premature aging of your cells.

If enough of your cells age, you become a more vulnerable person. So, if you have postural imbalances and look in the mirror and see head tilts, or you see your shoulders out of balance, or you go to have clothes hemmed, and you have one arm shorter than the other or appearing shorter than the other. Or you look at yourself in photos, and you see yourself bent over; you can guarantee that you have interference in your nervous system. Your body is breaking down because of these imbalances, and it's affecting your immune system, causing you premature aging.



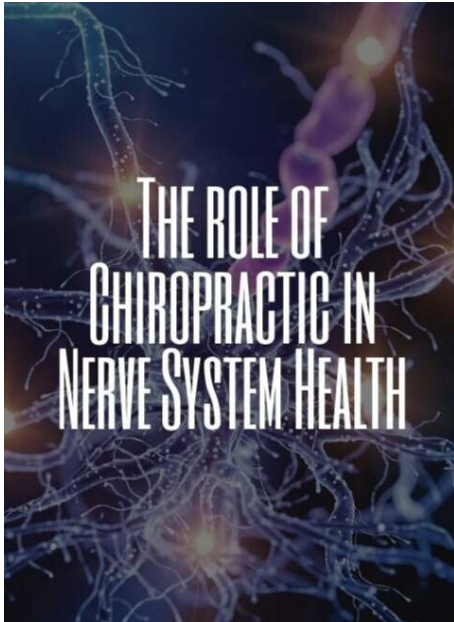
Your Body's IT System

If you want to understand how the nervous system works, it's pretty simple. It communicates with the outside world while, at the same time, interacting with your body's inner world. It keeps everything, the interactions of your inner world and your outer world, all working in harmony as long as the messages from the nervous system get through.

I compare it to an IT system. Just like you have the internet, we have an IT system going inside of our bodies big time. When you look at the body's IT system, your nervous system is your body's natural IT system. It's your natural internet system, your natural cell phone system. And without it, without your IT system working at all, life is not possible. It should be speaking from your brain to your body, up and down, up and down. If there's any interference to that pathway, your body becomes more vulnerable. If you remove that interference, your body becomes less vulnerable.

When we're adjusting our patients, people from the crisis care mode make this critical transition from crisis care to lifestyle care. Then their body's IT system and health become the natural state because their body's IT system is functioning at a high level all the time. And if you optimize it, then you can express your full potential for a lifetime. We see this in a lot of the high-level athletes that we work with. We've taken care of professional, Olympic, college, high school athletes, and national champions over the last 35 years. We see this universally for athletes who think this way about their body's natural IT system and nervous system. We call it essential innervation. It is essential for life.

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The Role of Chiropractic in Nerve System Health

The challenge that we have in our country and our society today is we have an [epidemic of nerve disorders](#). These nerve disorders range from Autism in children to Alzheimer's and Parkinson's in seniors. According to Dr. Zieve, a medical doctor, in an article that he wrote, "[Neurological Disorders are the Growing Epidemic and Debilitating Epidemic of Our Time.](#)"

We certainly see this to be true in our chiropractic practice, and we see so many people bringing family members, friends, and coworkers in for care. They see a little bit of a shake, or a little bit of a tremor or their memory is becoming not as good because of all the vulnerability factors that we have talked about, which can be affecting their nervous system and the function of their nervous system.

They come in and we start to remove some of these interferences, subluxations, and they become less vulnerable. For many people, their immune systems begin to function better. Not because we're working directly on their immune system but by eliminating the effects of these nervous system challenges, including subluxations to the spine, the entire body often functions much better holistically.

Dr. Zieve also states, which I completely agree with, that having a healthy brain and nervous system are vital to being able to think clearly, and without which our active will lacks intelligence, guidance and is weakened. Why is that important?

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We see it all the time. One of our practice members came in and started getting adjusted. All of a sudden, she said, "You know, my workouts are better and I started making healthier food choices." I asked her, "Why?" And she said, "Because I'm just feeling so much better. I feel like I want to." This is a person's active will in action.

Here are a couple of quick research points related to the chiropractic care that I and many 100 Year Lifestyle network doctors around the country provide, and why it matters.

It has been shown that chiropractic care influences oxidative stress and DNA repair.

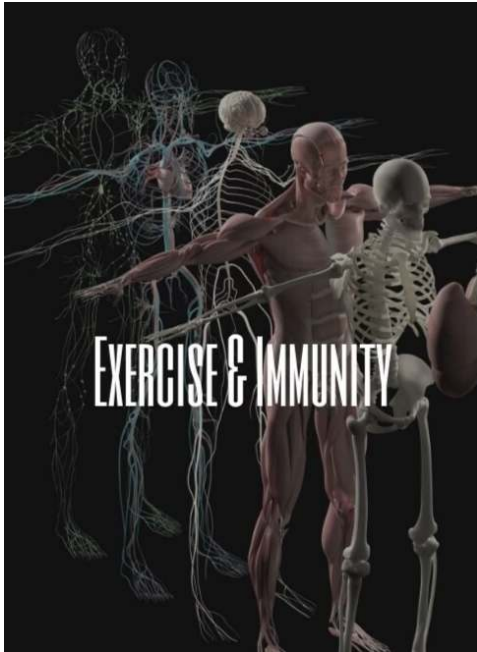
(<https://www.newswise.com/articles/chiropractic-influence-on-oxidative-stress-and-dna-repair>)

This is really important for people who want to be healthier and function better. Oxidative stress metabolically generating free radicals is now broadly accepted.

A theory of how we age and develop the disease and oxidative stress results in DNA damage. *Through some research and the Journal of Vertical Subluxation, we know that chiropractic care can influence the basic physiological processes affecting oxidative stress and DNA repair.*

There are so many reasons to follow along with this. We know that it is essential through every phase of life that you need an adequate nerve supply.

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Exercise & Immunity

Acute exercise is an immune system adjustment. It improves the defense activity and metabolic health. Data support is clear regarding the inverse relationship between moderate exercise and illness risks. The more you exercise, the risk of illness tends to go down. Exercise training has an anti-inflammatory influence. Illness risks are increased in athletes during periods of intensified training, which kind of goes the opposite way because if you over train, your body tends to break down.

For those of you that are doing fitness, if you ever find that you have repetitive injuries or you reach a certain level and you plateau, or you reach a certain level, and your body breaks down, so you have to stop; it may be that you're focusing on the nutrition, the endurance, the strength, and the structure. But you forget the neurology. The function of your nervous system. The acronym that we have for fitNESS is Neurology, Nutrition, Endurance, Strength, and Structure, and Neurology comes first.

I was talking to one of our practice members today. She is the head swimming coach for a prestigious high school here in the area. She's been an advocate for what we do in the 100 Year Lifestyle and the chiropractic care we provide, probably for a decade now. Her name is Sharon. She is an amazing person and a great coach. We talked about how important it is for athletes and people who exercise to understand that neurology comes first.

Why does it come first? It's really kind of simple. As we know, muscles are attached to bones, and nerves control them. If it weren't for the nerves and the bones, the muscles would hang out. Now, certainly, they serve a vital function. But if you cut the nerve going to the muscle, the muscle cannot function.

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We talked about people that have spinal cord injuries earlier. Well, just like it affects their immune system to have a severe neurological insult, it also means that those people cannot use their muscles. If you ever watched somebody that had that type of injury try to rehabilitate themselves, they can't get a full range of motion in an arm, for example. They literally will strain to try to get an eighth of an inch of movement or just any signs of muscle contraction. And that's because neurology comes first.

So, anybody who exercises should make sure their nervous system is functioning properly. They should make sure the structure is balanced, and their neurology is working right. [That's something that our Affiliate offices, chiropractic offices, 100 Year Lifestyle network of doctors can support you with.](#)

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Sick, Fit People

Regularly, we have seen people who are not taking care of their neurology or their structure are sick, fit people. They have a six-pack in their stomach, but they have a gym bag filled with medication. If you're doing this or know people who are doing this, it is not healthy. You have muscles, but you are not healthy. You are making yourself more vulnerable.

We have people we see all the time who come in for the care we're providing, and they have six-packs. They are muscular, they're beefy, and they think everything is a muscle. But they have so much pain and so much illness. They're constantly getting colds, getting sick and constantly getting injured. They're getting diseases, a lot of them even because their bodies are out of balance. They're neurologically challenged.

If you know sick, fit people, then it's an important reason for them to come in and get a check-up and make themselves a Least Vulnerable Person.

A Picture That Is Worth 1,000 Words

We share this with many of our practice members and we'll share it with you. Many of our affiliates have this hanging in their office. If you look here, this is a [How Are You Aging poster](#).



Suppose you look at the third image on the right. This is a fairly good neck curve. This person has Lifestyle Care. Looking at their neck from the side, there's adequate spacing in between the bones. And, all of these people, by the way, are three different people. They are the same age. They're all in their mid-50s.

Now, why is that relevant? Because the quality of life and longevity has nothing to do with age, but vulnerability. So, why is this important as it relates to this image?

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The person on the right has had Lifestyle chiropractic care most of their life. If you showed this to any X-ray specialist in the world and said, "How old do you think that this person is?" They might say 30. But really this person is in their mid-50s. But then you look at this second person here, this one in the middle, who has only had crisis care. They only get adjusted when they hurt.

When they have a problem, they will come in. They'll get an adjustment to remove some nerve pressure, make a little bit of a temporary correction, and they feel better. Or they'll take some medication, and they'll feel better.

The problem is that because they are only doing the crisis care, they end up deteriorating more comfortably because they never take care of their nervous system, their spine, or get an alignment as a priority. So, watch, these people are the same age. Why is that important for you to understand from a vulnerability perspective?

What if you showed this X-ray of the second person in the middle and covered up the top where the white arrow is, and you just showed the red arrow area and asked, "How old is this person?" The X-ray specialist, the radiologist, might say, "Well, that person is probably in their 60s, 70s maybe." Well no. "What about this person where the white arrow is pointing?" "Well, that person's in their 30s." No, no, no. This is the same person; it's the same person. This middle person is much more vulnerable.

They're more vulnerable to injury and to getting sick. They're more vulnerable to stress. They're more vulnerable to anything related to the nerve supply and the structures that this area feeds.

The person on the left has had no chiropractic care, just medication to cover up symptoms while they deteriorated along the way. If you notice the upper bones; they are still good. And this person has deteriorated more comfortably. They've become a More Vulnerable Person, while this person on the right is a Least Vulnerable Person, although they're the same age. Vulnerability has nothing to do with age.



Additional Least Vulnerable Factors

When you're doing the things that make you less vulnerable, and make them your lifestyle, you become less vulnerable. And you become much more healthy. But, when you stop, you become more vulnerable again. So, for example, *we know that when it comes to exercise, research published in the Journal of Frontier and Aging in Neuroscience revealed that endurance runners who skipped workouts for 10 days had reductions in blood flow to the brain.*

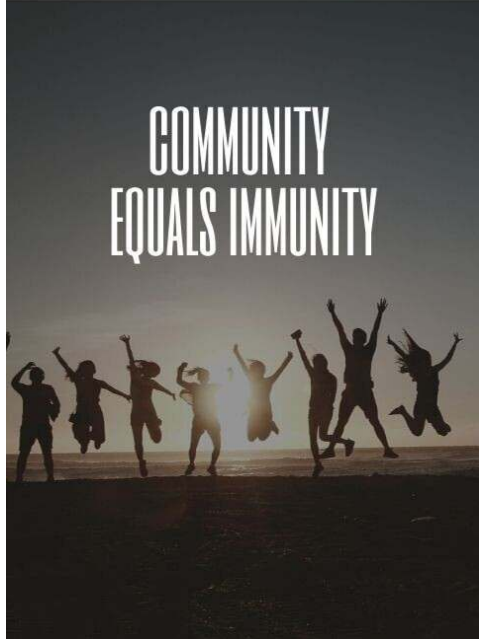
When you stop anything good for you, your body breaks down. We've seen it with chiropractic care, where the people who come in have unhealthy spines and have injuries. They get a few adjustments. They feel better, but they don't do anything for stability. They don't transition to lifestyle care, so they're on a roller coaster.

If you want to stay less vulnerable, learn to love the right things for you, and make those things your new ideal 100 Year Lifestyle. You'll realize that the things you thought were treats were actually tricks in disguise because they were making you more vulnerable, and then you'll stop missing them.

"We quickly learned that this was a respiratory virus that spread from someone who was sick with symptoms to someone who was susceptible. We learned early on that the virus is not spread from an asymptomatic person to another asymptomatic person. It was always symptomatic to susceptible."

— Dr. Peter McCullough, Cardiologist, and Professor at Texas A&M University

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Community Equals Immunity

Community and immunity go hand in hand. We know that social relationships, quality, and quantity affect mental health, healthy behavior, physical health, and mortality risk. Social isolation causes healthy, well-functioning individuals to result in psychological and physical disintegration and even death eventually.

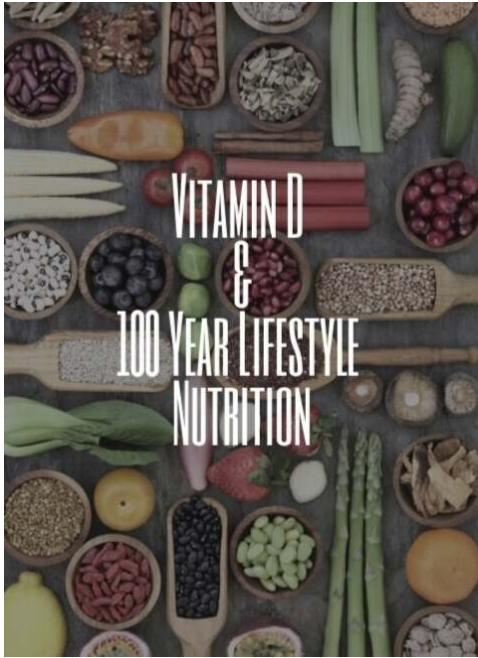
No research supports social distancing, and it is making many people more vulnerable.

Science proves that hugs kill bugs. There's plenty of research out there of people who were exposed to common cold viruses and then monitored to assess their infections. When those people were exposed to social support, their immune systems got stronger. They had less severe symptoms and illnesses. (https://www.huffpost.com/entry/science-proves-that-hugs-_n_6349398#:~:text=We%20know%20that%20hugs%20make,research%20from%20Carnegie%20Mellon%20University.)

It is absolutely true in so many ways.

I'm going to go back now and catch up on some of these other issues. Toxins in the environment. We know that toxins and technology are very bad for your body and cause you to be more vulnerable. If you want to be less vulnerable, you should remove the toxins and have much less use of technology.

We have recently formed a great relationship with Moms Across America. They just shared an article on our website, "[Glyphosate-Free Shopping](#)." It'll help keep your diet clean and keep toxins out of your body. But there is no question about it in my mind that we need to get together. We need to use less technology and have more social interaction.



Vitamin D & 100 Year Lifestyle Nutrition

Sunshine is good for you. The sunshine vitamin, vitamin D. If you get 20 minutes of sunshine a day or every other day, it'll be amazing the boost that it gives your immune system.

We also know that good nutrition is vital. It will help you nourish your body for optimal function. It'll help counter the balances or the impact and the effects of stress. Straight forward nutrition from a general perspective,

you want:

- Organic
- Non-toxic food
- Live foods
- Plant-based as much as possible. 90% if possible.
- Fruits and vegetables
- Plant-based protein
- Dark and colorful vegetables
- Buckwheat
- Soba noodles - better than white noodles and white flour
- Chickpeas
- Beans
- Edamame
- Lentils
- Tofu
- Quinoa
- Spirulina
- Nuts

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- Seeds
- Nut butter
- Oats and whole grains
- Brown rice
- Lean meats

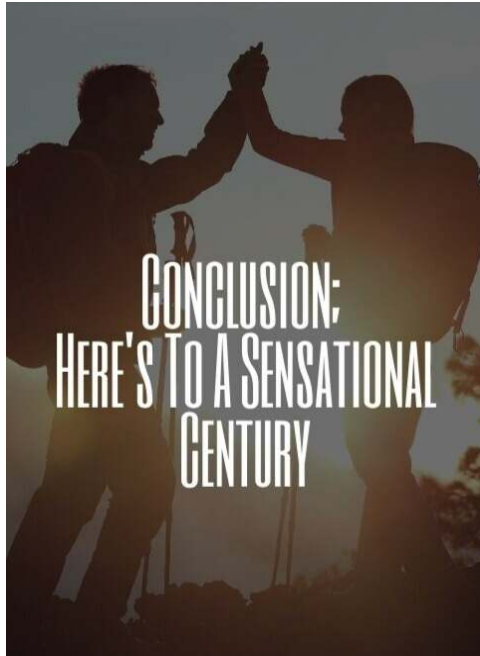
These are all straightforward concepts and are all really good as it relates to nutrition. In a nutshell, you want to remember this: choose QC's, quality calories, over EC's, which are empty calories. Always choose quality over empty. You want to avoid the empty, which are:

- Processed foods
- Canned foods
- White sugar
- White rice
- White flour
- White pasta
- Soda

Minimize caffeine and alcohol, and clean up and balance your diet. If you're a new mom and you're thinking if you should or shouldn't - YES, nursing is great for your baby. It is a priority. It should be a priority if at all possible. There's a great article on *100YearLifestyle.com*, "[Nursing, Nutrition, and Nerve Supply](#)."

In addition to this eBook, there's an article on *100YearLifestyle.com* on "[Becoming A Least Vulnerable Person](#)." You will also find [great podcasts that we've done on the immune system](#), "[Becoming A 'Least Vulnerable Person](#)," on making life-long changes, and getting off the roller coaster ride. Please go through them all. You'll really like them.

If you have any specific questions, you can email us at support@100yearlifestyle.com.



Conclusion: Here's To A Sensational Century

If you're interested in making a lifestyle change and becoming A Least Vulnerable Person, you can go to 100YearLifestyle.com and find a provider near you! We want you to embrace that incredible healing power within the ultimate healthcare technology, that innate intelligence within you, so that you can function at your highest level for a lifetime.

If you are a doctor and you want to learn more about how you can be a part of this network growing around the country and worldwide, we'd love to have a conversation with you. We will equip you to lead your community in ways that are very similar to this program. In fact, this is one of the programs that you'll have access to deliver to your community as a 100YL Affiliate. So, please email us at support@100YearLifestyle.com

Go to the 100YL homepage and take this quiz. Click on "[You Survived, So How Long Will You Live?](#)" It's a simple calculation. Whether you like the number or the result or not, you'll be empowered by what you learn.

Every step you take in the wrong direction is getting you to the wrong place faster. It's time to change directions. We want you to be empowered; we want you to Become A Least Vulnerable Person. We want to help you raise A Least Vulnerable Family. We want to empower you to live your ideal 100 Year Lifestyle.

[You deserve to live at 100% for 100 years!](#)

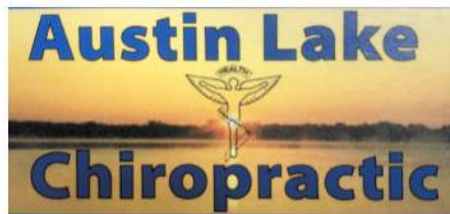
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We have a generation of seniors that did not know they were going to live this long. They didn't know how to take care of themselves to ensure the quality of life as they age.

You are getting the advanced notice that our parents and grandparents never received. And so now, what will you do with this information?

With that, I'm going to say goodbye. Make healthy choices to Become A Least Vulnerable Person. Start living your ideal 100 Year Lifestyle. Don't do it alone. Go to our [social media pages](#), spend time with us, and [email us](#). Your 100 is coming. You make the call!



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