

# **7 Secrets for Living Long and Living Strong**

## ***If One Can Live to 100 Another Can Too***

From:

Dani Rotramel

Dear Friend,

In 1956 there were 56,000 Centenarians in America, (people who had reached the remarkable milestone of living to 100 years old.)

Research from Huffington Center on Aging, Baylor College of Medicine, Boston University of Medical Campus and the Harvard University Gazette 1998 suggests that by the year 2050 there will be one million Centenarians.

### **Will you be one of these Centenarians?**

More importantly, if you are, will you be living healthy and strong?

Do you remember Roger Bannister who broke the 4 minute mile?

Before he did that, the world thought it couldn't be done.

Shortly after Roger broke the mindset barrier of "IMPOSSIBLE" several others broke the same record that year.

Roger Bannister broke the "impossible" mindset about the capability of the human body.

Today even high school and college students run the four minute mile and better.

This came about because of a transformed understanding of what is possible.

A similar transformation in attitude has been inspired by centenarians.

## **Can Living Strong For A Really Long Time Be Possible?**

For most of us this is really new thinking.

**CENTENARIAN =**

People who have reached

a remarkable milestone: 100 years of living

**LIFE SPAN =**

The maximum age obtainable for the

species defined by the longest living individual

## **Keep Your Mind Open**

Let's also break an "impossible" mindset: the mindset that *we can't*, or that *as we age we lose our health, our strength and our memory*.

Let's also break the thought that the only way to exit this earth is to exit sick. No, no, no.

## **Let's Break This Thinking**

Let's not be like the elephants, who are held captive tethered by ropes to little wooden stakes.

The elephants were taught as they were young and powerless that it was impossible to break free. They don't break free because they **THINK THEY CAN'T**.

## **How Old Would You Be if You Didn't Know How Old You Was? ~ Satchel Page**

Today lay people and experts alike conclude that if a person is in reasonably good health, feeling old is largely a state of mind. Satchel Page, the ageless baseball hero's quote becomes prophetic:

“How old would you be if you didn't know how old you was.”

Many people at age 100 and over say they do not feel old in their minds and in their spirits.

They feel mature as far as years lived, wisdom gleaned and experience gained – but they do not feel old in the sense of being worn out and used up.

The large number of centenarians who state that they do not consider themselves old leads researchers to believe that there must be something here for us to pay attention to and appreciate.

Billy Earley, at 105 says “Well what age do I feel?

I've determined it's around thirty.

I don't think I've ever felt like fifty.”

Adds Billy, “To my mind, I'm sometimes thirty, fifty, or sixty.

On bad days, I may feel like seventy, but whatever, I do not feel 100 years plus.”

## **Life Achieves Meaning When It Serves as an Example to Others**

**The Adam Clark Bible Commentary Records** from 1400, 1500, 1600 and 1700 give us some outstanding examples of what is possible.

Let's begin to look deep and see ourselves seventy or fifty or even thirty years from now.

Today's Centenarians ask us to follow and learn.

Victor Frankl comments “life achieves meaning when it serves as an example to others.”

Let this information inspire you to become an example to others.

## The Greatest Fully-Authenticated Age

**2002 Guinness Book of World Records** – states that Madam Jeanne Louise Calment of France is the World’s Oldest Person Who Ever Lived.

122 years and 164 days is the greatest *fully-authenticated* age to which any human has ever lived.

Here are a few examples of others who have celebrated a century of life from the Adam Clark Bible Commentary Records:

- **Agnes Schner** 1499 died at age **114**
- **Countess Desmen** 1612 died at age **145**. (Records show her teeth grew back three times.)
- **Henry Jenkins** often swam the river when he was over 100. He lived to **169** and died in 1670.
- **Reverend Lawrence** from Oklahoma was still preaching, working in his yard and getting up early each morning to prepare sermons at age **104**.
- **“Granny”**, who lived to **112**, left this advice, “Be lively – just as easy to be lively as biting others head off. Trust in God, don’t worry and read the Bible. I don’t care much for TV,” Granny said. “Used to watch ‘As the World Turn’ but I stopped this.” “Granny” remained in almost perfect health all of her days.
- **Jackson Pollack** of Georgia lived to be **124** and died in 1991. Jackson says, “Trust in God. He will pull you through.”
- **Thomas Parr**, who lived to **152** in 1635, married his first wife at 88. They had two children. He had an affair at 102 and had an illegitimate child. At 120 he married a widow woman. At 130 he still did all the farm work.

## Other Centenarians

Others are written about in Lynn Peters Adler's book: **Centenarians – The Bonus Years:**

- **Edward Hanau, 100**, of St. Louis, is still working at a manufacturing plant and is proud of his record of never having missed a day's work in his adult life.
- **Reverend David Moore, 100**, of Roswell, New Mexico, makes about thirty visits per week at nursing homes and hospitals bringing comfort and fellowship to those less fortunate.
- **Mabel Correa** of Oakland, CA has been sustained by her deep faith. She has faced much sorrow and adversity. She has an ability to see the worst in complete realism, but to believe in the best.
- **Dr. Heidelberger** was still working on research and still lecturing at age 100.
- **At age 85 Oscar Wilmeth decided he wanted to live to 100.** A near fatal car wreck and many more obstacles came to stop him. At 98 he booked a ballroom for his Centenarian Celebration. "I did everything I could to take care of myself and tried to get information on the latest developments in vitamins and all those new fangled devices to help with function, short of a wheelchair – I drew the line there."
- **Henry Hayes at age 114** continues to live alone, enjoying the benefits of cataract surgery at 108.
- **Claire Willi at age 100** dances in the Milton Feher Dance Studio in New York City.

## The Fastest Growing Group of Americans

Yes, Centenarians are believed to be the fastest growing group of Americans increasing from 56,000 in 1996 to a projected one million by 2050.

Of today's Centenarians, 85% are women.

Kenneth Manton, an eminent demographer at Duke University, finds that if we take care of ourselves in ways which we already understand, we will, in a few years see our average life expectancy being 100 years.

## **Why Would One Want to Live to be 100?**

Looking at examples of centenarians we begin to learn how it is possible to reach this remarkable old age.

However, the **how** seems to be the easy part.

The **why** is the hard part.

It is the why that matters.

Most have the mistaken belief that aging has to bring unhappiness. Studies show that people actually get happier as they get older.

If you could live to 100 in good health and could actually become happier with each passing year, would you want to strive to achieve the remarkable distinction and honor of becoming a Centenarian?

## **Centenarians Studied Seem to Have Markedly Escaped Disease**

Studies on Centenarians done by Huffington Center on Aging, Baylor College of Medicine, Boston University Medical School and Medical Campus Harvard Longevity have surprised everyone, even the researchers.

They found that instead of finding these elderly sick and hopeless, Centenarians studied seem to have markedly escaped disease.

95% were independent up to 92.

70% continued their independence up to 95.

Alzheimer's was not inevitable.

## **The Older You Get, The Healthier You've Been**

Dr. Perls has directed the New England Centenarian Study (NECS) over the past several years.

He is also a physician and researcher in the study of aging at Boston University Medical School.

As Associate Professor in Medicine and a Geriatrician he cares for older patients at Boston Medical Center.

The NECS has found that Centenarians represent a new paradigm of aging: The older you get, the healthier you've been.

Though genetics plays an important role in getting to 100, the centenarian study and its collaborators show us that most people should be able to live to their late eighties in exceptional health.

These 25 to 30 years beyond age 60 of good health could mean a gold mine of new possibilities and vast potential for today's baby boomers and future generations.

Dr. Perls discovered that his centenarian patients were among his healthiest. He has become one of a handful of world's experts studying these exceptional human beings.

## **Centenarians Have a History Of Aging Very Slowly**

“Centenarians have a history of aging very slowly and have either markedly delayed or entirely escaped diseases normally associated with aging such as Alzheimer's disease, cancer, stroke and heart disease.” ~ Dr. Perls

If one could live to 100 and escape disease, might not another also do the same?

Faith and patience inherit the promises.

Some believe they can and others believe they can't.

If we want to make it to 100, and if we wish to escape disease; we have to have faith that it can be done.

## **The First Step to 100**

The road to 100 is not predestined.

The first step to 100 is to believe.

Isn't this the first step toward achieving anything in life?

We must believe that it is possible and that it is possible for me.

The biggest barrier to receiving anything from God is 'uncertainty that it really is the will of God.' Let's go back to the source of His will.

God's Will is His Word. What can we find in the instruction manual that He left for us?

## **What Does the Bible Say About Living Long and Living Strong?**

We have some amazing promises of long life recorded in the book of Genesis.

*My Spirit shall not always strive with man, for that He also is flesh: Yet his days shall be an hundred and twenty years. ~ Gen 6:3*

*Happy – blessed, fortunate [enviable] – is the man who finds skillful and godly Wisdom, and the man who gets understanding – drawing it forth [from God's Word and life's experiences].*

*For the gaining of it is better than the gaining of silver, and the profit of it than fine gold.....Length of days is in her right hand, and in her left hand are riches and honor.  
~ Prov 3:13-16 AMP*

*My son, forget not my law or teaching, but let your heart  
Keep my commandments: For length of days, and years of a life [worth living And tranquility [inward and outward and continuing through old age till death], these shall they add to you. ~ Prov 3:1,2 AMP*

Wait a minute. Haven't I heard that 70 years is our life span?



## Be Careful - The Bible Misread Can Kill Us

Be careful. The Bible misread can kill us. Footnotes in the Amplified version of the Bible give us valuable insight into the apparent confusion many have been taught with the reference to our life span.

*The days of our years are threescore years and ten, or even if  
By reason of strength fourscore years, yet is their pride [in additional years] only labor  
and sorrow; for it is soon gone, and we fly away. ~Ps 90:10 AMP*

The Bible flows like a river. When we find any scripture that seems to be in complete contradiction to the flow of truth elsewhere in the Bible, we must search deeper to find out why.

The footnote in the Amplified Bible says this Psalm is credited to Moses, who is interceding with God to remove the curse which made it necessary for every Israelite over twenty years of age (when they rebelled against God at Kadesh-barnea) to die before reaching the Promised Land.

The footnote goes on to say: **“Moses says most of them are dying at seventy years. This number has often been mistaken as a set span of life for all mankind. It was not intended to refer to any one average span of life for humanity.”**

“When Jacob, the father of the twelve tribes had reached 130 years (Gen 47:9), he complained that he had not attained to the years of his immediate ancestors. In fact, Moses himself lived to be 120, Aaron 123, Miriam several years older, and Joshua 110.” ~ Amplified Bible

## We Grow Old Because We are too Lazy Not Too

Dr. Price Todd presents us with a very sobering statement: “We grow old because we are too lazy not too.”

He says our attitude about aging allows us to deteriorate.

There is no reason, says Dr. Todd, that our normal life span shouldn't be about 120 years.

## So What are the Secrets to Living Long and Living Strong?

Putting the findings of the research studies together we can come up with a few secrets that tend to surface from observing the lives of these remarkable ones. I have grouped them into seven categories.

### Secret 1 - Self-Determination

#### *The One Single Quality*

Noted research of those over 100 found that the one single quality more than any other that these 100-year-olds exhibited was **self-determination**. **Centenarians: The Bonus Years** by Lynn Peters Adler, J.D.

Lynn Peters sent a human interest questionnaire in 1988 to 3000 centenarians in Arizona.

350 responded.

One fourth of those responded in their own hand writing.

Adler says “they were not given 100 years, they earned them.

They each built their own road.

They worked through their losses and won.”

Each person recorded in Adler’s book “caught the brass ring after a century of twirls on life’s merry-go-round”.

“Each is proud and is right in displaying boldly a credential that, until recently, only a few would dare to contemplate.” ~ Lynn Peters Adler

### They Shared Common Traits

**Adler’s research** presented a picture of life at this great age. Lynn says these Centenarians offered what they believe had worked for them.

They shared common traits that are common to other centenarians in scientific research studies.

Only one of these commonalities is one beyond our ability to change: genetics. All of the others are in our ball park.

Wait.

Maybe this one, too, is NOT beyond our ability to influence.

## **Possibly the Most Important Health Discovery In the Past 100 Years**

Recently scientists have found a safe genetic molecule from certain plants that triggers longevity genes.

This may be the most important health discovery in the past 100 years.

“It sounds too good to be true, but it is true,” says one of the foremost researchers in anti-aging.

Many scientists believe that cellular enzymes – called sirtuins – are universal regulators of aging in virtually all living organisms.

“It’s looking like these sirtuins serve as guardians of the cell,” said Harvard Medical School researcher David Sinclair.” “These enzymes allow the cell to survive damage and delay cell death.”

Might we hope that even the ability to trigger the genes of longevity may be possible too?

## **Secret 2 -Positive, Resilient, Able to Shed Stress...**

### ***An Admirable Ability to Keep Going***

Adler’s research found that many have an admirable ability to keep going and to reassess and cope with life at every turn.

**The New England Centenarian Study** revealed similar common characteristics:

- Keeping a Positive Attitude and an Ability to Laugh
- Choosing Peacefulness
- Shedding Stress and staying Resilient
- Refusing to See Age as a Limitation
- Maintaining an Optimistic Attitude
- Developing Successful Coping Skills to Overcome Life's Challenges

## **Secret 3 – Moderation in Eating and Drinking**

This secret may be way more important than we ever realized.

Scientists have known for years that caloric restriction in animals increases life span.

“For the past 70 years scientists have been trying to understand how this caloric restriction diet will work.”

***See the end of this free report for more on what has been found.***

One of the healthiest groups of Centenarians live is Costa Rica.

They eat a light dinner and eat early in the evening.

“Their traditional diet of fortified maize and beans may be the best nutritional combination of longevity in the world.” ~ **The Blue Zone: Lessons for Living Longer from the People Who have Lived the Longest**

What other guidelines can we follow from a **natural viewpoint** that has been gleaned from the studies on Centenarians?

- Treating the Body as if It Will Live to 100
- Choosing Good Wholesome Foods
- Little Drinking and Little Smoking
- Not Obese – weighed about the Same Most of Adult Years

(Most Processed Food had not Existed During Centenarian's Early Formative Years)

- Maintaining Good Blood Sugar Control
- Low Blood Pressure
- Men Donating Blood
- Intentional Exercise
- Enjoyed Physical Work all their Lives

Many experts suspect that nutritional requirements are very high for older people.

They believe good nutrition in advanced age is essential.

After Oscar Wilmeth's heart attack at age 90, he learned about exercising and eating right.

He changed his diet completely giving up many foods he had always loved: sugar, chocolate and fried foods.

Could we say, "It's never too late to change?"

## **Secret 4 – Extraordinary Measures to Maintain Physical Strength and Thinking Ability**

George Gillespie at the age of 100 travels about 100 miles a week on his stationary bike.

Abe Goldberg has used ballroom dancing as his mode of exercise for more than thirty years. "I danced my way through my eighties, nineties, on my 100<sup>th</sup> birthday and every year since then."

Adler says in her book that the one thing that people can do the most to control, **physical mobility**, is the most pervasive loss with age.

The simple axiom "use it or lose it" says it all.

Muscle tissue can be rebuilt at any age.

Dramatic results were seen in a study of 90 year olds conducted by USDA and the Human Nutrition Research Center on Aging at Tufts University.

Participants increased their muscle strength in just eight weeks three to four fold and their walking speed 48%. And guess what? They had all been inactive for many years.

- Learning New Skills or Taking Up New Activities to Stimulate New Dendritic Formation

Selma Plaut at age 100 received her degree from the University of Toronto.

- Pursuing Music or Painting
- Refusal of Worry - Think on Things Good, Pure and Lovely
- Practicing Gratefulness

By the way, Alzheimer's Disease is not a part of normal aging.

**Secret 5 – Desire to Live and a Love of Life**  
***...Ability to Laugh***  
***...Engaged in Life***

- Desiring to live to 100 with Health and a Sound Mind
- Living Determined and with a Fighting Spirit
- Choosing Immunity to Neuroticism – Negativity
- Being Engaged in Life
- Being a Friend and not a Loner
- Choose to Walk in Love and Peacefulness
- Laughing a Bunch

They kept a positive though realistic outlook but reaffirmed their desire to live and their love of life. “In this remarkable spirit lives the common thread.” ~ Adler

## Secret 6 – Trust in God

Honoring God

- Honoring Family
- Expectation of God’s Faithfulness

Panchita, a Costa Rican Centenarian, tells of how she helped and took care of her parents. She said, “Those who honor their parents are rewarded by God.” (2005 National Geographic’s Article)

Honour thy father and mother; which is the **first commandment with promise. Ephesians 6:2**

The Costa Rican Centenarians had an unwavering belief that no matter how bad things got, God would take care of everything.

One researcher states that when she asked the most highly functioning seniors how they are, they always say,

**‘I feel good ...thanks to God.’** (Even though they might be blind and deaf.)

## Secret 7 -They Reaffirmed Their Desire to Live and Their Love of Life

The above observation is reaffirmed as we look at God’s principles of life outlined in His Word. He says He gives us the desires of our heart.

We are instructed to make gratefulness of high importance. In fact, we are told to offer the **sacrifice** of thanksgiving.

We are told throughout ‘The Book’ that our **words have tremendous importance.**

Could this be the most important of all the secrets?

As we look again at ‘the special spirit of America’s eldest citizens’ uncovered by Lynn Adler, we discover this key secret: “They reaffirmed their desire to live and their love of life. They talked strength and they talked long life.”

We each have a choice. God tells us to “choose life.”

*I call heaven and earth to witness this day against you that I have set before you **life** and death, the blessings and the curses; therefore **choose life**, that you and your descendants may live. ~ Deut 30:19 AMP*

So my friend, I encourage you. As you look at these inspiring facts about Centenarians, begin now to choose and to speak life: long and strong.

Resources:

- **Centenarians: The Bonus Years** by Adler
- **The Blue Zone** by Dan Buettner
- **Nutrition, Health and Disease** by Gary Price Todd, M.D.
- **New England Centenarian Study (NECS)** directed by Dr. Perls
- Huffington Center on Aging, Baylor College of Medicine, Boston University of Medical Campus and the Harvard University Gazette 1998
- **The Adam Clark Bible Commentary Records** from 1400, 1500, 1600 and 1700
- **2002 Guinness Book of World Records**



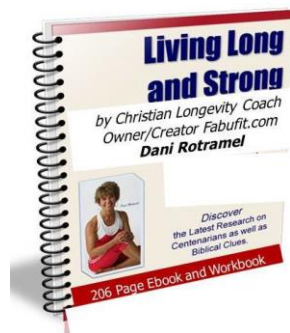
# My Indepth Healthy Living Success Ebook and Workbook “The Pathway to Living Long and Living Strong”

It is eye opening to know what these secrets are. It is quite another thing to put them into consistent practice in one's life.

**This Live Long Ebook and accompanying Workbook will not only tell you many more amazing centenarian stories, but will reveal to you in a step by step fashion exactly:**

**How to Implement these Seven Secrets of those Who Have Reached the Honorable and Amazing Age of 100!**

**[Pathway to Living Long and Living Strong Ebook and Workbook](#)**



<https://gum.co/Pathway>



## **About The Author**

**Dani Rotramel, owner and creator of Fabufit.com, has over 35 years' experience in the Wellness Industry teaching others how to go to the next level in their personal fitness and health.**

**Dani's love of the Word of God makes the scriptures come alive as she teaches how to activate the power of faith into baby-step success in the circle of health.**

**Fabufit is a simple fitness system, based on Christian principles, encompassing the whole circle of health: Spirit, soul and body. Visit at [FabulouslyFit.com](http://FabulouslyFit.com)**

### **EDUCATION**

- **Bachelor of Science in Education  
Midwestern State University**
- **Masters in Guidance and Counselling  
University of North Texas**

### **CERTIFICATION**

- **Certified Nutrition Consultant**
- **American Academy of Nutrition, 1996**
- **Certified Wellness Educator, 2002**
- **Professionally Trained Coach, MLM University 2000**
- **Investment in Excellence Trained Facilitator Lou Tice**