

SUCCESSFUL LEADERS 7-STEP GUIDE TO ANTI-AGING HABITS IN MINUTES A DAY



DEEPAK
SAINI

www.deepaksainihealth.com

Rewind your biological clock



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MY MISSION

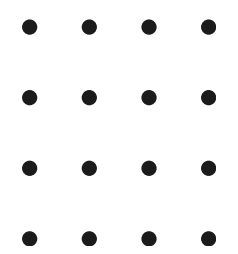
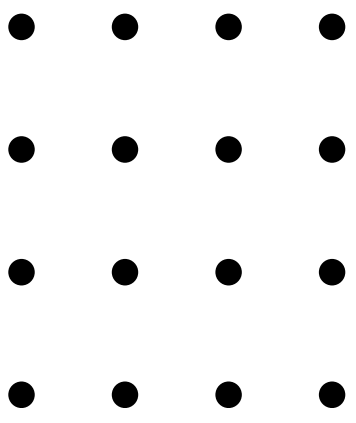
My mission is to empower people all over the world to transform their Energy, Performance and Health to maximize their Longevity potential. I believe in blending ancestral wisdom with modern science to address the 7 areas of Health, Performance and Longevity. The Blue Zones are areas in the world with the highest concentration of Centenarians, those living over 100 years old.

These people are not residing in Care Facilities, they are thriving and enjoying life in their homes with their friends and family. I have researched and identified the areas of your life to help you build your own personal **blue zone**, no matter where you live.

Deepak Saini



ABOUT ME :



My name is **Deepak Saini** and I am 45 years young and my wife and I have two beautiful girls. For as far back as I can remember I struggled with my weight. At one point in my life I was morbidly obese at 270+ pounds, always in pain and constantly getting sick.

Eight years ago, I took matters into my own hands, educated myself and made small changes to my lifestyle. The real turning point for me was just over seven years ago when I hurt my back. In trying to heal myself and get back to the activities I love doing, I learned about eating a low inflammatory diet. I was able to lose 60 pounds of fat in seven months without really trying. Now I never get sick, I have no joint pain and feel healthier and more energized than I ever have. I lost over 100 pounds, healed my back and solved my autoimmune issues.

Instead of being average, my goal is to be an Exceptionally healthy and functional Centenarian. My research led me to the Blue Zones, as well as the cutting-edge science.

Now that I have found the secret that works, I am never looking back. I want you to join me in becoming a Centenarian. I can help any of you struggling with your health, weight loss, cognitive performance, energy levels, joint and back pain, brain fog, sleep, skin issues, anxieties and much more.

Together we can find what will work for you. You might not see it yourself yet, but there is an EXCEPTIONAL person inside of YOU, and I can help you achieve your EXCEPTIONAL RESULTS.

I know how you feel and I would love to be a part of your journey to have BETTER HEALTH, BETTER PERFORMANCE, and INCREASED LONGEVITY.

Overall Philosophy

7 Areas for Anti-Aging and Longevity

1. Mind and Motivation

- Purpose
- Relationships, Community, Spiritual discipline
- Gratitude, Meditation

2. Glycemic Variability

- Low inflammation nutrition
- Hormones, Supplements
- Food Timing, Fasting

3. Movement/ Exercise

- Minimal Effective Dose
- Posture, Play
- Reproduction

4. Stress Mitigation

- Sleep, Breath
- Hormesis
- Earth and Light



Overall Philosophy

7 Areas for Anti-Aging and Longevity

5. Environment

- Air and Water Quality
- Pollution
- Chemicals and Heavy Metals

6. Don't Do Stupid Things

- EMF exposure
- High risk activities

7. Advanced Topics

- Smart Drugs and Compounds
- Light and Oxygen Therapies
- Hacking Travel



Successful Leaders

7-step Guide to Anti-Aging Habits in Minutes a Day

I created this guide to help Successful Leaders, like you, to receive the most bang for your buck in just minutes a day tackling the 7 key areas of focus.

1. Sleep Hours

There may be nothing more important to your health than adequate and restorative sleep, heck you probably don't get enough sleep. Does it matter if you get eight hours or not? Did you know that everyone's sleep needs are different and vary depending on your activity levels and stage of life?

Not all sleep is created equally. Deep sleep and REM sleep provide different benefits to different systems in our body, and thus effect our health and longevity differently. Many people wake up numerous times a night without even realizing that they are technically awake or sleep disturbed. Tracking your sleep is an important Anti-Aging measure to allow you to optimize and control your sleep.

Case Study:

Trent is an executive leader, and while young and lean, he slept very poor. In Fact, he had sleep apnea. We worked together to take a multi-modal approach to optimizing his sleep. We were able to get him off of his CPAP machine.

"Getting off of my CPAP machine was one of my goals, and we did it! I sleep better, I have more energy, and I feel younger. My wife loves it too!"
-- Trent

2. Fasting

Fasting does not need to be a daunting idea, most of you already fast for at least 7-9 hours while you sleep. Some of you may already be doing close to 12 hours. There are many health and longevity benefits of fasting, such as restoring gut function and promoting autophagy to name just two.

There are many forms of fasting, and your situation and your personal goals will determine what works best for you. There are differences for men and women that needs to be considered as well. Tracking how long you fast each day will allow you to take control of your biology instead of it controlling you.

Case Study:

Andrea is in management in one of the largest companies in her industry. She wanted to lose the baby weight and start to feel young again. She implemented fasting along with some dietary modifications to not only lose 30 lbs in six months - but also have clearer thought to build her confidence to obtain a promotion.

"I love all the compliments I get on my weight loss. People tell me I am visibly skinnier and look younger, and I want to keep up my reduced sugar intake and fasting!" -- Andrea

3. Movement

Movement comes in all forms, whether it be a soul-crushing-cardio workout, lifting weights or light walking. Think about your favorite activities, and do more of it. It could be running, bike riding, swimming or playing tag with the kids. Really it could be anything with some level of intensity and intention. We're not talking about getting up from your computer to go to the bathroom.

You cannot forget focused and purposeful resistance training that is right for you. One of the biggest factors to healthy aging and injury prevention is lean muscle mass as we get older. There is no situation in which someone could not benefit from the right amount of movement for them. Use this guide to make sure you are on the right track.

Case Study:

Juan came to me injured and having put on 80 lbs through life's challenges. He was scared of exercise due to what he thought that meant. We came up with a plan that fit his busy lifestyle, and took his injury into account. He lost 60 of those pounds through movement that was fit for him.

"I was so nervous that I would injure myself further, but I didn't and it was easy! Everyone, even my mom says I look younger now than I did before."
-- Juan

4. Recovery

Focusing on recovery is one of the largest areas that people neglect in their health routine. Recovery from movement or the other stresses of life does not include lying on the couch bingeing a TV series. There are many things that count towards recovery. Proper stretching is the biggest things that most people neglect. Recovery could also be adding in a yoga session, massage, or a sauna.

When life hands you stresses, including the good stress of movement, you need to take the time to recover properly. Not only will you handle those stresses more effectively, you will feel better, recover faster, and propel yourself further, faster. Virtually no one puts enough emphasis on proper recovery, let alone tracking it. But, now, you do!

Case Study:

Steve is a leader in his company and community. He was very active in sports until he seriously hurt himself with a repetitive strain injury. After recovery, he came to me to work on a number of aspects of his health. We developed a plan for recovery so that he would not re-injure himself playing sports.

"I feel younger and more mobile now that I did in my 20's. I have been playing sports my whole life and no one ever explained things to me like Deepak did."
-- Steve

5. Meditation

There are many different forms of meditation, some can be intense while others are easily adoptable. The key is to find the right practice for you to implement and stick with. The health and anti-aging benefits of meditation, mindfulness, or breathwork have been clearly demonstrated by science.

Some people like one longer session per day, others like shorter sessions multiple times a day. The best meditation for you is the style and duration that you will actually incorporate into your lifestyle. If you don't already have a practice, you can use a free app or find a teacher and class to get started. The reason to track your time is the more you do it, the more benefits you receive.

Case Study:

David is a busy entrepreneur running two companies. He was often feeling overwhelmed and would sometimes snap at his employees. We implemented a simple meditation practice to do once in the morning and before any big meetings or presentations. And it helped him increase his focus and improved his sales.

"You are making a difference in people's lives with your work!" -- David

6. Learning

One of the key aspects to staying and feeling young, is to keep our brain young, healthy, and continuously growing. By this I mean continuing to grow new neurons and make new connections as you continue to learn as you age. This could take many forms, from reading about new topics, to playing brain games, to acquiring a new skill like dancing.

There are two keys here: first, find something you enjoy doing and will make the time for; second, you need to keep it fresh and changing. Even if your Sudoku puzzles keep getting harder, they are still the same game. So, mix it up once in a while. Make your brain work to stay young. It's easy to skip this step when we get busy, so tracking it will help keep you accountable.

Successful Leaders' 7-step Guide to Anti-Aging Habits in Minutes a Day

Case Study:

Anja was a leader in her company, but also had the entrepreneurial bug. She was feeling lost and wondered if it was too late to start a new chapter in her life. Through our discussions she was encouraged to learn new skills in pursuit of starting her own company. Her mind was so invigorated with what she was learning that she reconnected with her career and implemented changes to satisfy her.

"Your inspirational story and advice gives me additional encouragement and the deep knowledge that I am on the right path, now." -- Anja

7. Journaling

It can not be overstated how powerful our mind and mindset is to our health and longevity. The science regarding a person's will is very strong. Journaling, even a few thoughts or bullet points about what is going on inside you can be very powerful. Some people prefer to journal first thing in the morning, others the last things before bed.

On the daily guide pages you have been given six prompts for you to consider to journal on. Try these or come up with your own questions to ask yourself. Feel the difference once you make this a habit.

Case Study:

Vicky runs a successful business as well as sits on a number of boards. She typically has so many thoughts, and ideas going on that it causes her stress and feelings of overwhelm. One of the things she implemented was to create a journaling practice for herself, to clear her mind of what was weighing her down.

"Since I implemented what we discussed, I think clearer, sleep better, and thus have more energy. People have started to notice it too." -- Vicky

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Actions I can take are :

Actions towards My Happiness :

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Recovery Minutes :	<input type="text"/>	- Includes stretching, yoga, sauna etc
Meditation Minutes :	<input type="text"/>	- Target at least one session a day
Learning Minutes :	<input type="text"/>	- Includes reading, brain games, skill acquisition

My Successes Today Include :

I Struggled Today with :

I AM Grateful for :

Actions towards My Big Dream :

Actions I can take are :

Actions towards My Happiness :

DAILY LONGEVITY OUTLOOK

Date :

Sleep Hours :	<input type="text"/>	- If you don't track use time in bed.
Fasting Hours :	<input type="text"/>	- From dinner to first meal (target 12 hours)
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LET'S CONNECT

Exceptional You, Exceptional Results

There is an EXCEPTIONAL person inside of
YOU, and I can help you achieve your
EXCEPTIONAL RESULTS. I would love to be
a part of your journey to have BETTER
HEALTH, BETTER PERFORMANCE and
INCREASED LONGEVITY!

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