



## **On Longevity & Antiaging—the oldest living people tell their secrets**

The longest living human beings studied have been inhabitants of the Ningxia province in China and Hunzaland in Pakistan. Many researchers have sought to find the common denominator between these people who live in different places. One such researcher is Dr. Gary Young who travelled to these regions to find out what their longevity and antiaging secrets were. The following is his documented findings:

“After intensively examining the dietary habits of these cultures, he found one common denominator: a mineral-rich diet exceptionally rich in antioxidant foods, such as wolfberries and apricots.” In one of Dr. Young’s testimonies, he had interviewed a lady in Hunzaland who was approaching 140 years of age. She was still very active and even chopped wood everyday. Her main diet consisted of raw almonds and apricots. There were women in the village who were still having babies into their 80’s. People who were eating the potassium-rich apricots were living to reach 110-120 years of age.

In China he found that they particularly consumed an indigenous fruit called the Ningxia wolfberry. In his book, *Longevity Secrets*, Dr. Young documents the scientific reasons why these factors may prevent them people from aging, contrary to the rate we are aging in our culture. “A high content of vital minerals such as magnesium and potassium may be responsible. Also a high content of potent natural antioxidants and consumption of mineral rich glacial water may also be contributing factors. Research indicates that foods high in antioxidants, such as wolfberries, blueberries, strawberries, raspberries, and spinach can dramatically increase glutathione levels and actually reverse the signs of aging.

A new test developed by USDA researchers at Tufts University in Boston, Massachusetts, has been able to identify the highest known antioxidant foods. Known as ORAC (oxygen radical absorbant capacity), this test is the first of its kind to measure both time and

degree of free-radical inhibition. The Ningxia wolfberry was found to have the highest ORAC score of any food tested. A special variety grown on the Yellow River in the Ningxia Province of central China, the Ningxia cultivar is very different from any other type of wolfberry. Among the 17 types of wolfberry identified, the Ningxia wolfberry has by far the highest levels of immune-stimulating polysaccharides. It also possesses over 33 times the antioxidant power of oranges and an incredible 120 times the antioxidant potential of carrots. In addition, the Chinese wolfberry is one of the most nutrient-dense foods known, rich in many vitamins and minerals, including calcium, magnesium, B vitamins, and vitamin C," states Dr. Young.

We found from another source that validated these claims about the Ningxia wolfberry or another name for it is *Lycium barbarum* and goji berry by the native Chinese. Literature from a local Chinese herbalist in Santa Monica, California, Ron Teegarden, who owns Dragon Herbs Emporium, told this verifiable story from Chinese history: Documented in the Guinness Book of World Records, a man named, Li Ching Yuen, is the oldest living person, dying at 252 years old. Mr. Yuen said he consumed several ounces of *Lycium* everyday throughout his long life and attributes it to his longevity and vigor. Li learned about *Lycium* from a very old sage who had the health and vigor of a young man. He told him his secret was consuming soup of *Lycium* everyday. At 130 years old he met an older Taoist yogi who could out walk and hike him. The yogi taught him the secrets of Taoist Yoga (also known as Nei Gong, "the Inner Alchemy") and recommended he consume daily a dose of Panax Ginseng combined with Polygonum (*Radix Polygonum Multiflorum*.) He also continued his *Lycium* soup daily and ate a diet that consisted mostly of steamed aboveground vegetables and herbs. (He ate very little meat, grain, root vegetables and walked and hiked everyday.) He passed away in 1930 at 252 years of age after the government of China had a banquet honoring him. He lived through eleven generations of his own descendants.

There are many things said in China about *Lycium*; one is attributing Li Qing Yuen's long life to *Lycium*. The others are that it enhances fertility and is an effective treatment for impotence. It has been found to induce the production of interferon in humans, which can depress and even kill cancer cells. It is also said in China that eating a handful of *Lycium* a day will make you happy all day.

In conclusion on the Ningxia wolfberry, if you like the rest of us are curious enough to want to incorporate Ningxia wolfberries into your diet, you can get them in an organic concentrated liquid form from Young Living Essential Oils. Please email us at [info@homeecology.com](mailto:info@homeecology.com) for more information.

You can also go to [www.dragonherbs.com](http://www.dragonherbs.com). We actually found a

Chinese herbalist close to our office, so you may be able to locate one in your area under herbs in the yellow pages. Click onto our bookstore and the Home Ecology Store for books and products on this subject. Since we are finding minerals and antioxidants in our diet are the tickets to good health, the following is a list of the strongest known antioxidant foods in ORAC tests:

Ningxia wolfberry 25,300  
Prunes 5,770  
Blueberries 2,400  
Kale 1,770  
Strawberries 1,540  
Spinach 1,260  
Raspberries 1,220  
Beets 840  
Broccoli florets 890  
Oranges 750  
Red Grapes 739  
Red Bell Peppers 710  
Cherries 670  
Yellow Corn 400  
Eggplant 390  
Carrots 210  
Oxygen Radical Absorbency Capacity  
(ORAC) of 3.5 oz.

*Source: The Essential Desk Reference,*  
By Essential Science Publishing

Dr. Gary Young, through his extensive research, believes that one of the best ways to add antioxidants to our diet is through the use of essential oils. He writes, "In animal studies at the Scottish Agricultural College, researchers found that orally administered dosages of thyme oil actually slowed aging and dramatically increased organ and tissue antioxidant levels."

The following is a list of the essential oils that have the highest antioxidant levels:

Clove 10,786,875  
Thyme 159,590  
Oregano 153,007  
Mountain savory 113,071  
Cinnamon bark 103,448  
Cistus 38,648  
Eucalyptus globulus 24,157  
Orange 18,898  
Lemongrass 17,765  
Helichrysum 17,430

Ravensara 8,927  
Lemon 6,125  
Spearmint 5,398  
Lavender 3,669  
Rosemary CT cineole 3,309  
Juniper 2,517  
Roman chamomile 2,440  
Sandalwood 1,655

Antioxidant Capacity is estimated by Ferric Reducing Power and is expressed as micromole Trolox equivalent (TE) per liter.

*Source: The Essential Oil Desk Reference, Appendix N—ORAC Research.*

In Dr. Gary Young's research he also found that vitamin C was a big factor in anti-aging, longevity and over-all health. We also have found that staying active throughout life and eating less, smaller portions throughout the day contribute to maintenance of weight and more energy. (Toxins are stored in fat cells and contribute to the onset of disease.) Studies show that people who keep their weight down have less diseases and live longer as well.

*Sources for this information: Essential Oils Desk Reference, compiled by Essential Science Publishing, 2nd Edition, Dragon Herbs Emporium literature.*

May You Always Prosper & be in Good Health on the Journey!