

# THE NATURE OF LONGEVITY (OR HOW TO LIVE LONGER)



Confronting death is one of our greatest philosophical challenges. Because what happens after death remains largely a mystery, we as humans try to delay the inevitable—what we don't understand and what we can't wrap our heads around.

So we try to make ourselves live longer. We make advances in science and medicine to see if it's possible to extend the limits of a human lifetime. While the average lifespan has increased slowly over time, we may eventually reach a limit.

This paper discusses the nature of human longevity and how we can start living longer. It covers aging and its properties as well as possible "solutions" to the aging

process. It also asks — crucially — if we should really be trying to live longer.

### Human Life Expectancy Has Increased

In 1800, life expectancy at birth in America was 35 years. By 2019, it was 78.9. New advances in the science of aging show promising results for longer life too; Some include: research from Milbank Quarterly showed that life expectancy could rise to as much as 93 in the U.S. by 2050; researchers at the University of Rochester discovered the "longevity gene" sirtuin 6, which helps repair DNA; female life expectancy in East Asia is already nearing 90.

There are even certain health products and healing practices we can adopt to "slow down" aging, or make the aging process a little less painful. Quantum energy and products charged with quantum energy, like those sold by Leela Quantum Tech, are some of those things that can restore vitality, improve your blood, and make you feel more invigorated and in tune with yourself.

Thus, progress in longevity doesn't seem to be slowing. But as humans get better at living longer, it begs the questions: how long can humans live? What will we do with the extra time? What can we do with the extra time, given how our bodies and mind tend to deteriorate as we age?



### Aging Is Complex

As we continue to push the boundaries of science and medicine, we can expect to live longer. But aging is nuanced and complex, with many mysteries still to uncover. After all, we live in a world that operates by the mantra of, if it can't be explained, then it mustn't be real...but we know that's not true.

Because humans are finite creatures, the quest to live forever "has always been part of the human spirit," according to Paul Root Wolpe, the director of the Emory Center for Ethics. Discovery, exploration, and expansion are undoubtedly behind the desire to keep on living, but when you dig deeper, it's the fear of

death that is the biggest factor of them all.

There is always a fear of the unknown, and death is one of those mysteries of life that remains behind the veil. As we can't unravel and understand this mystery, we're unable to comprehend what it means to not exist. To avoid the discomfort of not

knowing what happens next, or because we develop a sense of "FOMO," we seek to live longer.

We are now in an era where we must ask ourselves, just because we can, does that mean we should? After all, aging doesn't come without challenges.

### The Challenges That Come With Longer Lifespans

Despite how much we might want to live longer, we're limited. Most people's bodies start slowly losing function at 80 years old. In the U.S., we get about 75 years of meaningful, healthful life, even if chronologically, we keep aging.

As we age, our bodies deteriorate. This deterioration is a major risk factor for cancer, diabetes, cardiovascular disorders, and neurodegenerative diseases. We can expect that, for the most part, living longer does not mean living fulfilling lives. All we have to do to confirm this is to ask our elderly population about their experience in advanced age. Your bones start to hurt, the mind starts to forget, your vision becomes hazy. We can't really go hiking outdoors anymore—the risk of a fall and a broken hip is too much to swing it.

We grow older, and at the same time, we grow more vulnerable, ironically returning to the fragile states of our infancy: needing assistance with caring for ourselves, for example.

Ian Mitchell, a brilliant research scientist known prominently in the field of quantum healing, recently shared his view on a longer lifespan.

"I don't know that I would want to continue pushing the bounds of longevity because, what's the real need for it?" he asks. "I personally am trying to push my own bounds because I have some things I want to achieve before I leave. And when I achieve those things...I'm good. I don't



really need to stick around to eke out a body that can only handle so much energy."

As Ian put it, "nature is incredibly brilliant and elegant," and our bodies are designed to last, mechanically, for only so long. In an experiment he conducted with mice, biological modifications extended their lifespan to an average of 152 (in mice years). For the most part, they stayed within the physical and cognitive capacity of middle age, but at the final 2% of their lives, their quality of life plummeted off a cliff. Organ failure, unhealthy blood (including clotting, white blood cell inactivity, high parasitic load),

physical mobility, and more, drastically deteriorate. It was almost as if the body just couldn't handle it anymore and abruptly gave up right at the end.

### Physical vs. cognitive evolution

Now, there is a difference between our physical evolution and our cognitive one, and it's important to note that Ian mentions that for humans, we have the ability to evolve our consciousness beyond our 'meatsuits,' as he calls them, and reach a higher level of consciousness that transcends our physical presence on



earth. But our bodies themselves can only handle so much energy to a certain point.

For humans, we can try to manipulate our methylation, ATP function, mitochondrial output, and telomere lengths, but these biological interventions only take you so far. There is an energetic component that you simply cannot bypass—and one that you may not even want to, given the vegetative state it may leave you in that most would not consider 'living.'

What would expanding our consciousness look like? Things like meditation, yoga, and tai chi can help you tap into energies or forces that let you see beyond your physical body. When you call upon and harness these energies, it can be a way for your mind to gain greater control over your body. Rather than reacting to everything with a "fight or flight" response, you can train your body to react with a "rest and digest" response.

Learning to control your body puts your mind and body more in tune. Meditation and yoga can help you reach these goals, but so can quantum energy. Tapping into quantum energy by wearing clothes imbued with it, carrying quantum energy cards carrying proper frequencies for you, or even utilizing a quantum energy multi-dimensional field like Leela Quantum Tech's Quantum and Infinity Blocs can have the same effect on your mind and body as hours and hours of meditation.

### **What Causes Aging?**

If we are to figure out how to live longer, then we must know what causes aging. It's a broad topic, and when we refer to "aging" it could mean different things. Generally, however, aging is narrowed down to two types:

1. Intrinsic
2. Extrinsic



### Intrinsic aging

Intrinsic aging refers to the biological aging of cells. The cells that make up your body divide and multiply throughout your life. The more they divide, the older they get. These cells lose their ability to function and are referred to as senescent cells or “zombie cells.” These cells aren’t dead—it’s not the same thing as killing off cancerous cells, for example—they’re still alive. But they’re no longer proliferating, making them stuck in a sort of half-life, like zombies. The accumulation of senescent cells has been linked to tissue dysfunction, leading some to believe that zombie cells are behind age-related diseases.

Intrinsic aging is closely related to the programmed theory of aging, which states that people are designed to age. Cells only have a certain lifespan, and there’s lit-

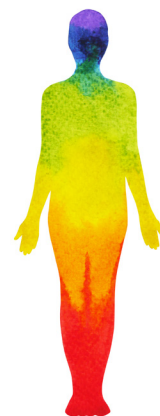
tle you can do about it. Under the wider umbrella of programmed theory of aging is the idea that hormones cause aging, or that the immune system is pre-determined to decline. There’s some credence to programmed theory, as we’ve been able to observe that cells do age and eventually stop working. However, this theory rejects the idea that external factors, like smoking or pollution, can contribute to aging even though research has shown that these kinds of factors do impact life expectancy.

Programmed theory is also closely related to genetic theories of aging, which states that life expectancy is based on the genes we inherit from our parents. Genetic theories aim to explain why telomeres, which protect the ends of chromosomes, shorten over time. They also try to account for why stem cells

turn into other types of cells to repair tissues and organs. The problem with genetic theories is that only about 20% of lifespan influences genetics, according to Dr. Morgan Levine.

### Extrinsic aging

Extrinsic aging refers to damage your body takes on from your environment and external factors.



These include:

- Air pollution
- Smoke from tobacco
- Alcohol consumption
- Poor diet or malnutrition
- Exposure to ultraviolet radiation (UV)

Theories of aging known as error or damage theories are powered by the idea of extrinsic aging. They suggest that aging is caused by cellular changes that are random and unplanned. Some of the concepts that fall under this theory umbrella include:

- Aging is due to a buildup of oxidative stress, or free radicals
- Aging is caused by the buildup of cross-linked proteins, which damage cells
- An organism's rate of metabolism determines its lifespan

Generally, the most widely considered cause of aging is the accumulation of cellular damage over time. Most theories of aging respond to this idea, but differ on how that damage is caused. When it comes down to it, aging is still a bit of a mystery.

### Chronological Age vs. Biological Age

A concept that can help us better understand aging is biological age, which was put forward by Dr. Morgan Levine in her book True Age. Your biological age doesn't refer to how many birthdays you've had, but to the state of decline or divergence that your body has undergone. For example, you might be 35 years old but biologically, your body indicates that you're closer to what's normally seen in a 40-year-old. The idea that we have a biological age can also help explain why some people age more quickly than others.

So how do you determine what your biological age is?

There are two ways to find out your true age. One is by looking at clinical data, or the lab tests run by your doctor. Test results

on your cholesterol, thyroid, and glucose levels, for example, can be input into online aging calculators to give you an estimate of your biological age.

Another way to find your true age is by looking at modifications to your epigenetics. Epigenetics refers to the changes to your DNA sequence as a result of your behaviors and environment, and they're reversible. They change as you age. Scientists can look at these changes and determine what your biological age is.

### Biomarkers or Hallmarks of Aging

We can recognize physical, outward signs of aging. Wrinkles, sore muscles, poorer eyesight, constipation—there's a whole host of symptoms and conditions that we simply attribute to "aging."

What about biological signs of aging? Are there certain hall-

marks scientists have pinned down as sure-fire signs of aging?

While research in this area is still ongoing, researchers have identified [nine tentative hallmarks](#) of aging related to genetics and biochemical processes. These hallmarks are:

1. Telomere attrition: Telomeres are found on the end of chromosomes and help protect them as they replicate. Over time, telomeres deteriorate and become deficient.

2. Epigenetic alterations: As discussed above, epigenetic modifications can signal aging.

3. Loss of proteostasis: Proteostasis is when your body's proteins are in balance. When proteins undergo stress, heat shock, or oxidative stress, they become unfolded. When the body can't refold them, many unfolded proteins aggregate, which is a sign of aging.

4. Deregulated nutrient-sens-





ing: Nutrient sensing is the cells' ability to adjust their metabolism to the amount of nutrients available. When cells lose this ability, typically in the form of resistance to insulin, it is considered a biomarker of aging.

5. Mitochondrial dysfunction: Mitochondria are responsible for producing our bodies' energy, and some genetic diseases can lead to their dysfunction. Non-functioning or improperly functioning mitochondria can also affect Alzheimer's disease, muscular dystrophy, Lou Gehrig's disease, diabetes, and cancer.

6. Cellular senescence: Mentioned previously, senescence is when cells stop multiplying and dividing but don't die. They remain in the body and their accumulation has been linked to aging.

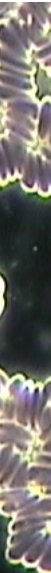
7. Stem cell exhaustion: Over time, tissues and organs lose their ability to recover from damage and begin to fail. This decline in stem cells and renewal capacity of the body is considered a hallmark of aging.

8. Altered intercellular communication: Cells in our bodies communicate with each other, and when these signals are off, it can lead to some diseases and disabilities associated with aging.

9. Genomic instability: When there are defects in the body's processes that cause cells to divide, it's referred to as genomic instability. One of these defects could be mistakes that don't get corrected when DNA is copied in a cell.

### **Is It Possible to Slow Down the Aging Process?**

For people who want to live longer, a fundamental question is how to slow down aging. Or rather, how to keep your biological age from accelerating past your chronological age. It'd be nice if there was a biochemical intervention to slow down aging, like some magic pill, but research



shows that the best way to make yourself age more slowly is by taking better care of yourself.

Specific things to focus on include:

- Lowering your stress level
- Getting plenty of good sleep
- Eating a plant-based diet
- Not smoking
- Not drinking alcohol
- Wearing sunscreen when you go outside
- Staying properly hydrated
- Exercising regularly

As previously mentioned, quantum energy healing can play a part in slowing down the aging process. By helping to harmonize your energy, you can become more resistant to life's stressors and naturally improve energy levels.

*The Infinity Bloc, a device for charging any item with pure and dynamic quantum energy from Leela, has helped a man in his 70s start to regain potency in his five senses. After weeks of using the Infinity*

*Bloc, he noticed his eyesight improving and his sense of smell becoming stronger than it had been in years.*

An elderly man regaining his senses is just one example of how Leela Quantum Tech products can assist you with achieving your longevity goals. By using these products earlier on in life, you can start protecting yourself from the harmful effects of toxins that pollute our air, water, and food and ultimately cause our bodies to deteriorate.

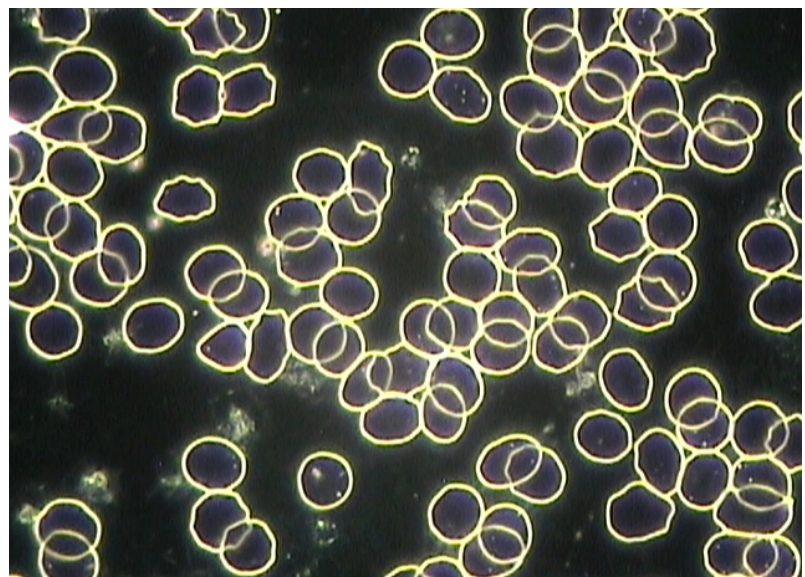
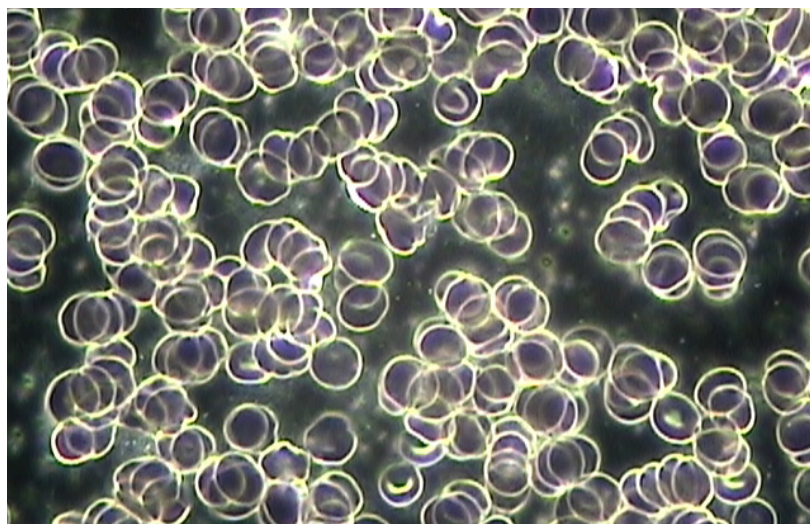
## LIVE BLOOD ANALYSIS

These photos are taken from a test subject and are representative of the incredible blood improvements seen in minutes in all of the placebo-controlled double-blind and single-blind study.

Right: Before (Baseline) Without Wifi

Bottom Left: With Exposure to Wifi

Bottom Right: Wifi Still on but with Leela Quantum Bloc





### Can We Reverse Aging?

Some people want to live longer, but there are those who want to go back to being their younger selves. Unfortunately, we're not quite there yet, but there have been some breakthroughs recently.

- Babraham Institute in Cambridge announced a new technique that could potentially reverse the cell-aging process by 30 years. They were able to "reprogram" older cells in a skin wound to behave more like youthful cells. They also removed age-related changes.

- Molecular biologist David Sinclair and his team at Harvard Medical School were able to reset the ages of older mice to become their younger selves again. Mice with poor eyesight and damaged retinas could see again.

Scientists around the globe are hard at work on the reverse aging question, but it may still be some time before we have a safe, effective way to reverse aging in humans.

### What About Halting the Aging Process Altogether?

We can slow aging and are somewhat closer to reversing aging, but what about stopping aging altogether? The idea of living forever and existing through the centuries is the stuff of fiction, but could it become a reality?

Halting the aging process entirely is probably not possible, according to a large study published in 2021. The scientists who worked on it concluded that we cannot overcome aging because there are too many biological constraints. They also stated that people aren't living longer because we've slowed the aging process, but because there's been a reduction in mortality at younger ages.

Despite the results of this study, researchers still work on the aging question and continue to make progress, little by little. However, keeping cells from aging altogether is probably the

most challenging aspect of anti-aging research. Of the three questions posed (slowing aging, reversing aging, and halting aging), halting aging seems the most unlikely right now.

### Other Ways to Slow Down Aging

Taking care of yourself has been linked to a longer, healthier life, but there may be other ways to keep yourself from aging.

### Blue Zones: Hotspots of Longevity

One mystery of aging is found in the so-called Blue Zones. These hotspots of longevity are geographic areas where most of the population tends to live longer and be healthier than other parts of the world. These five areas were discovered by journalist and author Dan Buettner, who based the concept on the research of two gerontologists who had identified Sardinia, Italy, as the region in the world with the high-





est concentration of men living to 100 years old.

The five Blue Zones in the world are:

- Okinawa, Japan
- Sardinia, Italy
- Nicoya, Costa Rica
- Ikaria, Greece
- Loma Linda, California, USA

People tend to live longer in these places due to certain lifestyle habits, like eating less meat, having daily rituals for dealing with stress, or having social circles that support healthy behavior.

Relocating to one of these blue zones isn't feasible for most people, though, so let's explore another way to possibly slow aging: carbon 60 supplements.

### **Carbon 60**

Carbon 60 is a molecule that is, fittingly, made up of 60 carbon atoms. It was first developed for use in electronics but in recent years, it's been applied to medicine as well. It has strong antioxidant properties so some people have started using it as a supplement, particularly for anti-aging skin supplements.

Researcher Ian Mitchell specializes in Carbon 60 research and has developed a C60 serum. The serum can boost mitochondrial function to enhance physical performance and slow down aging. Ian has pointed out three specific benefits of C60 linked to aging:

1. It can create powerful neural pathways to grow your brain cells, and Ian's idea of binding C60 to a lipid actually helps the C60 get to your brain.

2. A 2012 research study showed that C60 can double the lifespan of rats. It made them live longer by reinforcing their mitochondria, which helps your body produce energy. Stronger mitochondria make your cells

younger, which has led Ian to refer to C60 as an anti-aging supplement.

3. Normally, when your muscles are firing, you can use between 25-30% of them. In a fight or flight state, you can reach about 80-100%. C60 can help you access more of your muscles, like the Olympic pole-vaulting team Ian worked with in 2021.

### Quantum Energy

We're still figuring out scientifically what exactly quantum energy is, but we know that it can help restore vitality, boost our energy and consciousness levels, and put your mind and body in sync. Leela Quantum Tech, the makers of the "Quantum Bloc" technology, are using pure quantum energy not only to hack aging but also overall health.

Several studies have been carried out on their Infinity Bloc, Quantum Bloc and other products, with encouraging results. Quantum energy was shown to

decrease clogged blood cells, reduce allergic reactions, increase ATP production, reduce stress and parasitic load, and even optimize heart rate variability. It was also shown by the Emoto Institute and others to structure and optimize drinking water. In addition it helps keep electrosmog at bay by neutralizing negative frequencies. It acts as a sort of protective layer from exposure to electromagnetic radiation, even in electric cars where emf exposure is especially high.

While we may not scientifically explain in detail yet what it is or where it comes from, it's been proven that quantum energy affects health outcomes in a positive way.

In a more general sense, the effects of quantum energy can make you feel more energized, more resistant to stress, and more in control over your own body. Stress is a proven factor in aging, and many people still

struggle to get it under control. By using products fortified with pure quantum energy, like those from Leela Quantum Tech, you help yourself master stress and feel more at peace, ultimately leading to a longer healthspan.

### Conclusion

Human aging is a fascinating field of study that's constantly evolving. Scientists continue to look for ways not only to prolong human life but also to understand the underlying causes of aging. While there's still much to learn about this process and the nature of human longevity, we've certainly come a long way already. With advancements in things like quantum energy used for healing and vitality, who knows what we can accomplish?



## About Philipp Samor von Holtzendorff-Fehling



*Philipp Samor von Holtzendorff-Fehling is a coach, conscious entrepreneur, and energy healer. In parallel to a successful international business career he constantly worked through blockages and barriers that prevented him to truly connect with his true self. With that he started to also see energy fields and developed his unique skills as a healer, and he went through two decades of training in shamanic and other energy healing practices. During his business career he worked as an executive for several well known companies, including T-Mobile International and T-Mobile US where he served as Vice President. He's the founder & CEO of Leela Quantum Tech and Quantum Upgrade.*