



A Thrilling Report Revealing That “Un-Aging” is Possible

# BIOGENESIS

THE HUMAN PHENOMENON OF GETTING YOUNGER

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After years of research, study, and application, we're seeing clear evidence of "re-gensis," of human bodies generating new biologically younger cells.

Stop.

Think about what I just said.

You can get younger.

That, my friend, is powerful.

Let's begin with clarity so nothing I'm about to share seems like hype or exaggeration. From DeLeon's exploration seeking the Fountain of Youth, men and women have fantasized of finding an elixir, a remedy for "getting old."

Consider this . . .

If the body you live in begins to produce biologically younger cells, you begin to separate chronological age (the number of days in your lifetime during which people sang Happy Birthday to you) from cellular age.

In other words, if the Divine intelligence within you begins to create cells, organs, and tissues that are identical to those it created 10 years ago . . . well . . . I'll say it again . . .

. . . you get Younger!

Theoretically, if you accept my opening premise, you can be 45 years of age in the body of a 30-year-old. Staying with this theory, someone who might have experienced 75 years on Planet Earth might wake up each day in a body that biologically proves younger than 50.

This isn't science fiction. Not anymore. This is real.





# NEW SCIENCE, NEW POWER

The Human Genome Project, advances in understanding stem cells, Regenerative Medicine, and Anti-Aging Science have all come together to take us to a new level of understanding. Aging, as we've come to know and accept it, isn't an absolute. It's an option, or perhaps . . . a mistake.

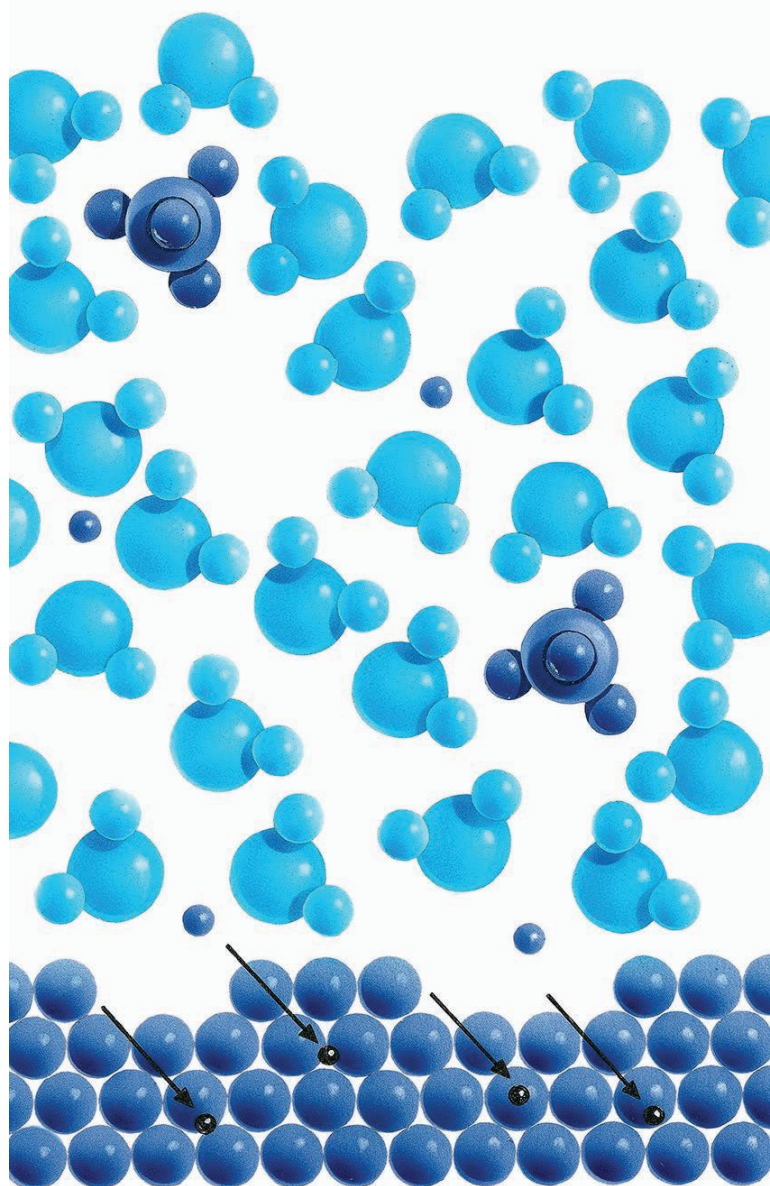
The mystery of how and why bones become brittle, skin begins to wrinkle, performance suffers, and muscle is cannibalized in those of advancing age is a thing of the past. Scientists have revealed the processes, reasons, and complexities that drive this degeneration.

We're now clear on the direct and indirect "causes" of age-related decline. There are 5 Primary "Reasons" why cellular programs dysregulate, and why we lose structure, efficiency, and function. I'll name them.

- Oxidation
- Glycation
- Methylation
- Chronic Inflammation
- Hormonal Deregulation

When we understand the causes of anything considered problematic, we gain power. With understanding and clarity, we can direct our energies toward identifying a series of procedures and blueprints for minimizing the impact of the injurious factors, in this case the 5 innate biological processes I just identified.

While I do address all 5 of those causal factors in seminars, webinars, and in my Younger, Better, Stronger Program, I won't delve into any of them herein. Instead I'll simply move forward with a statement, a question, and a promising answer to that question.



First, the statement.

**Beyond the shadow of a doubt, we can prevent or slow the degeneration commonly accepted as “normal aging.”**

Now the question, and it's a big one.

**Once a human body has started to face entropy (break down), can we reverse that breakdown and regenerate stronger, healthier organs, systems, and cells?**

The answer is yes (I told you the answer would be promising).

**Yes, we can slow or even reverse the degradation our bodies and cells are subject to, and our power begins to take shape when we recognize our ability to slow, resist, or counter cellular entropy.**

The science is extensive. By stimulating mitochondrial autophagy, restoring cellular integrity, activating specific transcription factors, reversing cytokine escalation, restoring hormonal balance, and mitigating the inevitable cellular damage initiated by singlet oxygen molecules (free radicals), we can stimulate the human machine to not only slow “de-generation” but also to increase “re-generation.” We can initiate or recover cellular programs that directly impact the regulation of chromosomes and telomeres. We can “re-set” genetic switches and override installed cellular programs that might have prompted a predisposition to an early onset disease.

I know I just used a lot of words. I assure you; I will not spin off into complex research jargon.

To align with my desire to keep this simple and widely understandable, I'll stay away from the complexities of the science and share a few of the keys that are bringing remarkable results to those people going through my Younger, Better, Stronger program, an 8 week strategy involving modest shifts in nutrition, movement, mindset, and lifestyle.

(For those who have interest, as I mentioned earlier, I do address the science at some length within the program materials)

The underlying aim of the program is a “clean up” of toxins and pathogens, a repair of cellular and tissue damage, restoration of metabolic efficiency, and movement toward biogenesis, the birth of new cells. Better cells. Younger cells.

How far can we take this idea of reversing aging? I'm not sure. Nobody is. It appears however that we have the ability and the science to extend longevity, reverse disease patterns we've mistakenly come to accept as inevitabilities of chronological advancement, and we can rebuild cellular power and performance to radically boost metabolic energy, one of the most prized elements of youth.

Add in that we can increase lean body mass and accelerate fat liberation in our 5th, 6th, even 7th decade (and in all likelihood beyond) and we create an entirely new paradigm for "younger."





# HOW DO WE DO IT?

What is the magic that allows us to clear up brain fog, restore mental sharpness, reignite power, rebuild tissue and cells, repair joints and structures, and rediscover vitality?

What are the keys to undoing human breakdown?

There are many, and in that my Younger Better, Stronger program is multi-faceted. It involves exercise and nutritional guidance, but extends into the simple integration of everything from anti-oxidant smoothies to tapping meridian points in “flow” patterns.

It incorporates simple meditations, poses, resistance, multi-planar exercises, and breath patterns.

It’s a lot . . . in terms of the science.

It is, however, delivered in a platform that makes it simple, do-able, highly empowering, and I daresay fun. Its invigorating, rejuvenating, and life-altering.

While I’m throwing out adjectives, allow me one more.

Mind-blowing.

Yes, when you get a sense of the innate power you never knew you had, when you realize much of your human experience left you unnecessarily fallible simply because “nobody ever taught you this,” your mind is blown.

In this intended-to-be-brief resource, I’ll share 7 of the many keys and elements that have proven pivotal in the effectiveness of the Younger, Better, Stronger program, and then I’ll invite you to reach out if you’d like to initiate some positive change in your own life.



### 01 REPLACING ANY STALE, LIMITING, OR UNSUPPORTIVE DIET WITH CIRCADIAN NUTRITION

Circadian Nutrition is the nutritional strategy I've developed and refined to help people gain control over metabolism, reverse disease progression, and optimize outcomes related to exercise.

One of the primary challenges with conventional dieting is the hypothalamus misunderstanding the intention of calorie deprivation and the residual hormonal shift it initiates. This "hypothalamus – endocrine" miscommunication leads to protective adaptation. The outcome is not the desired one (lasting weight loss), but rather a "flawed" adaptation, or what I've learned to refer to as a maladaptation.

Regardless of the name or design of the diet plan, regardless of whether it villainizes carbs or asks you to cut out fats, if you restrict calories and stay with a restrictive regimen, hormonal and metabolic shifts cripple long term fat loss capacity. You lose weight in the short term and feed the development of a condition referred to as Weight Loss Resistance. The more you diet, the more challenging lasting fat loss becomes. Worse yet, over time there's a snowball effect ultimately leading to insulin resistance, thyroid compromise, and ... well ... interruptions in cellular maintenance.

Circadian Nutrition counters dietary damage as it cleanses, heals, and nourishes for optimal energy production and metabolic power. It provides three figurative "seasons," each with its own strategy and intention. Phase I incorporates thermic metabolic meals to stabilize blood sugar, pancreatic hormones, and immune function as it serves to boost metabolism. Phase II creatively manipulates carbohydrate intake to safely deplete glycogen and coax fat release and fat burning. Phase III uses a unique Intermittent Eating Plan, combined with gut and cellular cleansing techniques, to detoxify the intestinal tract, strengthen cellular integrity, and optimize digestion and gut health. Each phase has its own set of simple nutritional adjustments introducing some recipes and supplemental additions optimizing the intended outcome. This Phase 1-2-3 repetitive strategy has proven highly effective with athletes, chronically ill, aging, and overfat populations. It prevents adaptation and allows for ongoing and consistent betterment. The ease of a Circadian Plan with real food and clear guidance allow you to easily remove inflammatory foodstuffs (some you thought were healthy) and energy disruptors allowing for biogenesis to ramp up and the healing response to reignite.



I make this statement with confidence. For humans seeking lasting health, betterment, and youthful vitality, there is no better eating strategy than Circadian Nutrition. It evolved over the course of 4 decades as I worked with folks of all ages and levels from around the entire globe. To date I've personally introduced Circadian Nutrition to well over 25,000 people with an unshakeable record of success and a long trail of thrilling outcomes. If anyone says they have something similar, they don't. This is a well-tuned precise strategy I developed to counter the frustration and failure of dieting and you won't find the plan I'm describing anywhere else. If you've ever failed or struggled with a diet plan, you haven't yet found Circadian Nutrition and if you're feeling the subtle but undeniable effects of "aging as we now it," there's no better time to learn this strategy than right now.





## 02 IMPROVING OXYGENATION OF THE MUSCLES, ORGANS, SYSTEMS, AND CELLS

Everything that we do, with the exception of those rare moments we're summoning up an all-out effort (as in weight training, sprinting, or running in fear), requires oxygen. The more oxygen we can provide to the organs and working muscles, the more efficient we become. At everything. From thinking to playing basketball, from doing a crossword puzzle to making love.

As we lose oxygen capacity, we age, not only in terms of physicality, but also in terms of thought, performance, and vigor. Because most people, as they move away from activity and play, habitually breathe shallow breaths, failing to engage the powerful diaphragm, the volume of oxygen they "intake" is reduced.

Watch someone who spends most of their day sitting on a couch, chair, or in a driver's seat breathe. Watch their back when they stand still. Watch their abdomen when they lie on their backs. You'll see very little movement. Contrast that with the visible expanse and release you can see when an infant lies facing upward, or an athlete stands in any state of tension or relaxation.

Shallow breathing ("chest breathing") provides enough oxygen for survival, but nowhere near enough to truly thrive near any level of excellence. Add to that dilemma the fact that deconditioned muscles become less oxidative and sedentary or inactive folks become severely limited in their ability to "uptake" oxygen into the cells. While walking or riding a bike can help restore some level of aerobic capacity, it isn't going to undo years of inactivity and shallow breathing by itself, and if the body isn't optimized on all cylinders, even while it improves endurance, an aerobic exercise program can amplify free radical damage.

The "fix" is much simpler than having to commit to excessive exercise volume. The Younger, Better, Stronger Program involves simple but highly effective exercise strategies that enhance our development of "oxidative muscle fiber" in shockingly brief invigorating sessions. In addition, it incorporates a technique of diaphragmatic breathing which serves to maximize both "intake" and "uptake."

Performance ability and recovery ability both increase radically allowing for every metabolic and cellular function to improve exponentially. And everything gets better. Everything.

### 03 RESTORING OUR INNATELY GIFTED STATE OF HOMEOSTASIS

Balance. The body is amazing at balance. A young healthy human body has a remarkable ability to balance tens of thousands of variables in any given moment. Sodium, hydration, estrogen, testosterone, adrenaline, melatonin, anxiety, blood sugar, blood pressure, respiration, digestion, elimination, neurotransmission, and immune function are always in a state of flux and the inner genius of our DNA continually brings us back to a state of balance. This state of systemic balance is referred to as homeostasis.

As we go through successive stages of life, as we make choices related to what we eat and what we do, as we choose our relationships, our educational paths and our intended careers, we face varied levels of stress, each with its own unique part of the cumulative impact, its own part of the overall “stress load.”

Stress prompts an adrenal response, calling upon the sympathetic nervous system to “amp things up.” In a state of health, the parasympathetic system acts as a proverbial “parachute,” to bring us back down from a sympathetic response to relaxed homeostasis, and in that state of balance we recover and heal.

The point at which “stress load” exceeds the capacity for Parasympathetic Recovery is the point at which we become compromised. The longer we go without returning to homeostasis, the more elusive healing and recovery become. The more draining the “stress load,” the more the cells are challenged, attacked, and vulnerable.

It sounds idyllic to simply “reduce stress,” but we live in a chaotic world in a time of information overwhelm, and even if we were able to simply minimize stress, the internal and emotional shift wouldn’t be enough to move us back toward whatever level of health we might have already sacrificed.



In order to reverse the degeneration initiated by adrenal stress, we have to find methods of reviving the Parasympathetic Recovery system. The Younger, Better, Stronger Program incorporates a rare exercise variation aimed at “training recovery,” literally restoring homeostasis. By combining intervals of 12-second “all-out bursts” with a meditative 90-second practice referred to as “Moving Light,” we rediscover the power of recovery and with that comes healing, regeneration, and biogenesis. In a state of chronic stress, every system in your body is subject to amplified aging. It’s only when we train ourselves to return to that innate state of harmonious calm, a conditional circumstance we were gifted at birth, that we again begin to biogenerate new young healthy cells.

Hmm. This might be a good time to re-view a statement I made at the very start of this exploration:

Let’s go on . . .





## 04 RESTORING HARMONY TO THE LIVING GUT BIOME

To refer to the inner ecosystem that exists between your mouth and colon as a colonized community of good guys and bad guys is an oversimplification, but for the sake of explanation it provides a perfect metaphor. The “probiotics” would metaphorically be the good guys, the “bad bacteria” the enemies. I refer to it as an oversimplification because even the “bad bacteria” serve us.

It isn't the absence of bad bacteria we want, it's the balance. In a state of health, we would maintain a ratio of 85% - 15% good guys to bad guys. Poor diet, high stress load, environmental toxins, and overuse or unnecessary use of antibiotics has shifted the percentage in most Americans and most of the folks I meet who suffer degeneration and chronic disease are pretty close to “flipped.” The bad bacteria near 85%, the good guys struggling to maintain any foothold at all.

The last 10 years allowed for scientists to identify the importance of the gut biome in maintaining a state of health, and its revealed itself to be perhaps the #1 factor determining whether or not we succumb to disease perpetrators. It's for that reason that “gut” is an absolute point of focus in restoring wellness and vitality. Any un-aging program must make this a consideration, or it is certain to fall short in its ability to heal.

Supplementing with a probiotic formula is a good idea, but rarely is it a solution. The goal isn't to simply swallow probiotics, but to allow them to colonize, to regain superiority, to suppress the over-colonization of the yeasts and injurious bacteria that have run rampant. Concurrently, most people have some severe wear and tear along every inch of the intestinal wall. Leaky gut, inflammation, and dysbiosis are a triple threat ensuring vulnerability, and all three of those factors are “accepted” as the cost of aging.

Acceptance should no longer be an option! By incorporating Intermittent Eating (Phase III of Circadian Nutrition), nutritional integration of some fermented foods, and supplementation with a quality multi-strain gut colonization product containing at least 50 Billion CFU (Colony Forming Units) we can restore balance in the gut, heal the internal ecosystem, reverse inflammatory issues, and become Younger, Better, and Stronger.

## 05 INTEGRATING ANTI-OXIDANT AND ANTI-INFLAMMATORY FOODS AND SUPPLEMENTAL COMPOUNDS

Oxidation is to a cell as rust is to metal. When free radicals drive cellular breakdown beyond the cell's ability to recover and repair, the cell "ages," weakens, becomes corrupted, and begins its journey toward cellular death. Everything we do produces some level of free radical activity, and in a state of health those chaotic little "radical" molecules are neutralized and scavenged by carriers of electrons known as anti-oxidants. As a matter of fact, in a state of health, the activation of anti-oxidants is driven by the formation of free radicals. A healthy young man or woman experiences thousands of episodes of damage and repair in the working muscles and cells every single day, and to a high degree, this ensures the repeated creation of new healthy cells.

With an abundance of anti-oxidants, we preserve cellular integrity and maintain a state of health. We endogenously produce anti-oxidants, and thankfully we have an additional opportunity to feed ourselves more of these free radical scavengers provided by nature. We can obtain anti-oxidants from exogenous sources such as negative ions from the natural environment (primarily where water flows or moves with impact such as a beach, a rainforest, or a waterfall) and fruits, vegetables, and even some fats. Select vitamins, minerals, and phytochemicals we obtain from food are powerful anti-oxidants within the human body.

The Younger, Better, Stronger program provides recipes for anti-oxidant packed smoothies and shares amazing new science related to the power of select produce items you can find in a grocery store or Farmer's Market rarely recognized for their anti-aging value. In addition we tap into the newest research to understand the protective power of glutathione, the shocking longevity power of unique compounds called fullerenes and the newly recognized value of intracellular elemental youth-preservers including NAD<sup>+</sup> (these and other compounds are not requirements, but they show incredible promise and are discussed at length in the program)

When we realize the true power of that which nature provides, we become less anxious for medical cures finding that which heals us as components of the food we eat, the air we breathe, and the ground we walk upon. This is some amazing insight and its impact upon anyone's health can be extreme. Extreme, in a very very good way.

Toxins within the body are invaders. When they impact neurons, they wreak havoc on the central nervous system and executive brain function. When they impact the immune system, they open pathways for disease-causing pathogens. They can move into organs, fat cells, tissue, and the bloodstream, and their accumulation perpetuates disease.

The Lymphatic System is not only a major player in immune function, it may be the unsung hero in keeping us healthy. As lymph is moved through a network of vessels, it uses fluids running from cells to the bloodstream to remove toxins, waste, dead white blood cells and metabolic debris. When the Lymphatic System becomes sluggish, or worse yet, stagnant, the accumulation of toxins creates a backlog of cellular gunk and disease progression is sure to follow.

It's important to understand that unlike the circulatory system, the immune system doesn't have a pump. It acts by absorbing force as the body leverages, bounces, twists, and shifts and as the diaphragm, in a healthy individual breathing optimally, contracts and expands dynamically throughout the day. Here's the rub. Most people who struggle with the onset of chronic disease, or "amplified cellular oxidation," are not very active, thus, without force of movement the Lymphatic System gunks up.

In *Younger, Better, Stronger*, we use "tapping and thumping," techniques used to move energy in ancient Eastern Medicine traditions. In essence, we reawaken Lymphatic activity and as the lymph network reactivates, debris and toxins begin to mobilize and leave the body. Keeping in mind what I said about "force of movement" moving lymph, you'll realize with age most people "move" less. By reintroducing movement through simple but dynamic exercises, we further stimulate the lymphatic network and organs to clear the way for the biogenesis of new healthy cells without toxic interruption.





## 07 EXPERIENCING PEACE

The last key is perhaps the most important. Stress is the perpetuator of aging, or more accurately, stress load exceeding recovery is the great destroyer of the condition we refer to as youth. The solution isn't simply asking the "stressed-out" to "relax." The stress reaction involves the endocrine (hormonal) system, the chemical communicators within the brain (neurotransmitters), the sympathetic nervous system, the cardiorespiratory system, and by extension virtually every system in the body.

Mindset control (not mind control, but rather a learned restoration of tranquility), brief meditation, physical downtime, and sleep all play into the restoration of a sense of peace. Remember, it is in a state of calm and tranquility (homeostasis) that we recover, health, and improve.

In the Younger, Better, Stronger Program I provide exercises and simple actions aimed at prompting the "3 L's," Laugh, Love, and Listen. Laughter is a powerful driver of endorphins and has immense benefit in calming chronic adrenal stress. Loving, both from an emotional and physical perspective, increase serotonin, dopamine, and oxytocin, all players in moving us away from an amplified disease state. By "Listen" I mean listen to music that you love, listen to frequencies that facilitate healing (energy healing is the real deal as specific frequencies tranquilize cellular disruption), and listen to the sounds of nature.

While a sense of peace is a sense we all crave, our individual and collective universes are distressingly cluttered with chaotic stressors, and unless we learn to restore peace and tranquility, at least in chosen moments, "aging" does become an inevitable side effect of the stress response.



These 7 Keys aren't simply "tips." They're extremely powerful elements of a true "fix" for weight loss resistance, adrenal fatigue, chronic disease escalation, and premature aging. We can turn back the clock. We can regenerate youth.

Want to give it a try? The choice is now yours. Get older or younger. You decide.

Join me through a round of the 8-week Younger, Better, Stronger course. Email me at [phil@philkaplan.com](mailto:phil@philkaplan.com) and I'll put you on the path to a younger, better, happier, joyous, energized new you!

If you'd like to Register for the course online, you can. Go to: <http://bit.ly/getyoungerprogram>

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