



# Wealth and Health

*A Four-Part Series for Multigenerational Investors on the Relationship Between Your Health and Your Wealth*

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## Chapter 2 - How Standing on One Foot Can Increase Productivity

### The Stork Becomes a Flamingo

**\*“No president since Nixon has died before reaching his 90’s” *WSJ*, December 9, 2018**

**More Brain, More Years....** Average life expectancy in the U.S. is 78.9 years, *yet*, no president has died before their 90’s since president Nixon – *at least* 11 extra years. In Chapter 1 of our series, [\*Health and Wealth - More of BOTH is Better!\*](#), we referenced TIME Magazine’s 2011 cover article: “2045 – The Year Man Becomes Immortal”. Are there possible factors that can help add those 11 extra years to your life today? If so, what *WILL* you accomplish in those 11 extra years?

*This chapter is dedicated to adding years to the health of your brain, and utilizing those 11+ years of brainpower to grow your generational wealth.*

### Above “Average?” ....

Webster defines “average” as a number expressing the central or typical value in a set of data. What is an “average” or “typical” life expectancy for the rest of the U.S. population, appears not to be



“typical” of the average U.S. president! It’s not just our presidents who routinely have beaten the odds of surpassing average life expectancy. Ben Franklin lived to be 84 years of age when the average life expectancy at the time was 58. *WHY?* The most important point is that your “Healthspan” (the number of years you *AND* your brain remain healthy) is somewhat malleable. Many theories have been proposed from as far back as Ponce De Léon’s quest for the Fountain of Youth in the New World 12 millennium ago! Although we do not yet have all the answers to longevity – the key point is that we may, in fact, have some control over it!

In Chapter 1 we described how the health of your brain can be improved with simple exercises to gain control over balance and strength. Just standing on one foot – “The Stork” pose, improves balance and brain function. These activities stimulate the brain and promote memory, keeping you mentally clear. In fact, neuroscience research has shown that exercise in general has a protective benefit against Alzheimer’s disease. When you exercise – even simple walking – the brain is stimulated and nerve connections grow like leaves on a tree. It appears the more brain you have, the more buffer there is to fight the onset of dementia.

Personal health literacy is also an essential part of longevity. Take control. Thinking of your personal health management as a “profession” places you in the driver’s seat. With today’s technology, you can, *AND SHOULD*, participate in your own health. By keeping abreast of what’s needed more rapidly – you will be in control and more likely out of harm’s way.

**It’s About Control....** “Control” plays a much greater role in longevity than just health management. There is evidence that the psychological stress of having less security and no control of one’s situation can increase the rate of molecular damage in



the body and brain. Even in the case of cancer, individuals who believe they can “beat the cancer” are more likely to do so than those who believe they will not beat the disease. In the former, they have decided to control their circumstances. In the extreme, according to the *Social Determinants of Health* “...in the world of African wild baboons, animals who are socially dominant tend to be most healthy (as mainly evidenced in their higher levels of good cholesterol)”. Environmental control and

“positive thinking” promote DNA repair mechanisms and alter hormone levels like Insulin-Like Growth Factor, both correlating with longevity.

Just as in business, longevity is multifactorial. Increased “Healthspan” is reached by focusing on a constellation of factors – all carefully managed and controlled, not simply “reacted to”. There is clear evidence that the future of medicine will be based on PREVENTION not REACTION. What if in your business you simply reacted to, rather than prevented, problems? It’s the story of the “smart” business person vs. the “wise” business person...

***TAKE CONTROL!!***

**So, What to Do With the “11 Extra Years”.....?** You have been successful in business. What if you have an additional 11 years to develop your generational wealth? Balance activities (“the stork”), simple walking and other exercises, good diet, and personal health management all together promote a youthful brain, even improve memory deficits. Eleven extra years of financial productivity can be passed on for generations.

*Let the Stork become a Flamingo!*

But don’t stop there – how about passing on your knowledge of “Generational Health” to your family as well? Remember..... in 2045 “Man Becomes Immortal”!!

***Stay tuned for Chapter 3. We are also working with Dr. Deems to schedule personal appearances for him to present for our clients.***

\* <https://www.wsj.com/articles/the-presidency-can-add-years-to-your-life-1544396376>

**Dr. Daniel Deems, MD, PhD, FACS - otolaryngologist, neuroscientist, balance expert. His passion is to prevent Americans from falling.**