



Presents:

Secrets of the Centenarians

Their 8 Keys to Longevity & Action Plan



ANCIENT STRATEGIES OF HOW TO LIVE OVER 100
AND FEEL GREAT!

by Tevia Feng

“Watch your actions for they become habits. Watch your habits for they become your character. And watch your character for it becomes your destiny.”

-Margaret Thatcher

The study of centenarians (people who have lived to be over 100) has been ongoing research primarily conducted by the Japanese, Americans and Chinese. The core goal of Medical Qigong is ultimately longevity.

Being a Medical Qigong teacher and researcher I thus am a student of longevity practices.

Here are the top 7 Keys to Longevity that are the secrets of most centenarians success to growing old gracefully. Make sure to check out the last one at the bottom of the article, it could very well be the most important factor according to one study.

8. Connection and Social Support



¹“Study after study shows the more social support, the longer people live. People have better survival when they are socially connected,” says John Day, MD. “Having a sense of purpose can significantly increase your longevity.” Research shows that men and

¹ <http://www.everydayhealth.com/news/one-hundred-years-healthy-habits-secrets-chinese-centenarians/>

women with stronger social relationships have a 50 percent higher likelihood of surviving longer, according to a review of studies including 308,000 participants.

Connection matters. In Longevity Village he found a connection to nature, to the earth, to family and friends, community, and food. Day says, “Even their food was connected and in a natural state. The fish they caught in the stream they ate later that same day; the vegetables they harvested in their garden they ate that day.”

Action plan for connection and social support

- A. Meet a friend or family member each day to talk.
- B. Take your friend or relative out into nature or a park to connect with nature at the same time.
- C. Eat your meals with family or friends to connect with food together.

7. Positive Attitude



Everyone speaks about a positive attitude, but how to do it? Lu Zijian, China’s previously oldest living Bagua/Qigong master said one of the secrets of his longevity was a positive outlook on his life. He said if you are thinking negatively you need to change the way you think.

White Tiger Qigong teaches special happiness meditations to keep the thinking positive.

Try this happiness meditation:

Heart Cave Meditation

Walk down a flight of stairs deep into the earth. Open the door and see the plant that you love the most. Go sit with that plant, feel it's nurturing, healing energy. Look past the plant and see your favorite animal. Sit with that animal, embrace that animal. Feel it's healing energy and warmth. Open your hand and see your favorite stone in your hand. Look into it and grasp it allowing it's healing energy to permeate your body.

In Bama, China where some of the most centenarians live in all of China, they are known to have an optimistic attitude. They are not lonely as they are surrounded by relatives and friends. They live in a remote area where it is mountainous and hard to get to so outside influences in the past were not able to invade.

²Huang Puxin, 113 from Bama China reveals her secrets to old age: *"Be a good person. Have a good heart."*

Dr. Yang Ze who studied centenarians left us this advise of what he has learned:

"Treat yourself and others well, be more tolerant to yourself and others, be optimistic. Love life, love your family, have love to offer to people and be open-minded."

Action plan for a positive attitude:

- A. Try the above happiness meditation everyday for 3-5 minutes.
- B. Do one thing that makes you happy everyday such as listening to a song that makes you feel good, going to a nice spot in nature you enjoy or a park that makes you feel good.

² <http://www.theguardian.com/world/2013/dec/30/chinese-village-secret-long-life-bama-guangxi>

6. Diet



Here is an interesting study: In a massive study conducted on centenarians, only 20% of centenarians had ever been on a specialized diet plan. In fact, many interviewed had diets of bacon and eggs for breakfast. The key is not some crazy latest fad diet that everyone is jumping on, **the key is densely nutritious food in balanced portions**. Centenarians are not big on supersized portions and believe it or not only a select few were vegetarian. Many centenarians in China use various herbs in their diet such as Goji berries, Schizandra berries and Gynostemma. Tea drinking has also been a common recorded dietary habit of centenarians in China.

³Bama, China has one of the highest amounts of centenarians in the entire country. Their diet consists of mostly steamed foods and very little fried foods, and some meat, but not a lot.

³ <http://www.theguardian.com/world/2013/dec/30/chinese-village-secret-long-life-bama-guangxi>

⁴Cardiologist John Day, MD of Intermountain Healthcare in Murray, Utah visited visited Bapan, China to meet and learn from the Chinese centenarians. He learned some fascinating lessons about healthy living and healthy hearts, ones he shares with his own patients.

Day saw noticed that they ate vegetables 3 times a day with every meal. He said that vegetables were a main course. They also ate a lot of legumes, nuts and fruits.

Legumes — a food group that include beans, peas, and lentils — are a central part of the Bapan diet. “The longest-lived cultures use beans as a regular part of their diet,” Day observes.

This is also true of Okinawa Japan which has the highest life expectancy rate in the world.

Here is an example of a densely nutritious meal of one centenarian. Utilizing the 5 Elements of Chinese Medicine you choose 5 colors of food to use:

green, 青 – green beans, peas (savory)

yellow, 黄 – ginkgo nuts, peanuts, split mung beans, dried longan, walnuts

red, 赤 – red beans, goji berries, red dates

white, 白 – lotus seeds, rice, chinese barley, winter melon strips (sweet), white jelly fungus, dried lily bulb

black 黑 – black sesame seeds, black fungus (savory), black glutinous rice

After combining all the ingredients with the right ratio of water you can cook it slowly overnight and eat it upon waking.

Many centenarians in China are proponents of eating in alignment with the 5 Elements of Chinese Medicine. This means that you should eat each meal with the 5 flavors and 5

⁴ <http://www.everydayhealth.com/news/one-hundred-years-healthy-habits-secrets-chinese-centenarians/>

colors. The 5 flavors stimulate each of the 5 Yin Organs which are the heart, lungs, liver, spleen and kidneys.

The 5 Flavors:

1. Sweet
2. Sour
3. Pungent
4. Bitter
5. Salty

The 5 Colors:

1. Green
2. Brown/Earthy/Yellow
3. Red/Purple
4. Blue/Black
5. White/Gray

It is quite easy to get all the 5 colors in a variety of fruits and vegetables.

Huang Mekan, 108 of Bama, China reveals her diet which she attributes to her longevity: *“Eat green, organic, simple foods. I eat sweetcorn congee a lot. I don't have many demands.”*

Action Plan for nutrient dense and balanced meals:

- C. Plan for each of the 5 flavors in your meal plan for the day tomorrow. Plan for each of the 5 colors in your meal plan for the day tomorrow.
- D. Drink at least one cup per day of an herbal drink or tea.
- E. Change less nutrient dense foods for nutrient dense foods. An example would be changing a habit of a snack of potato chips or candy for papaya or other colorful fruit.
- F. Try steaming your veggies instead of frying them.

5. Sleep Early and Sound Sleep

The majority of centenarians get a healthy night's sleep each night. They go to bed no later than 11pm and rise early with the sun. This is in accordance with the Taoist Chinese Medicine principle of living in harmony with nature's rhythm. Some of the greatest Chinese Medicine



doctors I have ever met are the Fire Spirit Sect of Chinese Medicine. They told me to go to bed no later than 10:40pm so that I was asleep by 11pm. The night is one of the most crucial times for the organs to rejuvenate.

There was one story I had heard that a woman was working night shifts. She asked the Chinese Medicine doctor what she should do as her health was deteriorating. The doctor told her that she had better quit her job and find a new one. She asked the doctor, "I get 8 hours of sleep per day, what's the difference?"

The doctor told her that it does not matter, what matters is the time you sleep and how you sleep.

EMF's can interfere with your sleep. Turning off your wifi router can significantly improve your sleep.

Bluelight from cellphones and computers also interferes with sleep. One Chinese Medicine doctor advised me not to look at computer or cellphone screens at least 2 hours before bed.

Being hungry or full can also make sleeping more difficult as you experience discomfort.

Action plan before sleep:

- A. Turn off wifi and powerful electronic devices before you sleep.
- B. Turn off your cellphone and computer 2 hours before bed.
- C. Be in bed with the lights off by 10:40pm.
- D. Make sure you are not hungry or full before sleeping.
- E. Take a warm shower before bed to relax.
- F. Try Dao Yin exercises, 6 Healing Sounds or light stretching to relax the body before bed.

4. Everything in Balance Yin-Yang

My grandfather who is 97 and in incredible shape told me everything in moderation and in balance. A little bit of everything is ok and good for you, but too much of anything will hurt you. This echoes the great Chinese Medicine doctors of China and the theory of Yin and Yang. Too much of one thing will bring you out of balance.



On the flip side of too little exercise there is another disturbing trend and that is exercising to failure. Now it is becoming popular in cross-fit gyms to push to failure and beyond. This has actually been proven to be damaging to the nervous system as it over taxes it. It also can be draining on the kidneys and lower the immune system. Exercise in balance is key. White Tiger Qigong incorporates a smooth balance of dynamic and still Qigong exercises.

Action Plan for balance:

- A. Eat until you are 80% full and stop.
- B. Stop binge eating or drinking.
- C. Stop your exercise before the point of fatigue.

D. Do some dynamic exercise and some still practices.

3. Contribution

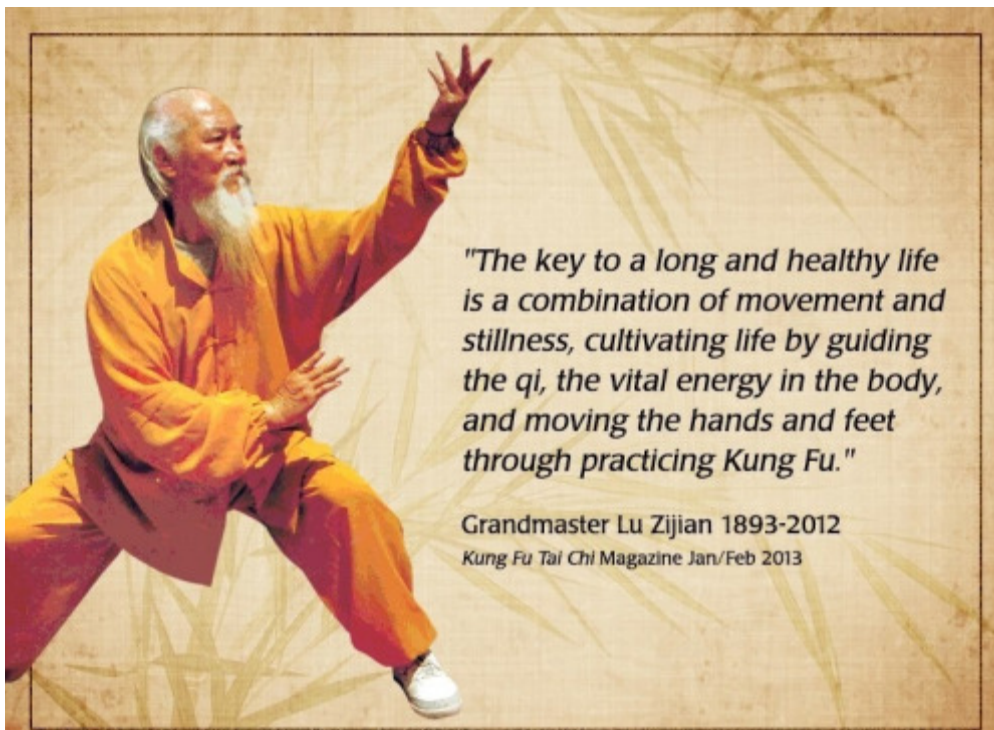
It is a basic human need to feel that you are making a contribution to society or someone's life. Whether it is your family, friends, neighbours or society, making some type of contribution is crucial for feeling importance of staying alive even. I feel good just disseminating this information to you. What can you do each day to contribute something positive to someone else's life? This will bring your life rich fulfilment. I have met people



Action Plan for contribution:

What is one thing you can do tomorrow to contribute something positive to your family, friends, colleagues, society or the earth? Put this on your task list. Doing it everyday for 14 days and this will create a habit. Your life will feel much more enriching and fulfilling after doing this. Let me know how it goes.

2. Exercise the Body and Mind



“Chinese centenarians habitually practice tai chi and qigong, meditative exercises that have traditionally been associated with long life. They also take advantage of rejuvenation techniques the Chinese have known for thousands of years - like acupuncture, acupressure, and energy healing - that increase energy, promote health, and balance body and mind.” Dr. Mao Shing Ni

Exercise is a crucial aspect of longevity. Over 2000 years ago when Medical Qigong began developing, Chinese Medicine doctors found that their patients who were practicing more dynamic Qigong were having more positive healing results much more quickly than the ones who were primarily doing static Qigong. Thus, a branch of Qigong was developed focused on health and longevity, Medical Qigong which focuses primarily on dynamic Qigong exercises, but still utilizes stillness and meditation. Opening the meridians through dynamic movement, in conjunction with movements that literally squeeze toxins out of the organs like a sponge and deep stances which squeeze the muscles around the bones and increase bone density. These are the key secrets of Medical Qigong’s amazing benefits.

⁵Research data also show that people who stay physically active get extra years of life. In a Taiwan study of more than 400,000 people, researchers found active people enjoyed an extra three years of life.

Now when you look at places like Bama and Bapan, China they don’t exercise, but they don’t need to because they are out in the field farming all day. They cook for themselves, they do everything by themselves so they are moving all day. Most people sit in front of computers all day so you need something different.

⁵ <http://www.everydayhealth.com/news/one-hundred-years-healthy-habits-secrets-chinese-centenarians/>

Dr. Yang Ze advises this: *“Do more exercise. All centenarians help themselves and do everything by themselves ... They go farming in the mountains, they cook for themselves.”*

Self-Massage and Stretching (Dao Yin)

Not everyone has the luxury to hire a masseuse like an emperor to stay healthy and relaxed, but we do have the ability to massage ourselves for free. Massaging the acupuncture points on the body has been a time-tested and proven technique of healing and longevity for thousands of years. It is no wonder why so many centenarians in China are big proponents of it. When I was living in a temple in Taiwan, I shared a room with a man who was almost 90 years old and healthy as an ox. Every morning at about 5am he would begin to massage himself from head to toe. At first it irritated me because it would wake me up, but I realized this man had some wisdom I could learn from. It turns out his blood line was related to a former emperor of China. He used techniques passed down in his family for years. He is one centenarians video at 104 he does every day in bed:

<https://www.youtube.com/watch?v=5Z4caCs3lj0>

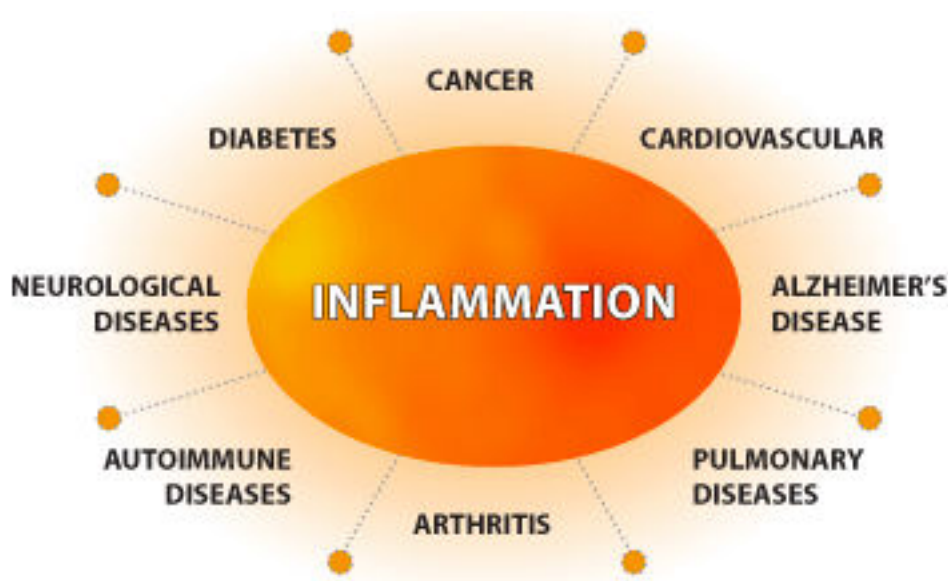


This video is in Chinese, but you can follow along with it nonetheless if you don't speak Chinese.

Action plan for exercising the body and mind:

- A. Try to do at least 20-30 minutes of continuous exercise per day, although 45-60 minutes is optimal.
- B. Try to do at least 5-10 minutes minimum of meditation per day.
- C. Learn a Medical Qigong form such as 8 Pieces of Brocade, Bagua or 5 Element Qigong.

1. Reduce Inflammation



Neuroscientists have conducted research on 1,554 individuals, including 684 centenarians and (semi-) super-centenarians, 167 pairs of offspring and unrelated family of centenarians, and 536 very old people. The total group covered ages from around 50 up to the world's oldest man at 115 years. The study's aim was to identify biological factors that predict successful ageing at extreme old age, and to see whether improved performance in these factors would already be recognisable in centenarian offspring. What did they find as the biggest key factor in longevity? A relatively low rate of inflammation. Low rates of

inflammation and an “anti-inflammatory” lifestyle include factors such as low amounts of stress, anti-inflammatory diets and exercise.

⁶Stress is becoming increasingly challenging in our society, says Day. In his experience, “80 percent of emergency room visits are stress triggered.” Life is stressful, but it’s how you deal with it that matters. Too often we live isolated lives, and even our diet causes a buildup of stress we need to diffuse, he explains.

Natural keys to reduce inflammation:

Qigong: Medical Qigong has scientifically proven benefits of reduced inflammation. See this study <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2826100/>

Both meditation and physical exercise have been shown in studies to reduce inflammation. Why not do a practice that recruits the mind and engages the body in advanced forms of exercise such as Medical Qigong.

In studies, both aerobic and non-aerobic exercise have been shown to lower levels of C-reactive protein, or CRP (the body’s marker for inflammation). The lower the body’s CRP, the less inflammation is present.

You can get an **aerobic workout from Qigong exercises** such as Circle Walking and anaerobic exercises from Bone Qigong training exercises. These exercises also incorporate meditation so you can have your cake and eat it too!

“We know that angry, hostile people have higher CRP levels than people who keep their cool.” The thinking goes that cortisol, a stress hormone, triggers the body to release a host of chemicals that contribute to the inflammatory cascade. Activities that calm the mind, such as meditation and guided imagery, lower CRP levels,” William Joel Meggs, MD, PhD, author of *The Inflammation Cure* (McGraw-Hill, 2004).

You can use Leopard Qigong to balance angry emotions.

⁶ <http://www.everydayhealth.com/news/one-hundred-years-healthy-habits-secrets-chinese-centenarians/>

An anti-inflammatory diet “Anytime you go with a large variety of colors, you get a powerhouse of phytochemicals, some of which have anti-inflammatory effects,” says Melanie Polk, director of nutrition education at the American Institute for Cancer Research in Washington, D.C. Wheat and dairy are known as highly inflammatory foods. Too much sugar has an inflammatory effect on the system as well. There are many keys to an anti-inflammatory diet such as the right kind of oils and fats as well.

Action plan to reduce inflammation:

- A. Practice one form of Medical Qigong per day and or practice yoga/meditation.
- B. Cut your sugar in-take in half for tomorrow if not eliminate it totally.
- C. Observe your wheat and dairy in-take and try to reduce it where you can.
- D. Plan your meals to include all 5 colors of the 5 Elements listed above.
- E. Take 5 minutes to do something that reduces your stress for the day. Maybe a walk in a park or beach, or somewhere where there is nature.

I hope you enjoyed this as much as I did writing and researching it. Use these action steps to create a habit. After 14 consecutive days of doing these things it should become a habit. Don't forget Margaret Thatcher's quote above which I will repeat again for you as I think it is so important:

“Watch your actions for they become habits. Watch your habits for they become your character. And watch your character for it becomes your destiny.”

-Margaret Thatcher

About The Author



Tevia Feng is the founder of White Tiger Qigong. He began martial arts, Qigong and meditation training at the age of 7. He has personally taught thousands of students from around the world in remote locations from China, Thailand, Vietnam, Indonesia to the United States. His vision is to spread these sacred arts across the world so others can learn to heal, transform their lives and discover their human potential. His students come from all walks of life, including professional athletes, ballet dancers, students of Chinese Medicine, and those interested in martial arts, healing, and longevity. He currently offers Qigong, Medical Qigong, Internal Martial Arts, Krav Maga and Taoist Warrior Mind Training workshops, teacher certifications and classes worldwide.

He has lived and traveled throughout China from Beijing to Taiwan studying various martial art forms including rare forms of Qigong, Medical Qigong, Various styles of Baguazhang and internal martial arts including Wudangshan Baguazhang, Bagua Lian Huan Zhang, Xing Yi Quan, Taiji Quan, and Xuan Wu Quan. While in China he also studied at multiple Taoist monasteries and temples, becoming fluent in Mandarin and learning from many advanced masters. As a westerner, Tevia has devoted himself to becoming a bridge between these ancient teachings of Qigong, Qi healing, and the modern world of western physiology and western understandings of the body. He was certified by Dr. Ming Wu as a Medical Qigong teacher and practitioner with specialties in Tui Na (a medical Qigong acupressure therapy), Fire cupping and Magnetic cupping therapy

He has since worked in Dr. Wu's Chinese Medicine clinic in Guangdong Province, China practicing Tui Na and teaching Medical Qigong to physically handicapped and cancer patients. He

has been published by the Qi Journal for Chinese Medicine as a Qigong expert and is also a published author on Medical Qigong.

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