

LONGEVITY COCKTAILS · A BLEND OF SCIENCE, COMMUNITY AND CONVERSATION

Lifestyle Medicine and the Longevity Revolution

Dr Pankaj Pandya MD, MSc, DCH, IBLM Dip · Physician and Lifestyle Specialist

The first event in the Longevity Cocktails series



YOUR SPEAKER

Dr Pankaj Pandya

MD, MSc, DCH, IBLM Dip · Physician and Lifestyle Specialist

An experienced General Practitioner with a career spanning more than 40 years across the UK, Ireland and Malta. He holds a Masters in Physiology and Biochemistry from the University of Sheffield and the University of Malta, followed by a medical degree from the University of Malta. He further specialised with a Diploma in Child Health (DCH) from Dublin, and is certified by the International Board of Lifestyle Medicine (IBLM).

SPECIAL INTERESTS

Lifestyle Medicine

Microbiome science

40+ years
in medical practice

UK · Ireland · Malta

three countries of practice

IBLM certified

International Board of Lifestyle
Medicine

THE BIG QUESTION

Can we prevent and reverse chronic diseases?

-  Ageing (“inflammageing”)
-  Heart disease
-  Type 2 diabetes
-  Obesity
-  Dementia
-  Cancers
-  Mental illnesses



THE PROBLEM

We keep mopping the floor while the tap is still running



Conventional medicine

Excellent for acute emergencies

Heart attacks, strokes, infections and injuries, treated with surgery, antibiotics and pharmaceuticals.

Chronic disease

Treats symptoms and risk factors, not the cause

Are drugs and surgery our only options?

WHAT IS LIFESTYLE MEDICINE

Evidence-based medicine that targets the root cause

Mainstream medical practice

Evidence-based

Complements conventional medicine



01

Prevention

Stop chronic disease before it starts



02

Management

Better control of existing disease



03

Reversal

Undo disease by changing its cause

Root cause: low-grade chronic inflammation. **Focus:** health, to prevent disease.

THE BIG PICTURE

Habits drive inflammation; inflammation drives disease

LIFESTYLE FACTORS

- Nutrition
- Exercise
- Sleep
- Stress
- Social engagement
- Toxins: smoking, alcohol, environment



CHRONIC DISEASES

- Ageing (inflammageing)
- Heart disease
- Diabetes
- Cancers
- Obesity
- Depression
- Dementia
- Autoimmune
- Fibromyalgia

100 yrs

of exponential rise in chronic disease

5–10%

of chronic disease is genetic

90%

is due to unhealthy lifestyle habits

INFLAMMATION

Inflammation can heal us, or slowly harm us



Acute · beneficial

Triggered by injuries and infections. The immune system responds, then switches off.

Swelling

Redness

Pain

Warmth

→ **Healing**



Chronic · harmful

Low-grade and long-lasting. It never fully switches off.

Disrupts the body's six main healing pathways

CHRONIC INFLAMMATION

Six healing pathways that chronic inflammation disrupts



Microbiome

Gut health: linked to 90% of chronic diseases



Immune system

80% of it sits around the gut



Telomeres

Epigenetics: gene expression and longevity genes



Angiogenesis

Formation of small blood vessels



Stem cell regeneration

The body's repair system, including autophagy



Mitochondria

The powerhouses of our cells

CHRONIC DISEASES

The chronic diseases lifestyle medicine targets



Ageing

Inflammageing: cellular ageing



Cardiovascular

Atherosclerosis, heart attacks, strokes



Type 2 diabetes

Driven by insulin resistance



Obesity

Especially central obesity



Cancers

Colon, breast and prostate



Dementia

A major concern, even in younger people



Depression

Closely linked to inflammation



Autoimmune

RA, fibromyalgia, psoriasis

THE SOLUTION

Six pillars of lifestyle medicine



01

Nutrition

What and when we eat



02

Physical activity

Move daily, keep muscle



03

Sleep

6–8 hours, every night



04

Stress management

Calm the nervous system



05

Social engagement

Community and belonging



06

Toxin exposure

Smoking, alcohol, environment

Food is the most powerful medicine

It instructs our genes, our hormones and our gut. What we eat matters, and so does when.



EAT MORE

- Whole food, mainly plant-based
- Fibre
- Fermented foods
- Healthy fats
- Protein ($\approx$ 70 g daily)



AVOID

- Sugars (preferred fuel for cancer cells)
- Refined flour
- Processed foods
- Processed meats



WHEN TO EAT

- Time-restricted eating / intermittent fasting
- At least 12 hours overnight
- Improves metabolic health
- $\downarrow$ visceral fat · $\downarrow$ inflammation
- Helps prevent cancer

The fasting-mimicking diet: five days to reset

↓ **2.5 yrs**

lower biological age after 3 cycles
in 6 months

From The Longevity Revolution and the
longevity diet of Prof. Valter Longo.

THE 5-DAY PLAN

Plant-based · low protein · low sugar · low calories · high in good fats

WHAT IT DOES



Burns fat

The body switches to ketones



Autophagy

Cleans out damaged cells



Regeneration

Stimulates stem cells



Gene impact

Acts on genes that control
ageing

PILLAR 2 · PHYSICAL ACTIVITY

Move daily, and keep your muscle

Avoid being sedentary. Walk at least 30 minutes daily, especially after a meal. Gardening and housework count.



Aerobic

Brisk walking, jogging



Resistance

Light weights, body-weight exercises. Maintain muscle mass and avoid falls (Dr Peter Attia)



Flexibility & balance

Pilates, stretching

BENEFITS

Prevents dementia · boosts immunity · lifts depression · heart health · weight control



The cheapest drug for longevity

6–8 hours non-negotiable: quantity and quality

DURING SLEEP

Brain and body flush out waste and strengthen the immune system

LACK OF SLEEP RAISES

Inflammation, mental illness, dementia, obesity, heart disease, diabetes

HOW TO SLEEP BETTER

- Avoid blue light
- Regular sleep and wake times
- A winding-down routine
- Early morning sunlight
- Bedroom at 18–20 °C
- Warm shower, dark room, eye mask
- Dinner 3 hours before bed
- Supplements: melatonin, magnesium glycinate



Short-term stress helps; chronic stress harms

Stress raises the stress hormone cortisol and increases the incidence of all chronic diseases.



SHORT-TERM · HORMESIS

Beneficial

- Intermittent fasting
- High-intensity interval training
- Sauna and cold exposure



CHRONIC

Harmful

Sources: work, finances, relationships, loneliness

Raises the risk of heart disease, dementia, depression and obesity



MANAGEMENT

Activate the vagus nerve

- Mindful breathing
- Chanting, humming
- Meditation
- Socialising and exercise
- Time in nature
- Gratitude journal

Connection is medicine

Loneliness is as harmful as smoking 20 cigarettes a day

AFTER COVID: ISOLATION AND FEAR RAISED

Dementia

Anxiety & depression

Heart disease

WHAT HELPS

- Engage in your community
- Family and faith
- A sense of belonging

THE 5 BLUE ZONES

The world's longest-lived communities share social engagement and purpose in daily life.



Cut your exposure to carcinogens



Smoking



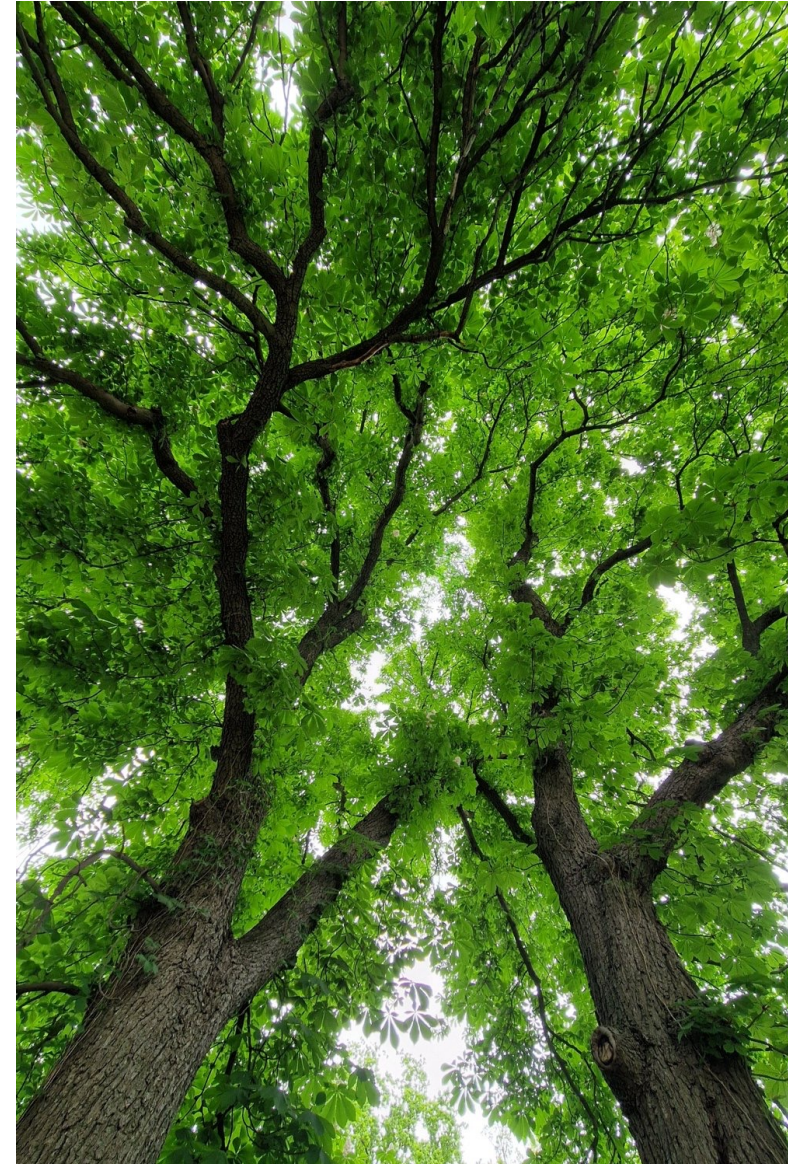
Alcohol



Environment: air and food

PRACTICAL STEPS

- Soak fruit and veg in baking soda for 10 min
- Avoid plastic containers
- Use stainless steel and glass
- Use water and air purifiers



CONCLUSION

Age is inevitable.
Ageing is not.

Ageing can be targeted, slowed, and even reversed.

WHAT THE EXPERTS SAY

Longevity experts agree on the same few habits



Dr David Sinclair

Slow ageing (and reverse it?). Eat less, and less often.



Prof. Rose Anne Kenny

Social engagement and nutrition



Dr Peter Attia

Muscle strength, especially in the lower limbs



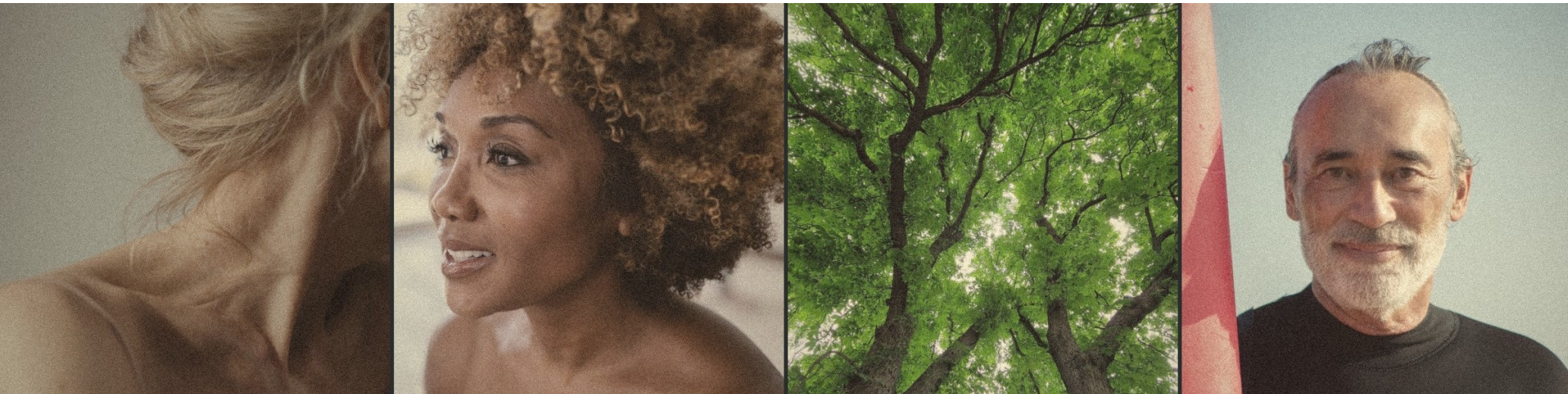
Ocean Robbins

Nutrition (Food Revolution series)



Dr Dean Ornish

Plant-based whole food, less stress, physical activity, social engagement



Thank you

Questions welcome

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