

Bad news - We are not living longer - it's all a big lie.

by Rikki Arundel [18.68:1144] on 13-Apr-04 2:47am

Once again I started this as a response to a blog - but it sort of grew...

I used to work in the life insurance industry (for my sins I'm a Chartered Insurance Practitioner) and so had to study mortality and life expectancy and the impact of disease and lifestyle on life expectancy. Well you have heard the old quote "Lies, damn lies and statistics..." Well read on if your dare.

In 1871 according to the statistics from the first national census able to measure it, the life expectancy of a male was just over 40 years. In 1991 - the last statistics I looked at (2001 have just been published) the life expectancy of a male was just over 73 (add about 5 years for women - though the gap is narrowing).

OK - that clearly shows that we are living longer... Actually no it doesn't!! What it shows is exactly what it says... that the average expectancy of life for a male at birth has improved - but it does not mean overall that we are living longer - that is the LIE

In 1871 the expectancy of life for a male aged 65 (they did reach that age) was 10 years. In 1991 the expectancy of life for a male aged 65 was 12 years - 120 years and the real expectancy of life has improved by just 2 YEARS

Why the discrepancy, simple, what has improved is lifestyle related death (malnutrition etc), infant mortality, death due to dangerous work conditions, by infectious disease, by war etc. For women add childbirth which was a major cause of death. All that has changed are the chances of getting to 65 - then, I regret to say - its all downhill fast.

Today - **there are almost no recorded incidents of death by old age** - some of that is down to improvement in diagnosis - but regrettably most death today is due to cardiovascular disease , carcinoma or dementia - all degenerative illnesses caused by the breakdown of the immune system - and much of the cause of that is what we eat.

The body is designed to consume around 4-6000 calories a day - and even 50 years ago that is what we would have burned off. Today we burn around 2000 calories a day so we eat less, or become obese - and that means half the nutrients we used to get. In addition the land is stripped of minerals. A recent study comparing organic and non organic vegetables showed hardly any difference in vitamins - but the difference in minerals, which the food processing industry conveniently omitted to mention, was measured by a factor of 10 to 20 times different. Minerals are as important as vitamins. The body replaces itself every 7 years - if you think of the vitamins as mortar - the minerals are the bricks.

If you want to live longer you have to make sure that the body gets a much higher supply of both vitamins and minerals - If you want to read the views of one of a top nutritionist on this try Dr Paul Clayton author of Health Defense

I hope this has not disturbed you too much. The truth is that the government really can't afford for us all to live to 120 (which should be no problem) they would go broke, so nothing much is done to improve things - that's why we have a National Sicknes Service not a National Health Service. It's a temporary fix system to get us to 65 that does nothing to improve long term health. The whole system is designed to get to you to 65 and then hope you die... soon.

You can beat the system if you want to - but you have to do it yourself and take responsibility for your health. Don't even think for one moment that the government will look after you, they can't. And the food industry - well lets be sensible about them - it's a business - old people eat less so not much of a market. And remember that wheat, potatoes, milk and sugar are all addictive substances and make up 50% of the UK diet - these get us hooked on just the foods that are cheap to produce, and contain virtually no goodness at all. In the UK 90% of all food is supplied by just 5 companies - and farmers can barely survive on their margins - I wonder who is making all the profit then.

Live long and Prosper - if you can