

FITNESS UPON THE SHOULDERS OF GIANTS

LONGEVITY FOR A BETTER LIFE



Peter Ottens

Gerontologists have suggested that the human body is capable of living to 150 years of age, so why is it so that a large majority of the population is living 50% to 30% of this age in the present day?

*My name is Peter Ottens and I have worked in the realm of spine and joint conditioning for over 26 years. I have seen spines and joints, which have caused incredible pain, return to normal and allow the person to live a pain free life... **A BETTER LIFE.***

Having seen that the most common area of degeneration in the human body is the back and joints as we become older chronologically, it has become my main focus.

Now, if we can restore a joint, spine, body tissue, utilising specific anti-degeneration techniques, and if we meditate, or, in other words, if we apply this technique and knowledge before the degeneration (or 'illness') takes place, then the obvious should be that this won't occur.

Most people understand longevity and

anti-ageing because those that have travelled before us in this area have often portrayed longevity as some tormentuous journey of going without certain foods and sacrifice, that the average person would probably prefer death.

So now I will let you in on a little secret: **Longevity is not about going without.** If you are going to choose, or try to live a long time on the earth, you will need three basic things:

- 1. Strength, to move your body to enjoy movement.**
- 2. Good mental faculties to experience your movement.**
- 3. A spirit that is happy to enjoy, revelling in this great experience of life on planet earth.**

The thing we definitely don't need is PAIN. So that I am not misunderstood, Longevity is about maintaining what we have into older years; not having the 'wheels fall off' without the distress of living on carrots and lettuce leaves. It is to maintain this vehicle we have for a great life all the way through.

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