



Robert Lufkin, MD

*10*  
*Health*  
*Longevity*  
*Tools That*  
*I Use*



# 1 When I Eat

When we eat is as almost as important as what and how much we eat. Fasting in one form or another is part of nearly every religious tradition and culture. Fasting can also have many goals [weight loss, spiritual effects, etc.] which will influence the way that it is done.

For over two years I've skipped breakfast and lunch to power up health and longevity genes. I've never felt sharper mentally or had more energy during work outs and, wow, that single meal of the day (after fasting for 20 hours) has never tasted better!! It's sometimes called OMAD (one meal a day). It really simplifies my life as I now no longer have to worry about what to eat for breakfast or lunch. And the money that I save allows me to have quality food when I finally do eat that daily meal.

Rather than doing a longer fast at infrequent intervals I've opted to have a daily shorter fast that has become a regular habit. Because direct measures of autophagy, longevity, and other beneficial effects are difficult to determine, the optimum fasting strategy for this purpose is still a topic of debate.





## 2 What I Eat

I Don't Diet. Dieting is a temporary change in eating habits to accomplish a short-term goal. To accomplish permanent change in my health, I make a permanent change in my eating habits to honor myself and my family. I am a recovering processed junk food addict. I am carbohydrate intolerant. I love the taste of sugar, baked goods, and other refined carbohydrates but they adversely affect my health parameters. So I eat minimal refined carbs.

I also avoid processed industrial seed oils or 'vegetable oils' which drive inflammation. I instead use olive, avocado, or coconut oils when possible.

I also avoid grains- even 'whole grains'. Antibodies to gluten and other grain components also drive inflammation. And most grains contain the herbicide glyphosate which I also stay away from. Unlike most foods, if you want to try a grain free diet, you need to wait up to 90 days before you see the effects.

It's not a diet, it's what I eat. I also try to eat organic foods especially when imported from other countries where pesticide laws are not as strict as the US. And, yes, I am in healthy ketosis [not ketoacidosis] most of the time.





### 3 How Much I Eat

I count carbs not calories. I only eat once a day so I can pretty much eat as much as I want. Of course, I'm not stupid and try not to eat sugar, high carb foods, or seed oils. I also try not to overeat protein which means I eat healthy fats for the needed calories. Without the carbs to spike my insulin and drive hunger, my body gets full and I stop eating [usually] at a natural point.





## 4 Physical Exercise

I treat physical exercise like a drug and monitor the dose. Along with diet, exercise is one of the most powerful lifestyle factors that we can easily manipulate [Fitzgerald 2021]. I have committed to exercising every day- like riding an exercise bike at least 10 miles. I've now passed 6000 miles on the odometer, and I've never felt better. Little habits add up.

To help the habit stick and make me stick to the commitment, I use a free charity website <https://www.justgiving.com/fundraising/robert-lufkin> to publicly declare and track a goal to the world. I decided to start with a 3000-mile virtual bike ride across America to raise money for a charity as my first challenge. I had to update the challenge to 6000 miles recently. I use the free Strava software <https://www.strava.com/> to automatically connect to my exercise bike and upload my daily miles to update the charity website tracker.

The more people that know about my exercise goal/commitment, the more humiliation that I would face if I wimp out and miss my goal. By the time I reach 6,000 miles in another month or so, I anticipate that the daily habit will be locked in, and I will likely extend the commitment to 24,000 miles for a virtual ride around the world ;). Try setting one up for yourself and tell all your friends. Let me know how it goes.





## 5 Mental Exercise

Like physical exercise, I treat mental exercise like a drug and try to quantify it.

Mental activity is associated with decreased risk for Alzheimer and other neurodegeneration as well as innumerable benefits for other diseases. [Yu 2020]

I try to keep learning. If someone says that they have 'Completed their education', they don't understand education. Education is a lifelong process that only gets better with time.

For example, I recently passed day 937 of a daily 10-minute free Mandarin lessons on Duolingo <https://www.duolingo.com/> app. If I miss more than a day the app will delete my streak. That's an incentive to not miss days. Ever.

I also read a lot of books. I'm including some short videos of ones that I especially like at <https://www.robertlufkinmd.com/>.





## 6 Sleep

I try to get too much sleep, not too little. My body will tell me when I have had enough. A healthy sleep wake cycle is critically important for longevity. Like many people, I used to stay up late and get up early with an alarm clock and then be tired all day. Now I go to sleep with my daughters by 10pm and wake up without an alarm by 4 or 5 am in time to ride 10 miles [see above] before the rest of the family wakes up.

If I need an alarm clock to wake up every day, I ask myself if I am getting enough quality sleep.





## 7 Stress Management

Resilience and stress reduction are critical to managing factors that directly affect our health and longevity.

### **Meditation**

There are many good tools and apps out there to explore this powerful technology. The best one is the one that works for you. The current one I am using is Waking Up from Sam Harris <https://wakingup.com/>.

### **Personal growth and transformation**

Always moving along the path of personal growth is essential. There are many effective options available. I am always learning and reading new material. A sense of purpose is fundamental to our well-being.





## 8 Labs/Imaging/Tests

What labs do I check? A full discussion is beyond the scope of this discussion and will be covered in detail later.

New lab testing I'm trying is with 17 biomarkers from a finger prick at home for ~\$100.

If you use this link you get 50% off <https://siphoxhealth.com/lufkin>.

One key point I find valuable. I don't try to get my labs in the 'normal range' according to the lab. I try to get my labs into the 'optimal range' which in many cases is not the same as the 'normal range'. In addition to the usual lipid and metabolic panels here are a couple others that I check:

### **Insulin**

Serum glucose can fluctuate significantly even when fasting. Just wear a CGM and you will understand. Glucose elevation is sadly, a relatively late finding in diabetes. It is usually preceded by a decade or more of insulin resistance and elevation with eventual pancreas failure. Take home message: waiting until glucose rises to diagnose diabetes means that it is diagnosed late after a decade or more of damage has already been done. Even HA1C can show long term glucose levels but still misses up to a decade of insulin resistance and elevation that precedes any glucose changes in many people.

### **DNA Testing**

Consumer DNA testing is increasingly affordable. Once complete I download the data file and check SNPs (single nucleotide polymorphisms) as they become available. Example: ApoE4 alleles for Alzheimer risk, etc. Deeper dives to follow.





## 9 Devices

"You **can't** manage what you **can't measure**." It's as true in health/longevity as it is when Peter Drucker said it about business management. Unfortunately, there aren't a lot of good ways to measure many of the things we would like in longevity health such as longevity genes [SIRTUINS, mTOR, AMPk], autophagy/apoptosis, and innumerable nutrients and other biomarkers. But as our understanding increases along with technology there is a growing list of devices that allow us to start to peek under the hood. More details in a later deep dive but here are some basics:

### Scale

I have an inexpensive [\$17] one linked to my smartphone that I jump on each time I take a shower:

[https://www.amazon.com/dp/B07TB4SXQ8?ref=exp\\_robertlufkinmd\\_dp\\_vv\\_d](https://www.amazon.com/dp/B07TB4SXQ8?ref=exp_robertlufkinmd_dp_vv_d)

It just provides basic information about where I am with weight and does Bioelectrical Impedance Analysis (BIA) technology to measure my body composition including Body Fat, BMI etc.

### Keto Breath Monitor

For monitoring ketosis, I don't like sticking my finger for blood levels and I don't find the urine levels useful. I use an acetone breath monitor which is a fast, convenient, and accurate way to monitor acetones levels as a marker for ketosis. There are many available.

### Continuous Glucose Monitor

These measure interstitial glucose levels with a small [painless] patch worn for 2 weeks at a time and connect to a smartphone. I use the <https://www.freestyle.abbott/us-en/home.html> but the ones from other vendors are also good. I just started using these this year [note I am not diabetic] to understand how my body responds to different things that I eat. These require a prescription from a physician in the US but are becoming increasingly available through companies like LEVELS, Nutrisense, and Vital that use them for overall health management. Rumor has it that both Android and Apple watches may be releasing a smartphone based glucose monitor using a form of Raman spectroscopy as soon as 2023.



# 10 Other Things

## Supplements

This is an involved discussion that we don't have space for here so I will just point to our Path of Longevity video podcast and newsletter where we dive into the weeds <https://www.robertlufkinmd.com/>.

## My Health Longevity To-Do List

We will be diving into these in upcoming podcasts and courses:

- Silent retreats
- Sauna
- Ice baths
- Sound baths
- Isolation tanks
- Cryotherapy
- Psychedelic enhanced neuroplasticity for longevity
- Other activities to induce hormesis

If you have suggestions or advice, please let me know:

<https://robertlufkinmd.com/contact>







# About Me

*Dr. Lufkin has served as Full Professor of Radiology at both the UCLA David Geffen School of Medicine and at the USC Keck School of Medicine. He is currently Clinical Professor of Radiology, at the USC Keck*

*School of Medicine with an academic focus on the applied science of longevity. Dr Lufkin is a practicing physician and the author of over 300 scientific papers and 14 textbooks translated into six languages. He studied computer science at Brown University and completed his medical degree at the University of Virginia School of Medicine. He is a frequent invited and/or keynote speaker around the world and was named one of the '100 Most Creative People in Los Angeles' by Buzz Magazine. His honors include serving as President of the Society of Magnetic Resonance Imaging, President of the American Society of Head and Neck Radiology, and numerous other professional affiliations. Among his many inventions including several patents in artificial intelligence, he developed an MR-compatible biopsy needle which is used worldwide today as the "Lufkin Needle." He has also founded and/or invested in numerous technology companies.*

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## REFERENCES:

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Yu, Jin-Tai, Wei Xu, Chen-Chen Tan, Sandrine Andrieu, John Suckling, Evangelos Evangelou, An Pan, et al. "Evidence-Based Prevention of Alzheimer's Disease: Systematic Review and Meta-Analysis of 243 Observational Prospective Studies and 153 Randomized Controlled Trials." *Journal of Neurology, Neurosurgery & Psychiatry* 91, no. 11 (November 2020): 1201–9. <https://doi.org/10.1136/jnnp-2019-321913>

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### Not general advice:

This is an N=1. This is what I do for myself based on the best information that I have now. Everyone is different. These are a constantly evolving set of tools that I adjust as I learn more about metabolism, health, and longevity and my own body and the science moves forward. These work for me now based on my own unique metabolism, genomics, history, and epigenome. Everyone is different. Actual mileage may vary. Objects in mirror are closer than they appear.

### Limited information:

Due to length constraints this is a superficial summary list. Deeper dives and more details to follow on each of these topics. Please stay tuned and subscribe at <https://robertlufkinmd.com/>.

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