



The official newsletter of  
**KissYourAgeGoodbye.com**

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**Hello, I'm MJ Diebold.**

Welcome to my first **KYAG** newsletter. We created this to better inform you on **"Selective Eating®"** and living a healthier lifestyle.



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Linda Gray Still Hot at 70!

I make choices every day to exercise and be a **"Selective Eater®"** which has shaped me into who I am today . . . "Healthy, happy, and loving life at 57."

I hope you decide to **"Kiss Your Age Goodbye"** and join me on a path to healthy living!

**Can aging be 'cured'?**

If predictions are right, the first person who will live to see their 150th birthday has already been born. **And the first person to live for 1,000 years could be less than 20 years younger.**



Aubrey de Grey, is a world renown biomedical gerontologist and chief scientist of a foundation dedicated to longevity research. He is of the opinion that within our lifetime doctors could have **all the tools they need to "cure" aging** -- banishing diseases that come with it and extending life indefinitely.

Quoting de Gray, "I'd say we have a 50/50 chance of bringing aging under what I'd call a decisive level of medical control within the next 25 years or so."

He sees a time when people will go to their doctors for regular "maintenance," such as gene therapies, stem cell therapies, immune stimulation and a range of other advanced medical techniques.

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**"Exactly how fast life expectancy will increase is still being debated, but the trend is clear."**

### Can aging be 'cured'?

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He describes **aging as the lifelong accumulation of various types of molecular and cellular damage** throughout the body. His idea is to use "preventative geriatrics", where you go in to periodically repair the damage.

Exactly how fast life expectancy will increase is still being debated, but the trend is clear. **Currently, an average of three months is being added to life expectancy every year** and some experts estimate there could be a million centenarians across the world by 2030. To date, the world's longest-living person on record lived to 122.

However, longer lifespan may falter due to an epidemic of obesity.

### Cell Therapy

For some, the prospect of living for hundreds of years is not particularly attractive, as it conjures up an image of generations of sick, weak old people and societies increasingly less able to cope.

**"This is absolutely not a matter of keeping people alive in a bad state of health. This is about preventing people from getting sick as a result of old age,"** says deGray.

De Grey says damage caused by aging can be divided into seven main categories. He notes that while for some categories, the science is still in its earliest stages, there are others where it's already almost there.

"Stem cell therapy is a big part of this. It's designed to reverse one type of damage, namely the loss of cells

when cells die and are not automatically replaced, and it's already in clinical trials (in humans)," he said.

Stem cell therapies are currently being trialed in a variety of ways which may one day be used to find ways to repair disease-damaged brains and hearts.

### No Age Limit

Currently, cardiovascular diseases are the world's biggest age-related killers. **Heart diseases that cause heart failure, heart attacks and strokes** are brought about by the accumulation of certain types of what de Grey calls "**molecular garbage**" -- byproducts of the body's metabolic processes -- which our bodies are not able to break down or excrete.

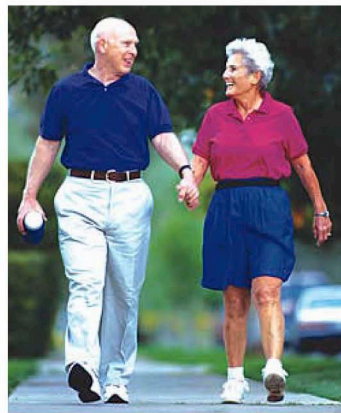
De Grey is working with colleagues in the United States to identify enzymes in other species **that can break down the garbage and clean out the cells** --

and the aim then is to devise genetic therapies to give this capability to humans.

"I call it longevity escape velocity -- where we have a sufficiently comprehensive panel of therapies to enable us to **push back the ill health of old age** faster than time is passing. And that way, we buy ourselves enough time to develop more therapies further as time goes on," he said.

"But there really shouldn't be any limit imposed by how long ago you were born. **The whole point of maintenance is that it works indefinitely.**"

*"After the age of forty, if you don't change your lifestyle and habits, you will start to age in 'dog years' "*  
MJ Diebold



## Amazing Seed Fights Cancer

The seed of a peach contains an **almond-like** nut containing the anti-cancer medicine laetrile.

**Almonds**, peaches, nectarines, plums, and apricots are all closely related fruit trees with very similar pits. In all these fruits, the pit must be broken open to reveal the almond-shaped kernel within. **In fact, this is what almonds actually are: the kernel within the pit of the fruit of the almond tree!**

The kernels of all these species contain high concentrations of a chemical known as laetrile. It's also known as amygdalin or vitamin B-17. Research has shown that laetrile induces programmed cell death in cancer cells while leaving healthy cells alone. **It's sort of like Mother Nature's chemotherapy** except that it doesn't make you suffer the way man-made synthetic chemotherapy does.

Laetrile appears to work because the nutrient is actually composed of four separate molecules. Two of which are toxic, but are bound up in a non-bioavailable (non-digestible) form. Cancer cells contain an enzyme that healthy cells do not. **This enzyme actually breaks apart the component pieces of laetrile, and the cell is then poisoned.** Healthy cells do not undergo this effect, which is why they remain unaffected by laetrile.

After learning about this natural "chemotherapy" killed cancer cells, the medical community quickly began to attack and suppress it. The FDA, long an enemy of healing through nutrition, banned laetrile in 1971. However, highly toxic chemotherapy substances remained legal and today are **suspected to kill hundreds of thousands of people every single year.**

Many people who "die from cancer" are actually killed



by complications from their chemotherapy and radiation, and not from the cancer itself. It could be said that **"Cancer survivors"** are people who miraculously survive chemotherapy.



*Currently, my 'Selective Eating' lifestyle primarily consists of eating raw foods.*

*One of the major benefits of eating 'clean' is to not compromise your immune system.*

*Almond butter is an excellent source of protein and it also raises your 'good' cholesterol.*

*-MJ Diebold*

## Total Blender 'WildSide'

Smoother blends, less time; take your blending to the WildSide!

New! **Total Blender®** with precision tuned 4" blade and large jar is the all-in-one appliance that just makes healthy living easier.

**It replaces up to 9 other appliances with one fast easy-to-use machine, at a fraction of the cost.** This package includes the new precision tuned 4" blade in the large nearly 3-quart total capacity BPA-free jar. The new **'large blade/large jar'** combination powers through tougher blending tasks and larger recipes with ease, and in less time.

### Commercial Quality

You have seen the unique square jar before. Blendtec machines are known for **producing the best, most consistent results in taste and texture.** With the Total Blender, you will enjoy the same great results in your home!

### Blend Cycles

Total Blender® comes with our exclusive Smart-Touch Tec-nology™ which means when a cycle button is pushed, the Total Blender® **automatically speeds up and slows down**, then shuts off when the cycle is complete, so recipes turn out perfect every time.

### Plenty of Power

Tired of your blender not being able to crush ice? The Total Blender® has so much power (1560 Watts) it turns ice to snow and actually comes with an Ice-Crushing Guarantee. And now with the new precision tuned 4" blade, **you can make larger servings and blend whole foods with the added power of the larger blade.**

## Blendtec®



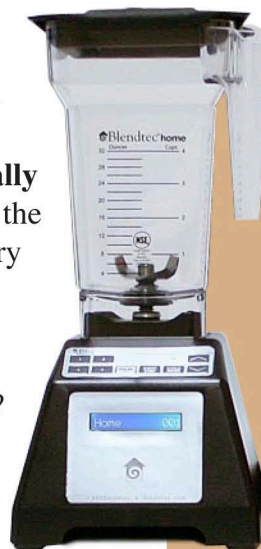
### Multi-Tasking

From the home gourmet chef to the everyday smoothie fan, the Total Blender® fits your lifestyle. Now you can blend your own almond butter and also **"Selective Eating®"** healthy drinks!

### Warranty

And for in home use, the warranty is a very long 7 years.

For additional information go to [blendtec.com](http://blendtec.com).



*"I'm a enthusiastic fan of the 'Total Blender Wildside' because of it's ability to:*

- *easily crush large ice cubes*
- *make very smooth nut butters*
- *grind seeds large and small and,*
- *puree and 'liquify' vegetables*

*The advantages of the 'Wildside' model are its oversized 'container/ jar' and its versatile control panel.*

*Their 'Smart-Touch Tec-nology' allows you to push a button and have it run through a hands free automatic program cycle that stops when it's completed." MJ Diebold*



*"It's gluten free, no trans fat or hydrogenated oils, and has only half the saturated fat of peanut butter."*

## MJ's Homemade Almond Butter

**MJ's Homemade Almond Butter** is a healthier alternative to Peanut Butter. It's perfect for peanut free environments like schools and airplanes!

It is **craveably delicious**, with a texture just like peanut butter and **is an excellent source of protein**.

**Gluten free, no trans fats or hydrogenated oils,**

**and half the saturated fat of peanut butter** make **MJ's Homemade Almond Butter** a healthy and delicious treat!

Plus it does not need to be refrigerated!

Its ingredients are: crushed almonds, himalayan salt, stevia, one fresh vanilla bean.

### **MJ's Homemade Almond Butter Recipe:**

You'll need about 1/2 a bag of almonds. Have them crushed in the crushing machine. ("I suggest shopping at Whole Foods.")

Using your BLENDTEC 'WILDSIDE' blender:

1) Take HALF of the bag of crushed almonds, add to your "BLENTEC" blender. ("Don't use any more than half a bag or you risk overloading and damaging your blender.")

2) Add 1 teaspoon Himalayan Salt ("I suggest Himalania 'brand' - Himalayan Pink Salt found at Whole Foods.")

3) Add 1 teaspoon Stevia (The SweetLeaf brand is a 100% natural stevia sweetener found at Whole Foods.)

4) Add 1 vanilla bean - slice it open and only use the insides, not the husk.

5) Blend the almonds, salt, stevia, and vanilla bean at a medium speed until smooth.

6) Now you can add the remainder of your bag of almonds to the blender and continue to blend until you reach a 'buttery' smooth consistency.



Note: If you are not inclined to make your own almond butter you can try Barney's Butter.

However, **ONLY** have one serving because Barney's contains 'Evaporated Cane Juice' and 'Palm Oil'.

I discovered this because I read the nutrition label . . . so should YOU!

Barney's Almond Butter is also available at Whole Foods or online at <http://www.barneybutter.com>





*"I call it ROCK-IT fuel as it gives me the energy boost and nutrients I need to help me make it through the day."*

## MJ's Rock-It Fuel Drink

Using the BLENDTEC® 'WILDSIDE' blender, combine these ingredients:

- 1 bunch of broccoli
- 1 bunch cilantro
- 1 teaspoon Stevia or less if you desire (SweetLeaf brand - "100% Natural Stevia Sweetener" found at Whole Foods)
- 1 joint worth of fresh ginger (no skin)
- 1 teaspoon Himalayan Salt or less if you desire (Himalania brand - "Himalayan Pink Salt" also found at Whole Foods)
- 4 brussel sprouts (cut off the tails)
- 1 celery stalk
- 1 lemon (skinned)
- 1 bunch dandelion greens
- 1 lime (skinned)
- 1 bunch kale
- Add a 'handful' of ice cubes
- Add water to half the 'height' of the ingredients you have in the blender



Now that you have combined the ingredients in your blender, start blending using the ICE CRUSH setting. Stop once the ice cubes are crushed.

Next, blend at the 'WHOLE JUICE' setting until you have a smooth liquid.



*"Now it is time to enjoy your ROCK-IT FUEL Drink. I drink it at least 3 times a day. It only remains fresh for a very short time. I suggest you drink it within 15 minutes of making." MJ Diebold*

**"After reading this, you may want to 're-think your birthday cake wish.'"**

So what's in that cake anyway? In our 'old family recipe' cake we have:

- **348 grams of fat which** equates to about 13 fast-food restaurant cheeseburgers (at 26 fat grams each),
- and it contains an astounding **7,013 calories!** Of course we know you won't eat the whole cake, but if you did, you would have to walk on the treadmill for **about 16.7 hours!**

So now that you know, what choice will you make?



## The Birthday Cake

By: Jim Graves, KYAG member

It's your Birthday! How about a cake! I think not!

We at K.Y.A.G. located an old family recipe for a basic Birthday Cake, and **de-constructed it into its component parts** of Fats and Carbohydrates and their associated calories. But first . . .

A little history . . .

The early Greek civilizations celebrated the birthdays of the Gods and Goddesses, but **the western concept of the birthday celebration incorporating a cake is mostly a Victorian development, dating from the mid -1800's.** The well-known birthday tune Happy Birthday to You, was written by the Hill sisters from Kentucky in 1893, but not really popularized until about 1924.

Today, The Birthday Cake can take on many forms, usually with your name inscribed **referencing your age and appropriate accomplishments**, highlighted by candles. The candles evoke a religious element to the occasion, perhaps symbolic of ancient Zoroastrian religious culture or the eternal altar flame at Delphi. Your choice to extinguish your eternal flame atop your Birthday Cake is typically accompanied by a wish, and allows you to eat the cake and share it with others. **You may need that wish.**

	Calories	Fat (grams)	Carbohydrates (grams)
<b>Prepare the Dry Ingredients</b>			
2 1/4 Cups Cake Flour	1,024	3	214
2 1/2 Teaspoons Baking Powder	8	9	1
1/2 Teaspoon Salt	0	0	0
<b>Prepare the Moist Ingredients</b>			
1 1/4 Cups Butter	2,025	230	0
2 Cups Sugar	1,540	0	406
5 Egg Yolks	315	25	0
1 1/2 Teaspoon Vanilla	30	0	6
1 Cup Milk	150	8	12
<b>Combine Dry &amp; Moist Ingredients &amp; Add</b>			
5 Whipped Egg Whites	80	0	0
<b>Bake at 350 degrees until done</b>			
<b>While Baking, Prepare the Icing</b>			
<u>Caramel Icing</u>			
2 Cups Brown Sugar	1,080	0	280
3/4 Cup Cream	529	56	6
3/4 Cup Milk	112	6	9
<b>Cook in Sauce pan 3-5 minutes, add</b>			
1 Tablespoon Butter	100	11	0
1 Teaspoon Vanilla	20	0	4



*"Have you ever noticed that when you look down at some birthday cakes, they look like a tombstone, because your name is on them."*

- MJ Diebold



## Synopsis

100 pounds overweight, loaded up on steroids and suffering from a debilitating autoimmune disease, **Joe Cross is at the end of his rope and the end of his hope.** In the mirror he saw a 310lb man whose gut was bigger than a beach ball and a path laid out before him that wouldn't end well— with one foot already in the grave, the other wasn't far behind. **FAT, SICK & NEARLY DEAD** is an inspiring film that chronicles Joe's personal mission to regain his health.

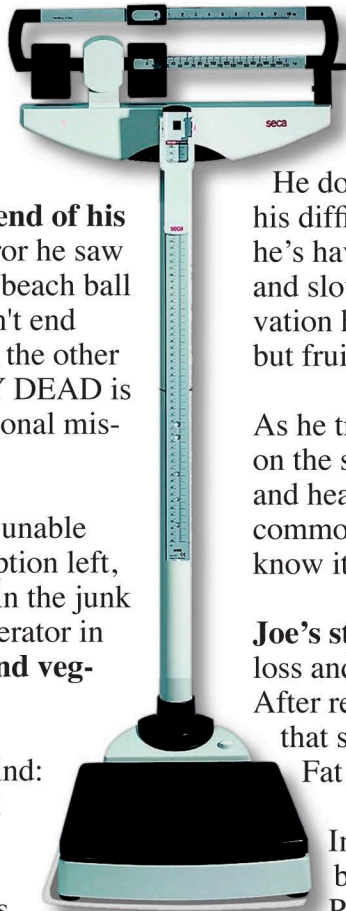
With doctors and conventional medicines unable to help long-term, Joe turns to the only option left, the body's ability to heal itself. He trades in the junk food and hits the road with juicer and generator in tow, vowing **\*only to drink fresh fruit and vegetable juice** for the next 60 days.

Across 3,000 miles Joe has one goal in mind: To get off his pills and achieve a balanced lifestyle.

While talking to more than 500 Americans about food, health and longevity, it's at a truck stop in Arizona where Joe meets a truck driver who suffers from the same rare condition. **Phil Staples is morbidly obese weighing in at 429 lbs;** a cheeseburger away from a heart-attack. As Joe is recovering his health, Phil begins his own epic journey to get well.

What emerges is nothing short of amazing – an inspiring tale of healing and human connection.

Part road trip, part self-help manifesto, **FAT, SICK & NEARLY DEAD** defies the traditional documentary format to present an unconventional and uplifting story of **two men from different worlds** who each realize that the only person who can save them is themselves.



## Our Review

Fat Sick and Nearly Dead starts out by introducing you to Joe Cross. He's a likable guy from Australia who's worked hard to become a successful businessman. He's spent much of his life **nurturing his wealth and doing nothing for his health.** As you can probably guess from the cryptic title, Joe is Fat, sick and feeling nearly dead.

He doesn't spend too much time griping about his difficulties but instead focuses on the success he's having. Happy to be shedding the pounds and slowly lowering his medication is all the motivation he needs to get through 60 days of nothing but fruit and vegetable juice.

As he travels across the US, Joe interviews people on the street and in restaurants about their diet and health. Everyone he talks to seems to share a common mindset... "I know I'm overweight and I know it's my own fault"

**Joe's story is remarkable.** His successful weight loss and disease remission can't be overlooked, After returning to Australia, Joe gets a phone call that starts and even more compelling chapter for Fat Sick And Nearly Dead.

In an amazing act of generosity, Joe flies back to the US to help out his new friend, Phil Staples, a 480 lb. truck driver. Phil is morbidly obese and doesn't have much money.

Joe gets him started with a juicing diet and exercise plan that will get him back on track. **Phil is determined and fully commits** to Joe's help and the program.

It's incredibly inspirational to watch as Phil juices and exercises his way back to being **lean and mean again!**



*\* "Keep the fruit out of your juicing - ONLY use fresh veggies and greens." -MJ Diebold*



*"She might be 70 years old, but she only looks a little older than she did in the 1980s."*

## Beverly Hills Buzz

### Linda Gray is still hot at 70!

Linda Gray sizzles on the catwalk as she **prepares to return to the small screen** for the 'Dallas\*' remake - due 2012.

She might be 70-years-old but time seems to have stood still for her as she still appears remarkably youthful and only looks a little older than she did when **playing Sue Ellen Ewing on the prime-time soap back in the 1980s.**

As you can see Linda looks almost wrinkle free as she displays the dress which exposes **her bare shoulders and impressively-smooth décolletage.**



\* The original Dallas ran from 1978 to 1991 as a pioneering prime-time soap on CBS. The new story focuses on the Ewing offspring as they clash over the future of the family dynasty.



Over the last year under MJ's guidance, Linda has 'toned up', 'firmed up', and maintained a 'healthy lifestyle'. This was in preparation for the upcoming Dallas remake and for her recent starring role in "A Very 'Mary' Christmas" (formerly titled "Expecting Mary").



Here's a sneak peak of MJ as an 'extra' in Linda's holiday movie, "A Very 'Mary' Christmas" expected to be released during the Christmas holidays 2011.