

My Scientific Life Theory and My Philosophy of Life

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Appreciating My Life

I deeply appreciate that I came into this world as a human being – with the opportunity to enjoy wisdom and pursue understanding.

I'm grateful that I was born at the right time and in the right place. I have not had to endure the cruelty of war, and I've been able to enjoy the blessings of modern science and technology.

I appreciate the wonderful family and friends around me, and the love that fills my life. I grew up in a music-loving family, and music remains one of the great joys of my life. I thank my parents for giving my brother, my sisters, and me good singing voices. When I feel happy, I like to sing – and when I sing, I feel even happier.

Although all life must come to an end eventually, I am grateful that my family, friends, and I are still alive in this moment.

My Three Most Important Habits

I have many habits, but three stand out as most meaningful to me: **deep thinking**, **singing**, and **working out**.

- **Deep thinking** strengthens my logic, problem-solving, and troubleshooting abilities.
 - **Singing** evokes emotional memories. Singing with feeling brings me joy and warmth.
 - **Working out** gives me a strong body, boosts my immune system, and supports a healthy life.
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How I Face Life's Challenges

Life is full of challenges. I prepare myself to defend against threats from **unfriendly humans, animals, bacteria, viruses, and extreme temperatures**.

- To protect myself from physical threats: I build strong muscles by lifting heavy weights. I practice my own self-designed martial arts. I harden my body by striking a concrete wall with different parts of my hands. I train with iron bars and rifles.

- To protect against pathogens: I strengthen my immune system by exercising, staying happy, and eating healthy foods and supplements like turmeric, ginger, and blueberries.
 - To withstand temperature extremes: I take cool showers year-round to adapt to cold, and I stay hydrated to handle the heat.
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How My Conscience and Life Spirit Work Together

In my **Scientific Life Theory**, I propose that our *conscience* communicates with our *life spirit*, and the life spirit helps guide the body's responses.

For example: - When I lift heavy weights, my muscles face resistance. My conscience commands the action, and my life spirit responds by triggering biochemical changes that strengthen my muscles over time. - When I engage in deep thinking, my conscience activates mental effort. In turn, my life spirit works to improve my brain function – creating better thinking ability over time.

Intelligence and Thinking Skills

- **IQ** is largely determined by genes. You can't change your base IQ, although test scores may vary.
 - But **thinking skills** are not fixed. You can improve them by thinking independently and questioning what you're told – not just accepting others' opinions.
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Extending My Life: A Personal Mission

I enjoy life greatly and want to live as long as possible. My goal is to live at least **200 years**.

In my life theory, DNA and RNA are the only formats that life spirit can use to form and sustain life. Aging seems natural, but I believe we can extend life by supporting our **cellular health**.

One key area is **telomere protection**. Telomeres are the protective caps at the ends of chromosomes. They shorten each time a cell divides and are linked to aging and disease. Preserving telomeres could help extend lifespan.

Years ago, I noticed that my shoulder muscles still looked like they did when I was 16 – the age I began consistent workouts. I believe this is due to regular strength training. A British study found that when we lift heavy weights, our muscles release a hormone called **irisin**, which protects telomeres and may slow aging.

Another study from Taiwan showed that feeding **hesperidin** to old mice (equivalent to 80-year-old humans) helped them grow muscle similar to 20-year-olds. Since reading that, I've taken hesperidin daily.

My Life-Extension Practices

To support my goal of longevity, I: - Exercise with heavy weights - Take hesperidin and **CoQ10** - Drink **hydrogen water** - Stay emotionally positive - Practice daily habits that encourage both **body strength** and **mental clarity**

Conclusion

My philosophy of life – built on my scientific life theory – leads me to live with gratitude, strength, discipline, and joy. I believe the **life spirit** supports us when we act with intention, and that the mind and body can grow stronger through effort.

I don't fear aging – I study it, challenge it, and work to extend the gift of life. I am thankful for each moment and committed to a long, healthy, and meaningful journey.
