

My 2009-2019 Technologist Thought Process and Plan:

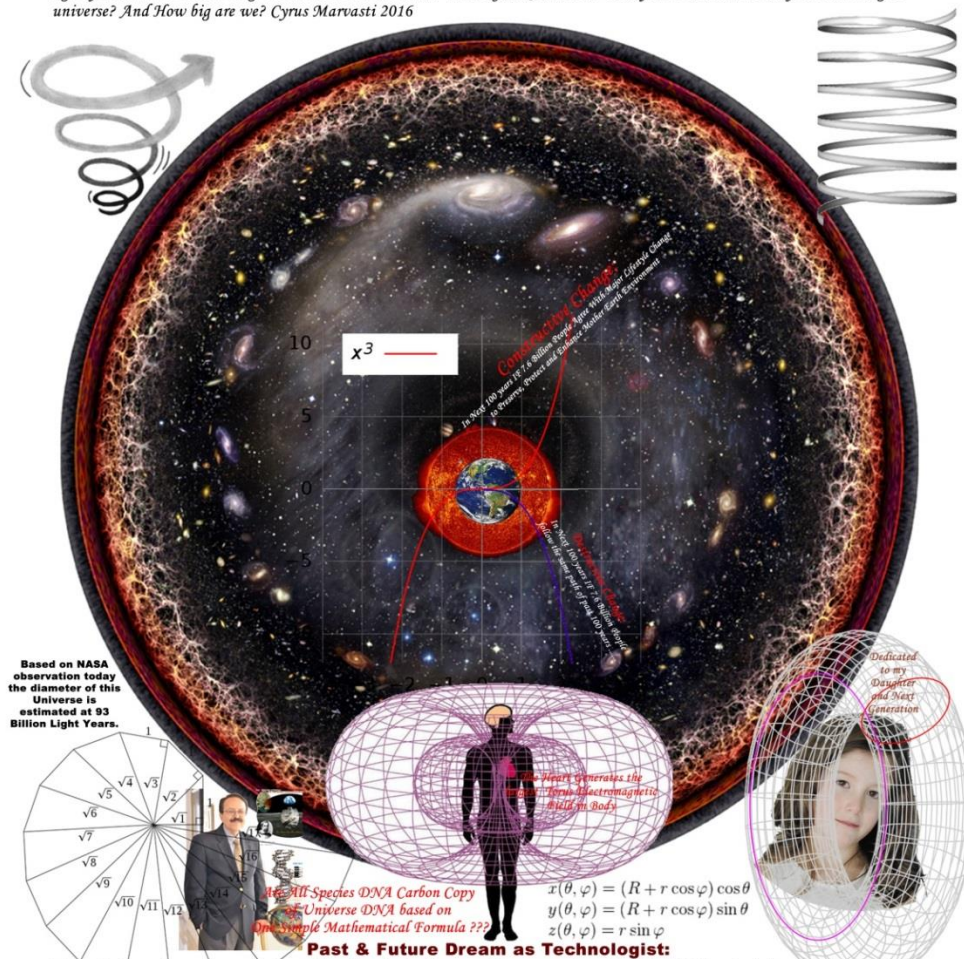
My Technologist Thought Process, long term goals and Judgement as Software Architect, and Constructive Change Leader is simplified as shown below in one Graphical Abstract Summary:

Next 100 Years Earth Care Centric & Self Care Innovation Labs Use Cases:

- 1- Improve enterprise collaboration and high performance Innovative culture without destructive change, disruptions and chaos.
- 2- Advocating different special Innovation Labs for solving Enterprises Complex Challenging Problems.
- 3- Proactive Constructive Change Architecture.
- 4- 360 Degree Clear Understanding of Root Causes of Problems before Jumping to Short/Long-Term Solutions.
- 5- Avoid Destructive Change by Repeating Reactive Pendulum Swing Cycle.
- 6- Business Distributed Decentralized Leadership Model (BDDLDM)

Why This Image Is Worth 93 Billion Light Years?

Originally Created by Princeton University researchers, Carlos Budassi, NASA Scientists, and modified by Cyrus Marvasti replacing the Solar System with Sun and Earth Image with Graph as a main subject focus. This is What the Entire observable Universe Looks Like In a Single Image, as we know it today the radius of the universe is estimated to be about 46.5 billion light-years... With considering the Earth at the Centre ... When Galaxies become Dots from earth observatory then how big is universe? And How big are we? Cyrus Marvasti 2016



Past & Future Dream as Technologist:

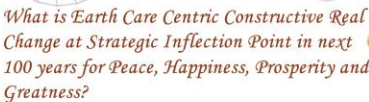
- 1- In early 80s as innovative engineer contributed to the development of first generation of Mobile Cell Phone Switch and Cell Site technology. My dream was people in remote locations can connect with others, today great majority of 7.6 Billion people have access to Mobile phones.
- 2- As Software Architect currently Advocating Next Generation Smartphone Mobile 5G 2020 with focus on IoT helping Healthy Organic Plant-Based Self Care, Wellness, Environment Monitoring To Protect Earth and Safety....
- 3- Apply End Point Architecture model for simplifying complex problems (Trust, Security, Reliability) and environments.

What is Earth Care Centric Constructive Real Change at Strategic Inflection Point in next 100 years for Peace, Happiness, Prosperity and Mother Earth Care Greatness?

CrowdSourcing Earth Centric Innovation Labs Discoveries by BDDLDM
Preserve, Protect and Enhance Mother Earth Environment (Air, Water, Soil)
Real Healthy Lifestyle Change, Self Care and Mother Earth Care
Cyrus Marvasti 1st Jan, 2018

Being a Better Person for Mother Earth Environment and Self-Care by Real Lifestyle Change To 100% Healthy Plant-Based Nutrition + Plant Trees + Be the voice of climate action at the critical moment of history and support leaders with good deeds + Real Wealth is Real Health and paying attention to Self-Care + Improve Sleep + Attention to breathing by Yoga Breathing Exercises + Organic Foods & Clean Energy As Much As You Can Afford + Continuous Self Education & Share New Scientific Discovery findings with friends and family + Attention to Ingredients & Materials are used for products that we consume + Always Ask and Verify, is this product that I am using impacting directly or indirectly, negatively or Positively the Mother Earth + Don't wait and rely on Governments or great leaders for optimal solutions + Be patient and wise, currently less than 5% of world population follow our healthy lifestyle, we have a long journey ahead of us and it's hard to change minds in a short time. If and when over 51% of total world population are educated and Change their Lifestyle then we will notice major environmental and life improvements.

Cyrus Marvasti 1st Jan, 2018



- 1- Do you want life to survive on Earth in Next 100 Years?
- 2- Do you want to save Mother Earth Environment (Air, Water, Soil & Forests)?
- 3- Do you despise cruelty?
- 4- Do you LOVE Animals and Respect Animal Rights?
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- 10- Do you want slow down aging process naturally?
- 11- Are you addicted to Sugar, Cheese or Junk Foods or Soda Or Fruit Juice?
- 12- Do you want to improve, stabilize, or even reverse a chronic condition such as heart disease, high cholesterol, diabetes, or high blood pressure?
- 13- Do you like to take no medications or fewer?
- 14- Are you open to changing your diet and lifestyle at Strategic Inflection Point for Real Change in your life if it could really improve your health?
- 15- Do you want to be part of solutions?
- 16- Do you want to make the world a better place, then take a look at yourself in the mirror, and make a change now?

Cyrus Marvasti "Greatness Achieved by Hard Work, Difficult Choices, Actions ..."

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ShortSearch & EarthCareShop are advocating Healthy Organic Whole-Food, Plant-based Superfood, Super Seed & Herb For Health, Healing, Happiness, Longevity, Weight Loss, Nature's Harmony, Sustainability, Healthy Ecosystems & Environments for Today and Tomorrow

My 2019 Thoughts Process



Dr. Lester Packer is perhaps the world's leading authority on antioxidants, having pioneered much of the research himself at Packer Lab at U. C. Berkeley over the last three decades.

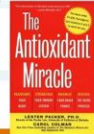
What's Your Antioxidant, Anti-Aging, Anti-Cancer Screening Number?
Our Secret Technology Weapon Is Innovative Patented Pharmanex bioPhotonic Scanner For Measuring & Increasing the Amount of Antioxidants (Fruits + Vegetables + 6 Sigma Supplements from nature.mynuskin.com)

Father Of Antioxidant -Dr. Lester Packer, Ph.D.



"More than 70% of [people] will die prematurely from diseases caused by or compounded by deficiencies of the antioxidant network."

"Scientists now believe that free radicals are causal factors in nearly every known disease, from heart disease, arthritis, cancer, cataracts, and even diabetes. In fact, free radicals are a major culprit in the aging process itself."



Prevention through Nutrition: "The amount of antioxidants that you maintain in your body is directly proportional to how long you will live." Dr. Richard Cutler MD Director of Anti-Aging research at the National Institute of Health (NIH)

How/Why/What/When Should You Change Your Lifestyle For Self-Care?



If you answer "YES" to any of the following health and quality of life questions: Do You Want?

- 1- Improve immune function?
- 2- Decrease risk of cancer? In USA Cancer at minimum will affect 1 in 2 men and 1 in 3 women
- 3- Slow the aging process?
- 4- Live Longer, Healthier and Happier?
- 5- Decrease risk of heart disease?
- 6- Decrease risk of Alzheimer's?
- 7- Improve your skin, hair, and nail health?
- 8- Feel and Sleep better?
- 9- Have younger, and healthier-looking skin?
- 10- Lose Weight Slow down Biological aging?
- 11- Change your lifestyle at Strategic Inflection Point for Real Constructive Change in your life if it could really improve your health?

Do you like?

- 12- Improve, stabilize, or even reverse a chronic condition?
- 13- To take no medications or fewer?
- 14- Decrease risk of diabetic complications?
- 15- Decrease inflammation?
- 16- Improve nerve function and circulation?
- 17- Maintain good eye health?
- 18- Decrease risk of macular degeneration?
- 19- Decrease risk of cataracts?
- 20- Decrease risk of glaucoma?
- 21- Prevent Colds and Flu by Increasing Antioxidants level?

Then please call 858-610-6666 for consulting and appointment to measure Antioxidants level by Pharmanex S3 BioPhotonic Scanner and find out based on your lifestyle and goals what is the best solution for you.



Self-Care == Prevent Cancer OR Heart Disease OR Inflammation...



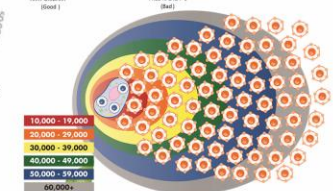
Evolutionary Steps from Strategic Inflection Points to the Next Generation
 2D, 3D Spiral & Ultimate Torus Model
 For Optimal Solutions & Constructive Change
 Richard Cutler MD, Director of Anti-Aging Research, National Institute of Health (NIH)
 O. G. Marvasti

Web: nature.mynuskin.com
 facebook.com/SuperfoodShortsearch

CELLULAR ANTI-OXIDANT PROTECTION

Our body's health depends on our cells' health. To slow down aging, limit stress and prevent disease we must protect and heal our cells properly.

Cells are made up of atoms. Healthy atoms have "paired" electrons (orange dots). When healthy cells replicate they make an exact copy. FREE RADICALS atoms missing an electron, steal electrons from surrounding atoms and they either or destroy cells. Cells that die and cells that replicate in a damaged state are the cause or contribute to premature aging, sickness and diseases many now such as cancer, heart disease, osteoporosis, and many others.



"The amount of antioxidants that you maintain in your body is directly proportional to how long you will live."

Richard Cutler MD, Director of Anti-Aging Research, National Institute of Health (NIH)

A	60,000 - 80,000	OPTIMAL
B	50,000 - 60,000	GOOD
C	40,000 - 50,000	FAIR
D	30,000 - 40,000	POOR
E	20,000 - 30,000	VERY POOR
F	10,000 - 20,000	DANGEROUSLY LOW

Everyone is able to achieve for this level. Your program of healthy eating and/or supplementation is working for you and allowing you to reach this level of optimal cellular protection.

1. 60,000-80,000 (Optimal) You are on a good path. A program of healthy eating and lifestyle/US supplementation can allow most people to reach this level of protection or higher.

2. 50,000-60,000 (Good) Healthy diets start here, but may not be enough for long-term disease prevention. Lifestyle/US supplementation will allow most people to obtain this level or higher.

3. 40,000-50,000 (Fair) People in this category are typically eating 3 to 5 servings of fruits and/or vegetables per day, and may or may not be supplementing. The nutritional supplements do not appear to be working effectively at this level.

4. 30,000-40,000 (Poor) People in this category are typically eating a couple of daily servings of fruits or vegetables per day, and may or may not be supplementing. The nutritional supplements do not appear to be working effectively at this level.

5. 20,000-30,000 (Very Poor) About half the US population scores in this range. These are people who do not eat many fruits or vegetables, and/or their nutritional supplementation is not working or being absorbed by the body and/or the product does not contain what the body needs (it does).



Yale University Research and the Dr. OZ Discussed The Importance Of Abundant Antioxidant Levels
Anti-oxidants NEUTRALIZE FREE RADICALS Before They Cause Damage



A Whole-Food, Plant-Based Diet

- High-fat whole foods**
 - Such as avocados, nuts, olives, whole food-sweetened breads, dairy substitutes such as soy, almond, rice and soy.
 - Use sparingly.
- Leafy green vegetables**
 - Such as collards, spinach and kale.
 - Eat at least 2-3 servings (1 cup raw or 1/2 cup cooked) per day.
- Fruit (all types)**
 - Consume 2-4 servings (1 piece or 1/2 cup) every day.
- Legumes**
 - Beans, peas, lentils and seeds.
 - Consume 2-3 servings (1/2 cup cooked legumes or 1 Tbsp seeds) every day.
- Whole grains**
 - Such as brown rice, barley, quinoa, oats, amaranth, whole wheat, whole grain pasta and sprouted grains.
 - 6-8 servings (1/2 cup cooked or 1 slice whole-grain bread) daily.
- Vegetables**
 - All types, including starchy.
 - Eat as much and as many different colors as possible each day.

Short Search is advocating Healthy Organic Whole-Food, Plant-based Superfood, Super Seed, Herb & Six Sigma Supplements For Health, Healing, Happiness, Longevity, Weight Loss, Nature's Harmony, Sustainability, Healthy Ecosystems & Environments for Today and Tomorrow ...
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Appendix A Image 1 in Text Format:

Next 100 Years Earth Care Centric & Self Care Innovation Labs Use Cases:

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Based on NASA observation today the diameter of this Universe is estimated at 93 Billion Light Years.

Dedicated to my Daughter and Next Generation

Past & Future Dream as Technologist:

- 1- In early 80s as innovative engineer contributed to the development of first generation of Mobile Cell Phone Switch and Cell Site technology. My dream was people in remote locations can connect with one another, today great majority of 7.6 Billion people have access to Mobile phones.
- 2- As Software Architect currently Advocating Next Generation Smartphone Mobile 5G 2020 with focus on IoT helping Healthy Organic Plant-Based Self Care, Wellness, Environment Monitoring To Protect Earth and Safety.....
- 3- Apply End Point Architecture model for simplifying complex problems (Trust, Security, Reliability) and environments.

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CrowdSourcing Earth Centric Innovation Labs Discoveries For BDDLM

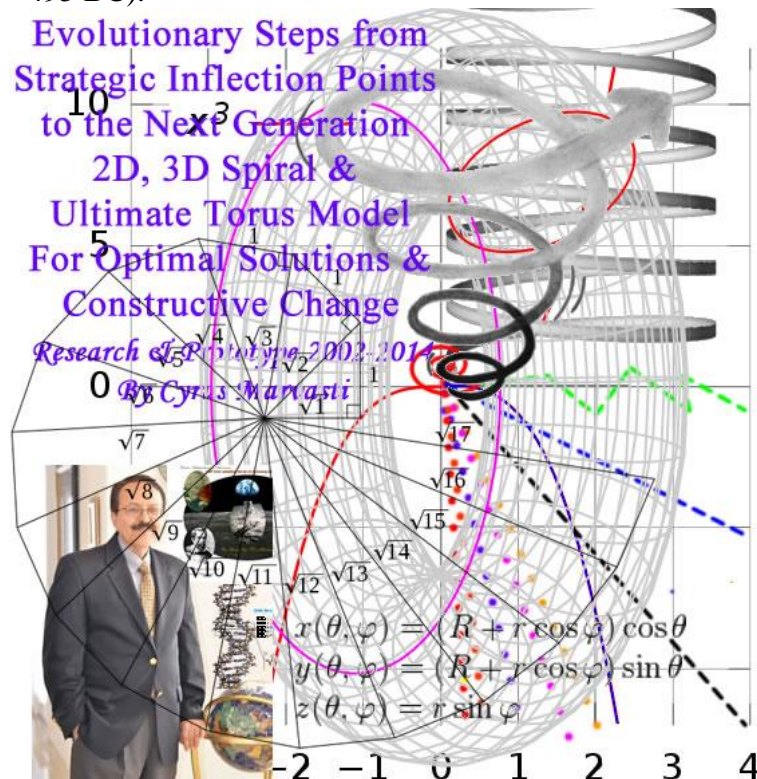
Preserve , Protect and Enhance Mother Earth Environment (Air, Water, Soil)

Real Healthy Lifestyle Change, Self Care and Mother Earth Care

Cyrus Marvasti 24 December, 2017

My Technologist Thought Process and Judgement As Earth Centric Constructive Change Architect Summary:

My current thought process regarding future Business Management Distributed Decentralized Leadership Model Architecture for Constructive Change Model at Strategic Inflection Point and my Upward Spiral model in next 100 years (with both short-term and long-term attributes) has been evolved in past 2 decades and influenced by what I have learned from Great Engineering and Business Minds : Co-founder and chairman emeritus of Intel Corporation Dr. Gordon Moore (Presidential Medal of Freedom), late Intel co-founder CEO Dr. Andy Grove that helped transform the Intel into the world's largest manufacturer of semiconductors based on his thought process regarding Strategic Inflection Point Model for Change and Moore's Law, Late Famous British Physicist Stephen Hawking, Italian Genius Engineer and Painter Leonardo da Vinci, Persian Scholar mathematician, astronomer and Agnostic Poet Khayyam (December 1131)(solved inflection point problem), Persian Scholar Razi (854–925 CE) (Physician, Chemist, Agnostic Philosopher, and important figure in the history of medicine) and the great Greek Mathematician & Philosopher (who rejected cruelty against animals by humans) Pythagoras (570 – 495 BC).



My Past Engineering Dream and our Mobile technology achievements is encouraging as a tool for connectivity and future 5th generation SmartPhone as possible constructive change:

Back in 1983- 1985 as a software engineer I was working 70-80 hours per week on first generation of Mobile Cell Phone Switch and Cell Site technology as part of excellent American innovative engineering team. At that time I had a dream, one day in my lifetime people in

remote location of developing countries villages will have Cell Phone despite the fact that in 1984 Motorola Cell Phone that we were using in the Lab was \$2000. Fortunately today my dream has become a reality. Recently I was chatting with a Gardener from Guatemala who told me he is communicating with his wife and child by smartphone everyday who are living in remote village despite the fact that there is no electricity in his village and his wife is using \$1000 solar panel for charging smartphone... The number of active mobile devices and human beings crossed over somewhere around the 7.19 billion mark (Oct 7, 2014).

Based on my engineering thought process and my thought regarding future of 5th generation SmartPhone plus AI, we might use Smartphone technologies for monitoring environment public education, Health Self-Care and many new innovations

In order to be able to keep business leadership position as an experienced engineer I have the ability to identify and predict correctly Real Change Strategic Inflection Point at the right time based on big data, facts and applying correct mathematical model as recommended solution ...

As Constructive Real Change Architect recently I have been researching, exploring and prototyping next generation Integrated Consumer Health Related Applications, the Internet of Things (IoT) instrumentation, and Health Big Data Artificial Intelligence. This project can be considered as an example of applying my expertise regarding Endpoint Architecture and Strategic Inflection Point for Real Constructive Change to Extreme Complex problems. The Constructive Change concept might look simple from outside but required solid engineering architecture experience and good judgement. Currently researching, exploring, prototyping the Blockchain applications for Public Network (Bitcoin, BDDL M ...), Permissioned Network (Viewable to the public , but participation is controlled) and Private Network (shared between trusted parties and may not viewable to public)

Appendix B Image 2 in Text Format:

This is my challenging 2018 New Year's Resolutions:

What is Earth Care 2018 New Year's Resolutions & Self-Care Lifestyle Change?

Being a Better Person for Mother Earth Environment and Self-Care by Real Lifestyle Change To 100% Healthy Plant-Based Nutrition + Plant Trees + Be the voice of climate action at the critical moment of history and support leaders with good deeds + Real Wealth is Real Health and paying attention to Self-Care + Improve Sleep + Attention to breathing by Yoga Breathing Exercises + Organic Foods & Clean Energy As Much As You Can Afford + Continuous Self Education & Share New Scientific Discovery findings with friends and family + Attention to Ingredients & Materials are used for products that we consume + Always Ask and Verify, is this product that I am using impacting directly or indirectly, negatively or Positively the Mother Earth + Don't wait and rely on Governments or great leaders for optimal solutions + Be patient and wise, currently less than 5% of world population follow our healthy lifestyle, We have a long journey ahead of us and it's hard to change minds in a short time. If and when over 51% of total world population are educated and Change their Lifestyle then we will notice major environmental and life improvements.

United We Stand with Climate Change Leadership and Fact Based Scientists & We Believe As long As Sun Lives Light Will Win Over Darkness

Cyrus Marvasti 1st Jan, 2018

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ShortSearch & EarthCareShop are advocating Healthy Organic Whole-Food, Plant-based Superfood, Super Seed & Herb For Health, Healing, Happiness, Longevity, Weight Loss, Nature's Harmony, Sustainability, Healthy Ecosystems & Environments for Today and Tomorrow....

What is Earth Care Centric Constructive Real Change at Strategic Inflection Point in next 100 years for Peace, Happiness, Prosperity and Greatness?

If you answer “YES” to any of the following questions, then the Healthy Organic Whole-Food, Plant-Based is the best option for you, your family and friends:

- 1- Do you want life to survive on Earth in Next 100 Years?
- 2- Do you want to save Mother Earth Environment (Air, Water, Soil & Forests)?
- 3- Do you despise cruelty?
- 4- Do you LOVE Animals and Respect Animal Rights?
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- 15- Do you want to be part of solutions?
- 16- Do you want to make the world a better place, take a look at yourself in the mirror, and make a change now?

Enhance Earth-Care, Longevity, Happiness, and Self-Care by Real Lifestyle Change To 100% Whole-Food Plant-Based NOW this is also considered as Healthy Veganism.

Cyrus Marvasti “Greatness Achieved by Hard Work, Difficult Choices, Actions ...”

Please Visit Us at facebook.com/SuperfoodShortsearch

Appendix C 2019 Image 3 in Text Format:

Sharing My 2019 Thoughts for Advocating Lifestyle Change Based on Antioxidant and Anti-Aging Screening Number by Pharmanex bioPhotonic Scanner and devote enough time to educate myself and others



Professor Lester Packer is perhaps the world's leading authority on antioxidants, having pioneered much of the research himself at Packer Lab at U. C. Berkeley over the last three decades.

What's Your Antioxidant, Anti-Aging, Anti-Cancer Screening Number?

Our Secret Technology Weapon Is Innovative Patented Pharmanex bioPhotonic Scanner For Measuring & Increasing the Amount of Antioxidants (Fruits + Vegetables + 6 Sigma Supplements from <http://nature.mynuskin.com>)

Father Of Antioxidant

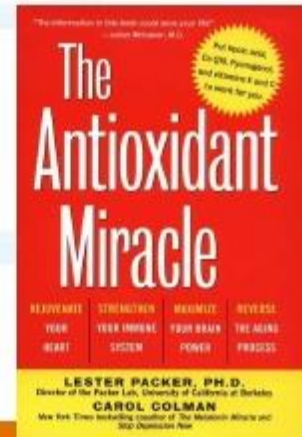
-Dr. Lester Packer, Ph.D.



"More than 70% of [people] will die prematurely from diseases caused by or compounded by deficiencies of the antioxidant network."

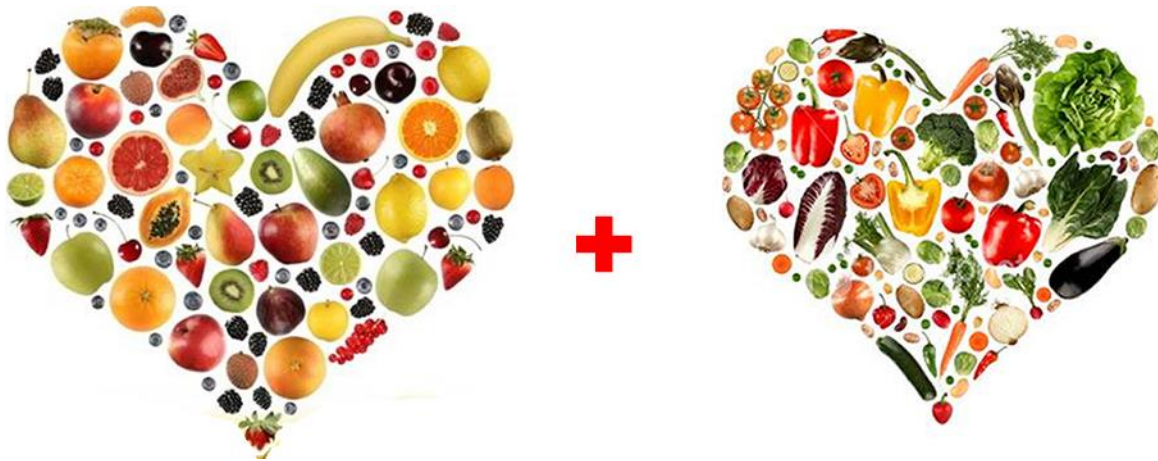
"Scientists now believe that free radicals are causal factors in nearly every known disease, from heart disease, arthritis, cancer, cataracts, and even diabetes.

In fact, free radicals are a major culprit in the aging process itself."



Prevention through Nutrition: "The amount of antioxidants that you maintain in your body is directly proportional to how long you will live." Dr. Richard Cutler MD Director of Anti-Aging research at the National Institute of Health (NIH)

How/Why/What/When Should You Change Your Lifestyle For Self-Care?



If you answer “YES” to any of the following health and quality of life questions:

Do You Want?

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- 2- To decrease risk of cancer? In USA Cancer at minimum will affect 1 in 2 men and 1 in 3 women**
- 3- To slow down the aging process?**
- 4- To live Longer, Healthier and Happier?**
- 5- To decrease risk of heart disease?**
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- 7- Improve your skin, hair, and nail health?**
- 8- To feel and Sleep better?**
- 9- To have younger, and healthier-looking skin?**
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- 11- To change your lifestyle at Strategic Inflection Point for Real Constructive Change in your life if it could really improve your health?**

Do you like?

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15- To decrease inflammation?

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17- To Maintain good eye health?

18- To decrease risk of macular degeneration?

19- To decrease risk of cataracts?

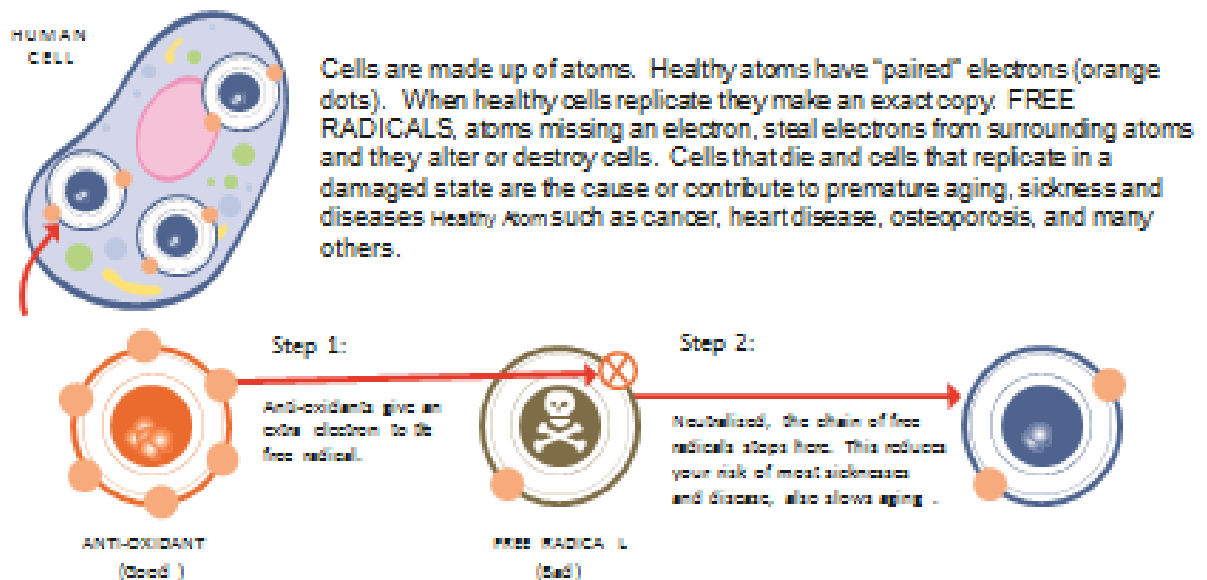
20- To decrease risk of glaucoma?

21- To prevent Colds and Flu by Increasing Antioxidants level?

Then please call 858-610-6666 for consulting and appointment to measure Antioxidants level by Pharmanex S3 BioPhotonic Scanner and find out based on your lifestyle and goals what is the best solution for you.

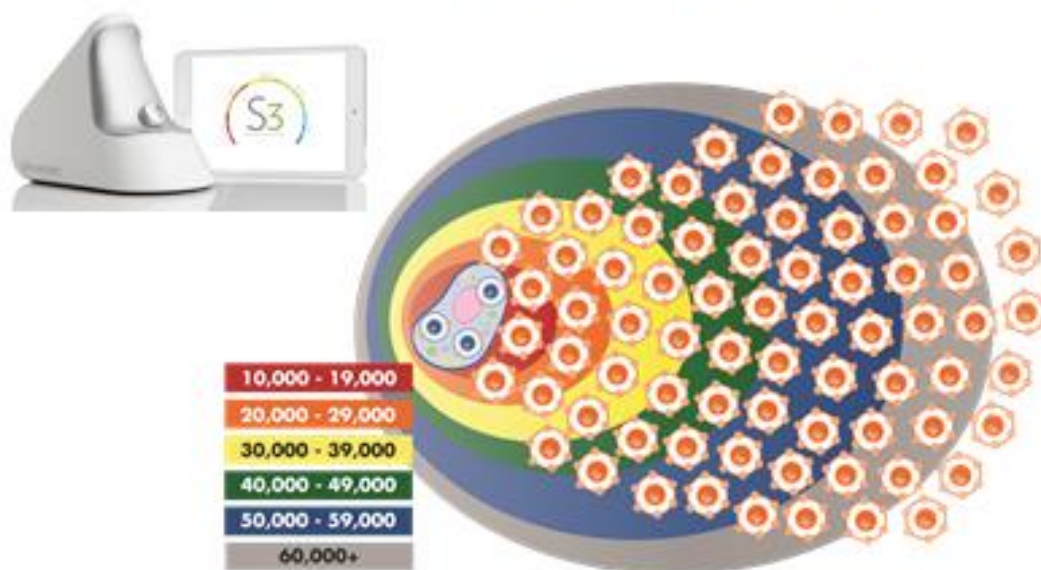
CELLULAR ANTI-OXIDANT PROTECTION

Our body's health depends on our cells' health. To slow down aging, limit illness and prevent disease we must protect and feed our cells properly.



ANTI-OXIDANT FORCE FIELD OF PROTECTION

Anti-oxidants NEUTRALIZE FREE RADICALS before they cause damage



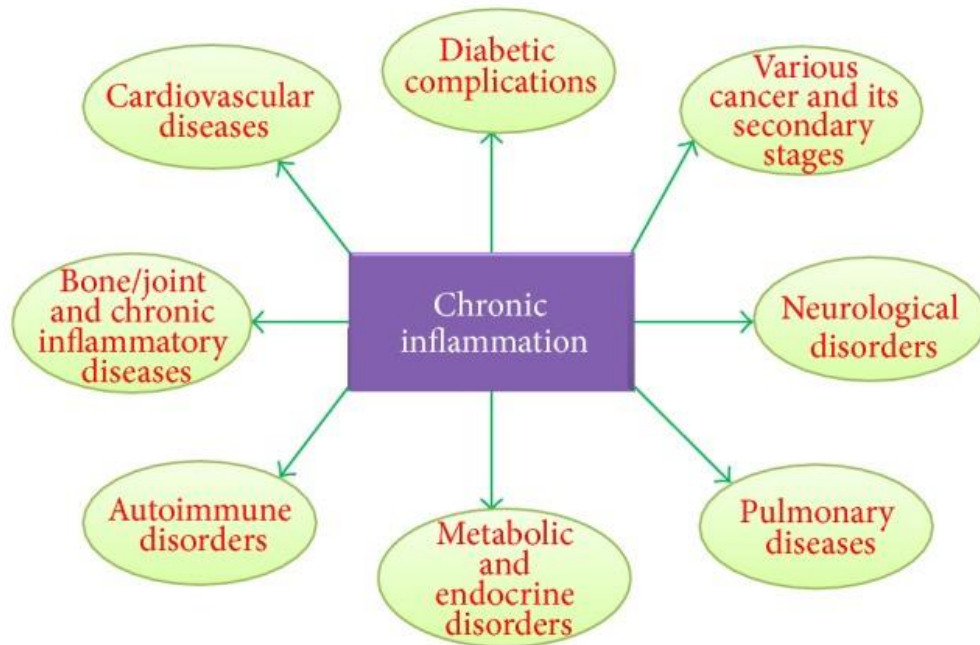
PHARMANEX

SCANNER RESULTS

"The amount of antioxidants that you maintain in your body is directly proportional to how long you will live."

Richard Cutler M.D., Director Anti-Aging Research,
National Institute on Aging (NIA)





**Yale University Research and Harvard Study Discussed
The Importance Of Abundant Antioxidant Levels
Anti-oxidants NEUTRALIZE FREE RADICALS Before
They Cause Damage**



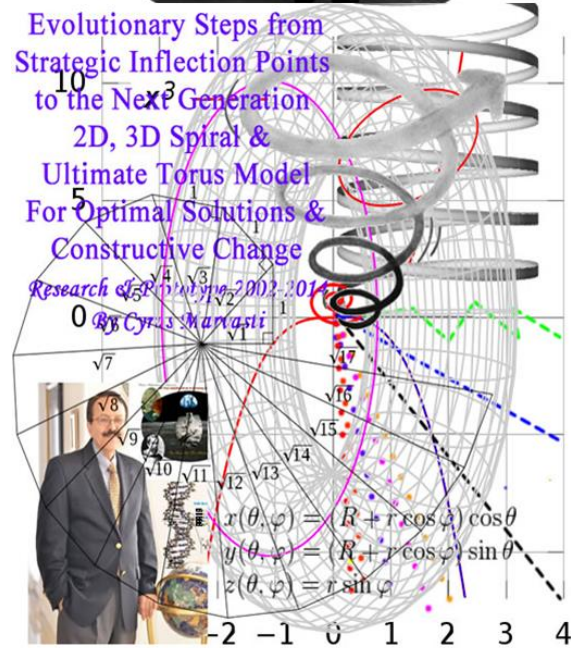
g³ Gấc Super Fruit Blend

*With the discovery of life-sustaining
ancient fruits from around the world...*

- Protects and repairs DNA
- Lowers high blood pressure
- Promotes wound healing
- Improves memory & vision
- Prevents cardiovascular disease
- Treats dry eyes
- Encourages better digestion
- Strengthens immune system
- Prevents prostate cancer
- Supports healthy liver function
- Prevents rheumatoid arthritis and osteoarthritis
- Improves memory

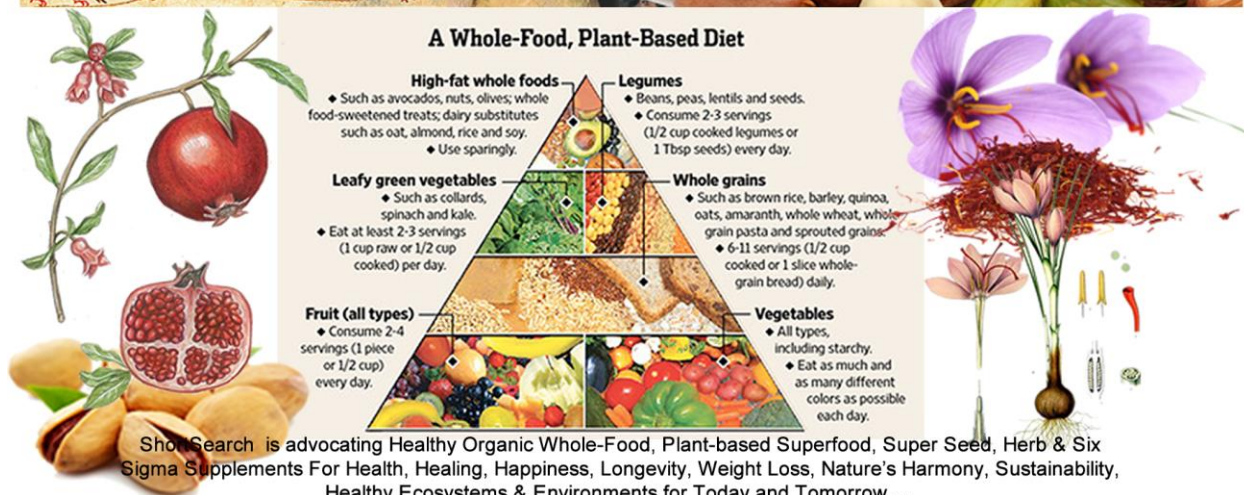


**Self-Care == Prevent Cancer OR
Heart Disease OR Inflammation...**



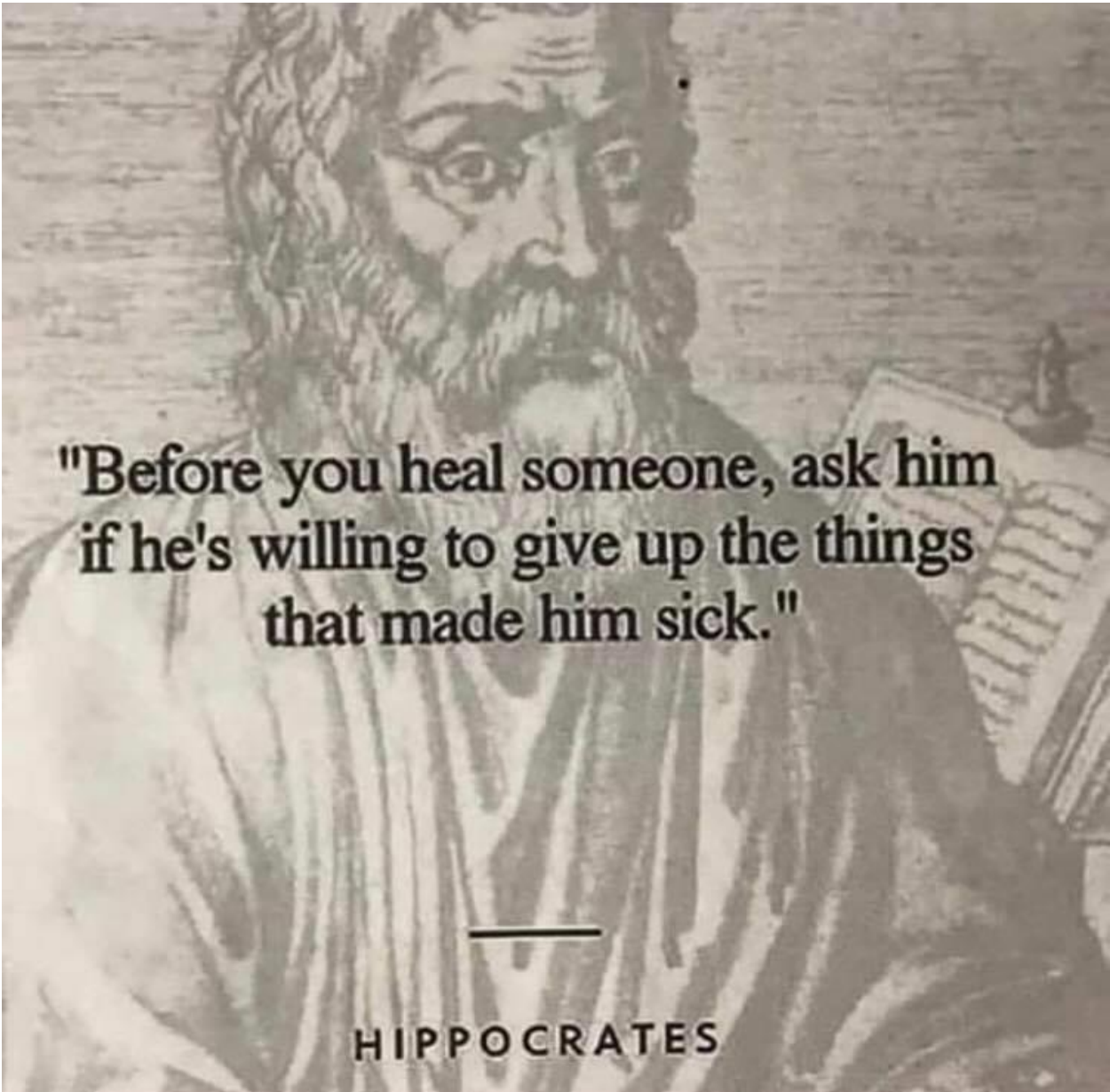


A Whole-Food, Plant-Based Diet



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superfood.shortsearch.com
nature.mynuskin.com



**"Before you heal someone, ask him
if he's willing to give up the things
that made him sick."**

HIPPOCRATES

Pharmanex / Nu Skin Headquarter, Provo Utah



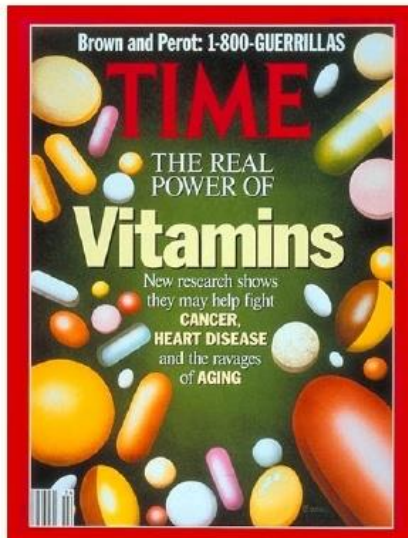


"I have saved the lives of 150 people by heart transplants. If I had focused on preventive medicine earlier, I might have saved 150 million"

Christiaan Barnard
heart transplant surgeon

What if.....

April 1992



...Antioxidants may **one day** revolutionize health care.

...Screening people through a simple...test to assess how much damage free radicals have done to tissue, **much as patients today are screened for high cholesterol.**

Biochemist, William Pryor
Director of the Biodynamics Inst.
Louisiana State University

Brilliant Minds Endorse...

- [Dr. Lester Packer](#) – Father of Antioxidants author: *Antioxidant Miracle* - “This validates my life’s work”
- [James Rippe, MD](#) - Tufts, Boston Cardiologist
- [James Balch, MD](#) – author: *Prescription for Nutritional Healing* - Over 8 million copies sold
- [Koji Nakanishi](#) – Columbia, Discovered Ginkgo Biloba
- [Carl Dierassi](#) – Stanford, Birth Control Pill
- [Chi - Huey Wong](#) – Scripps Institute, appointed to National Academy of Sciences



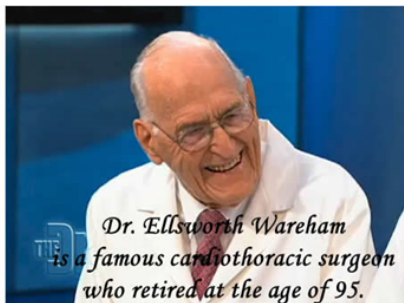
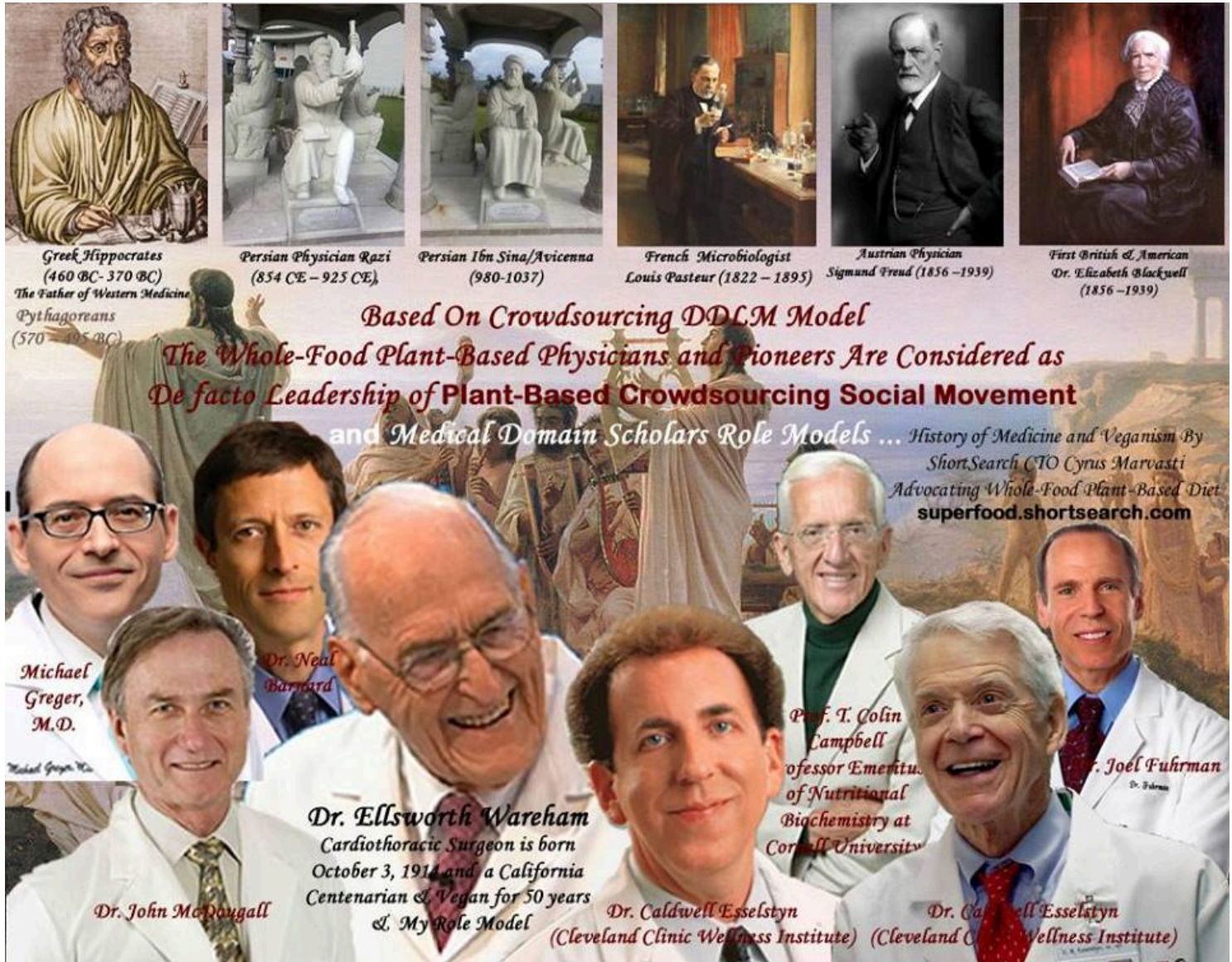
Based on many years of research there is strong evidence that abundant carotenoid antioxidants can:

- Slow the aging process
- Improve immune function
- Decrease risk of cancer
- Decrease risk of heart disease
- Decrease risk of Alzheimer's
- Improve skin, hair, and nail health

As part of Pharmanex® BioPhotonic Scanner S3 team we are committed to improving health and we believe the best approach is to be proactive. We know that consumption of Fruits and Vegetables or Plant-based supplements from Pharmanex improve Carotenoid Antioxidants:

- Help promote wound healing
- Decrease risk of diabetic complications
- Decrease inflammation
- Improve nerve function and circulation
- Maintain good eye health
- Decrease risk of macular degeneration
- Decrease risk of cataracts
- Decrease risk of glaucoma

These Brilliant Physicians Are My Medicine Thought Leaders that Influenced My Lifestyle



In Memoriam of My Role Model Dr. Ellsworth Wareham, 104, was 'Blue Zone' pioneer and cardiothoracic surgeon:

His longevity and vitality, which Dr. Wareham attributed to his healthy plant-based diet.

During his medical career, Wareham performed more than 12,000 operations and continued to assist and observe younger surgeons until he was in his mid 90s.

Please Watch 100 year-old shares secrets to long life <https://www.cnn.com/videos/health/2015/04/08/exp-human-factor-dr-ellsworth-wareham.cnn>

CNN's chief medical correspondent Dr. Sanjay Gupta sits down with centenarian and retired heart surgeon Ellsworth Wareham for an enlightening conversation.

Source Url:

<https://www.cnn.com/videos/health/2015/04/08/exp-human-factor-dr-ellsworth-wareham.cnn>

Dr. Ellsworth Wareham is a famous cardiothoracic surgeon who retired at the age of 95. He believes his healthful lifestyle and 'Vegan Diets' contributes to his longevity. "all tastes are acquired apart from mothers breast milk" it is possible to acquire new tastes even at an old age, but it just takes a few months of effort to reduce the unhealthy foods that you're addicted to and develop a taste for the healthy foods that you think you don't like.



"The power of health is in our hands if and when we follow Dr. Ellsworth 'Wareham'" Cyrus Marvasti 2015



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