

Lipids for long life !!!

Lipid, a group of organic molecules, wax like, greasy to the touch. Lipids are needed to enhance membranes to keep fluids where needed, no leaking.

- Good lipids, like HDL cholesterol are needed to keep blood in arteries.
- Bad lipids, like LDL ergosterol are hard and waxy, like candle wax, that can crack and leak fluids when around the heart.



Emma

Emma Morano, lived 116 years and 137 days
 Ate 3 raw eggs daily for 90 years.
 Nov 29, 1899 - Apr 15, 2017. Lived in New York. Italian.

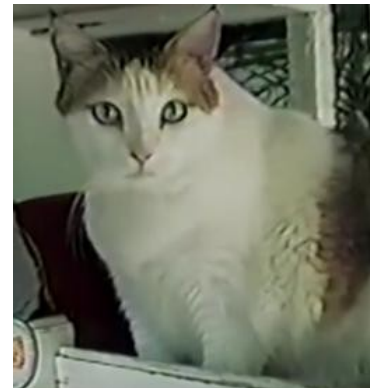
Susannah Mushatt Jones, lived 116 years and 311 days
 Ate bacon and eggs daily for 84 years.
 Jul 6, 1899 - May 12, 2016. Lived in New York. Jamaican.



Susannah

Normal cat life span:

Mature cat	7 years
Average cat	14 - 16 years
Long life	+ 20 years
Extreme	30 years*
-estimated-	* 134 human years



Creme Puff , female, lived 38 years and 3 days
 Aug 3, 1967 - Aug 6, 2005. Lived in Texas. Mixed tabby cat.

Creme Puff

Granpa Rex Allen, male, lived 34 years and 2 months
 Feb ??, 1964 - Apr 1, 1998. Lived in Texas. Sphinx - Devon Rex mix.



Granpa Rex

Jake Parry owned and fed these two cats their whole life:

Bacon and eggs

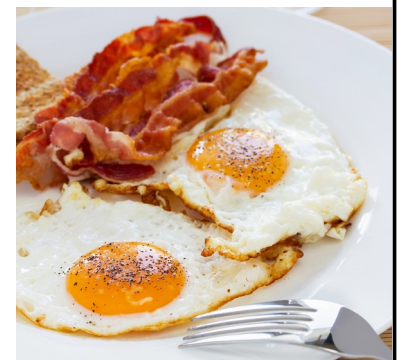
- lipids, oil, fat, cholesterol

Asparagus and broccoli

- Green plants, adult, stinky organic sulfur

Coffee and whipping cream - 30-48% fat

- High fat lipids with caffeine



Lipid rich diet
 egg yolks, bacon, lard,
 30% fat whipping cream
 85% fat butter, a few
 cooked green vegetables,
 And...a long, healthy life,

- evidence based nutrition