

“True wealth is not possessions, but caring for your body, mind, and spirit.”

- Revelation 3:17

Longevity and Functional Medicine

How to live to 160 and beyond

by Dr. Richard C Silva



My Journey

1. Born in NJ, son of Brazilians.
2. Studied in NY, moved to Florida for the lifestyle.
3. Osteopathic physician, trained in traditional medicine.
4. A personal health scare changed my path.



FOUR PILLARS OF HEALTH

blue zones

Nourishment

Nutritious, whole foods
Adequate hydration
Mindful eating

Exercise

Regular exercise and
functional movement
Breathwork for energy
and focus

Rest & Recovery

Quality, restorative sleep
Sunlight exposure
Detoxification and cellular repair

Resilience

Stress management and
relaxation practices
Time in nature and a strong
sense of community

Gratitude





Nutrition & Gut Health

🧬 Leaky gut → toxins & bacteria into bloodstream

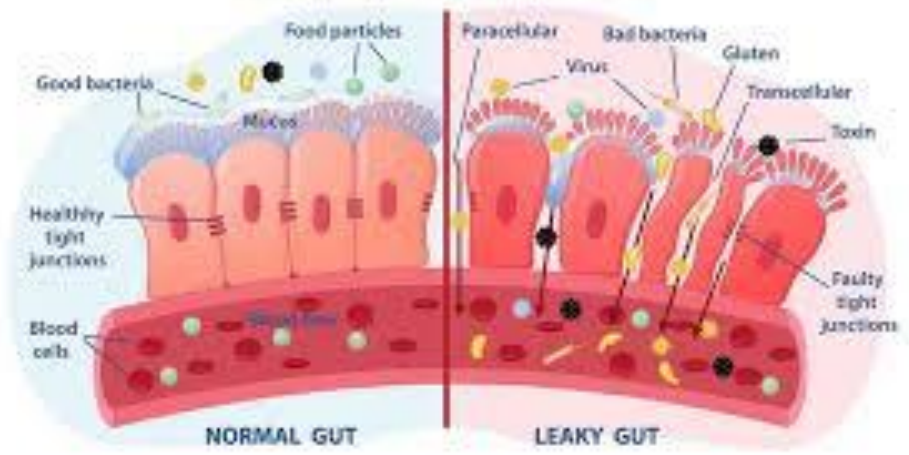
🔥 Inflammation & autoimmune diseases

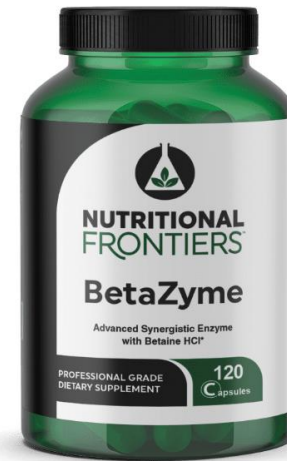
❤️ Heart disease & cancer rising in young people

📊 88M prediabetes | 40% obesity

✅ Only 6% have a healthy, functional gut

LEAKY GUT SYNDROME





• NF Formulas:

- GI Complete
- Frontier Biotics
- Betazyme
- SPM
- CircuCORE
- Remove Complete



Quality Sleep

- **Best REM sleep:** 9:30 PM – 2:00 AM
- **Short naps** can help “catch up” if nighttime sleep is insufficient
- **Teenagers:** ~10 hours/night for growth, learning, and mood
- **Weekend sleep:** Helps replenish sleep debt
- **Hormone connection:** Low testosterone linked to poor sleep, snoring, sleep apnea, and daytime fatigue





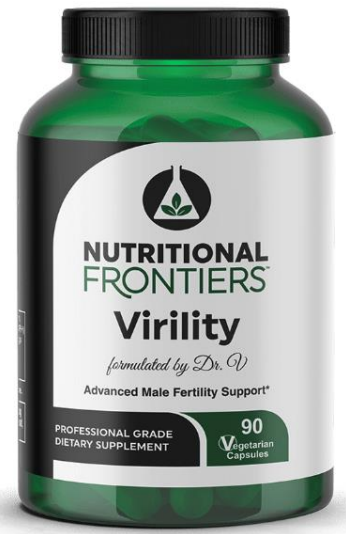
NF Formulas:

- Testo 180 / Sleep Time
- Meno Flash / Pregnenolone
- Magnesium Complete
- Frontier Minerals



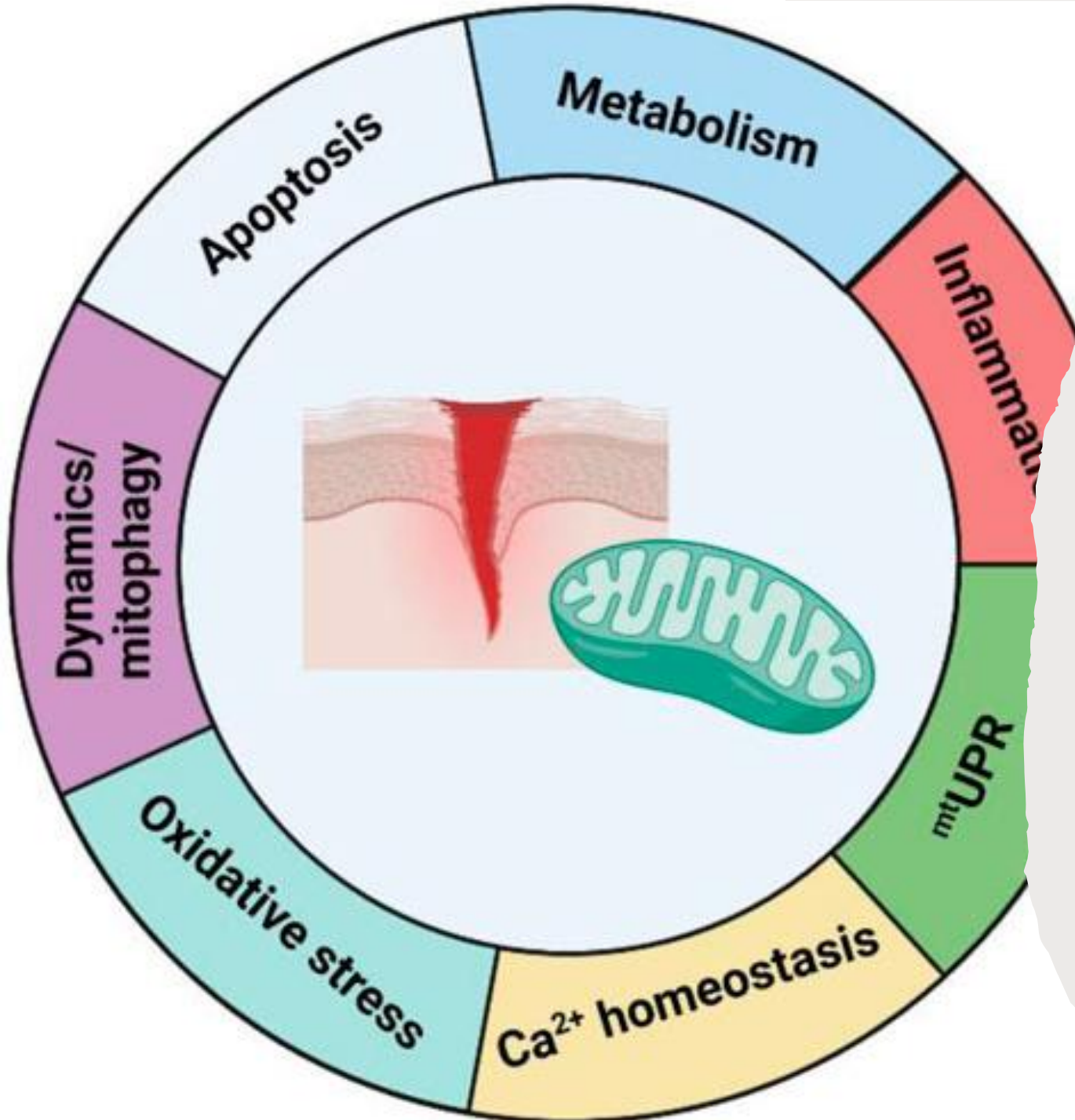
Exercise and activity

- Blue Zones: People walk **everywhere, every day**
- Modern lifestyle: Cars & computers → **sedentary, obesity, poor health**
- **Boosts metabolism** (lower body = ~40% of metabolism)
- **Lubricates joints &** keeps muscles flexible
- **Relieves stress &** improves stamina/vitality
- Calves = “**second hearts**”, pumping blood to upper body
- **Your legs are your life!**



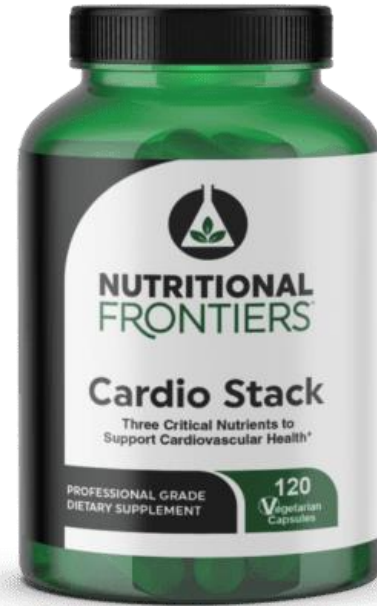
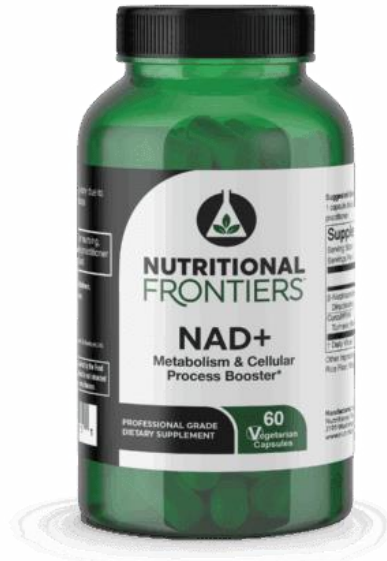
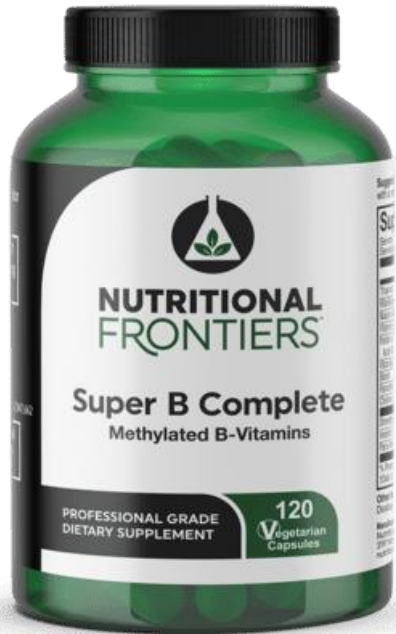
• NF Formulas:

- NAD+
- Magnesium Glycinate
- Mega k2 Plus,
- NAC,
- Neuropath-ease,
- CircuCore,
- Ha Plus,
- X Flame,
- Vitality, Power Fuel,
- Supershake and Clean collagen Protein



Mitochondrial Energy & Longevity

- ⚠ **Dysfunction** → Fatigue, aging, poor recovery
- ♻ **Regenerative therapies** restore cellular energy & redox balance
- 🚀 **Healthy mitochondria** = Faster, deeper healing



NF Formulas:

Power Fuel
Cardio stack
EnerCoq10,
Superk2,

Super B,
Buffered c
NAD+
Pro Reds

Stress reduction and anti-aging

Stress and cortisol contribute to many modern diseases, including heart attacks, strokes, and type 2 diabetes



Stress raises cortisol and insulin, while lowering testosterone and vitamin D



Thyroid hormones and weight gain can reduce exercise capacity



Stress accelerates aging, damage organs, causes wrinkles, and leads to muscle and bone loss







NF Formulas

- **Mag Complete**
- **Tone & Lean CLA**
- **SPM / Omega-3**
- **Pro Oranges**
- **Pro Reds**
- **Pro Purple**
- **Frontiers Mult**

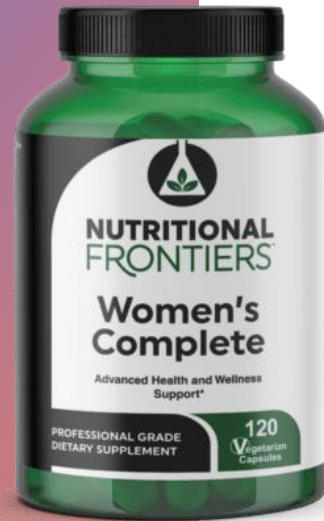




Telomeres & Longevity

-  **Shortening & unraveling** → Aging problems & DNA damage
-  **Causes:** Chronic stress, oxidative damage, poor diet, sedentary lifestyle
-  **Accelerated aging:** Biological age > chronological age
-  **Linked to low energy, reduced vitality, higher risk of serious illness (e.g., COVID-19)**

NF Formulas



- **Buffered C**
- **NAC**
- **Liposomal Glutathione**
- **Selenium**
- **Magnesium**
- **Copper**
- **Zinc**
- **B Complex / Super B**
- **Folate**
- **Vitamin D3**
- **Vitamin E**
- **Frontier Multi or Women's Complete**



Lab Markers & Lifestyle for Longevity



HS-CRP (inflammation)



Vitamin D3, B12, Folic Acid



Homocysteine, Triglycerides, HDL, Oxidized LDL



CBC, CMP, Ferritin



Fasting Insulin, HbA1C, Fasting Glucose



Testosterone, Progesterone, Estrogen, IGF, Cortisol



InBody Scan – muscle, fat, water distribution

Move daily / exercise regularly

Relieve stress

Intermittent fasting

Improve sleep quality

Spend time in nature

Nurture relationships

Do activities & work you love

Get sunshine

Gratitude, prayer, meditation

Eat whole, unprocessed foods

Supplement to fill nutrient gaps

Longevity & the Brain: Neuroplasticity

Neuroprotection
& Decreased
Inflammation



Brain = 65% fat / 30% of body's cholesterol



Myelin = cholesterol-rich nerve insulation



Gut health = brain health



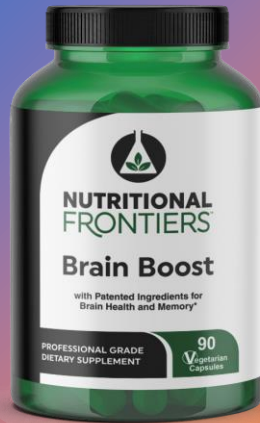
Increase healthy fats | Less sugar & gluten



Limit artificial stimulants
(energy drinks, excess caffeine)



+



NF Formulas:

- Brain boost,
- EnteroCoq10,
- Frontier minerals,
- Circucore,
- Cardiostack,
- NAD+,
- Frontier Biotics,
- SPM,
- Super Biotics,
- Women's Complete
- Men's complete,
- Testo 180, EstroCleanse,

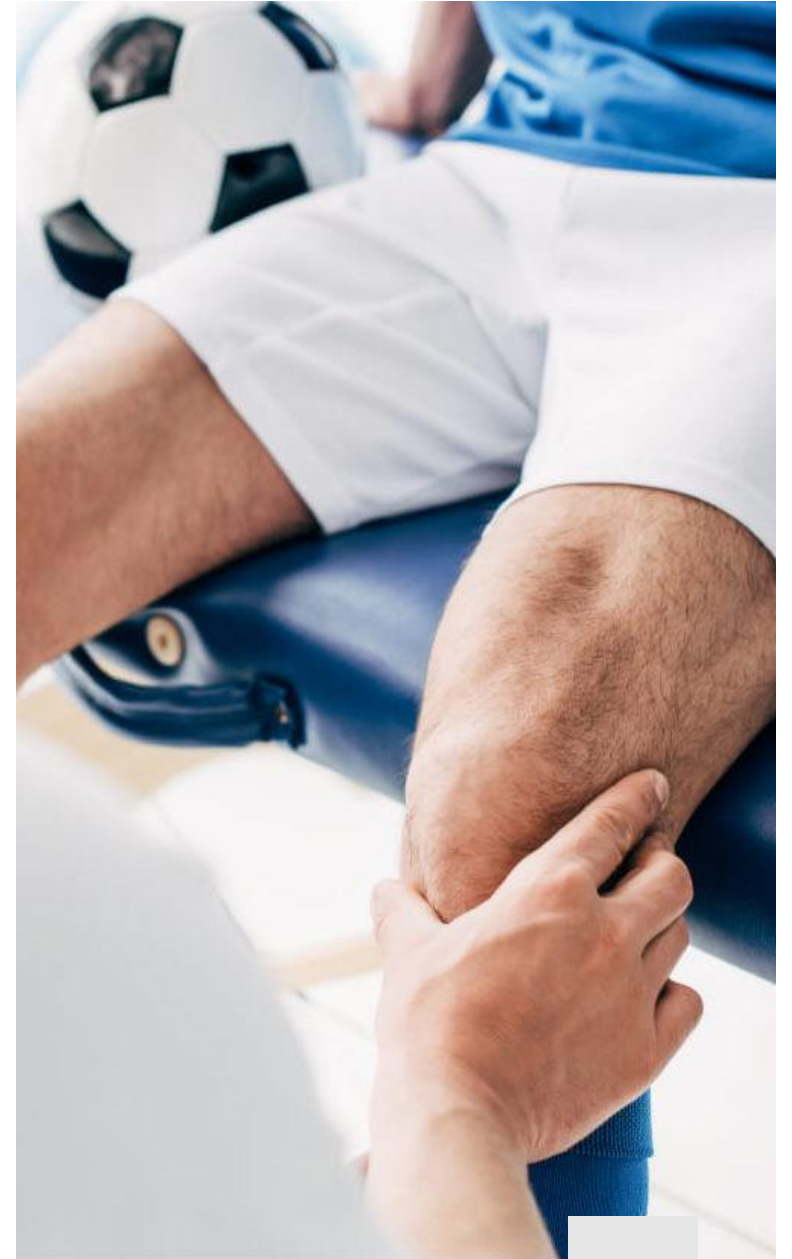
Case Studies



Dr. Silva's
ULTRA WELLNESS

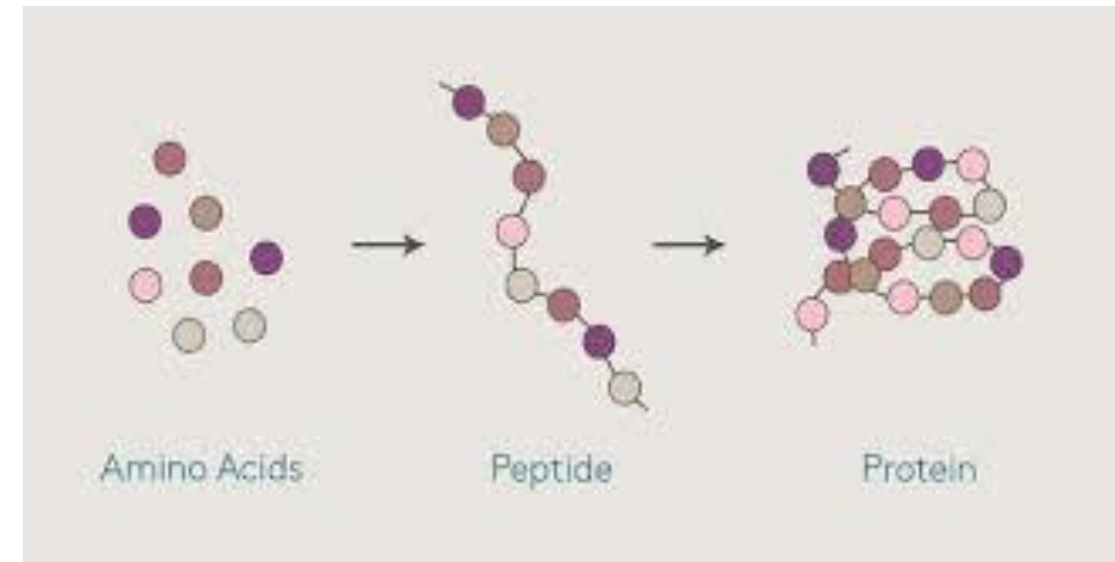
Case Study 1 Soccer Player

- **Male Patient:** Age: 51 y/o male
- **Occupation:** Former semi-professional soccer player, currently coaching
- **BMI:** 31 (overweight for his athletic build)
- **Concerns:** Chronic Achilles and hamstring tendon pain from years of soccer
- Struggles with weight gain post-retirement
- Wants to return to playing recreational soccer and improve body composition



Treatment Plan

- **Regenerative Therapy (for tendons):**
- **PRP + Exosomes** injected into Achilles and hamstring tendon insertions
- Goal: stimulate tendon healing, reduce inflammation, restore elasticity
- **Metabolic Support (for weight loss):Peptides:**
- **Tesamorelin** → visceral fat reduction, muscle preservation
- **BPC-157** → tendon repair, gut healing
- **CJC-1295/Ipamorelin** → improved recovery, growth hormone support



Results:

Tendon Healing:

- Pain score ↓ from 7/10 → 2/10
- Improved flexibility and strength
- Ultrasound: healthier tendon structure, less inflammation

Weight & Body Composition:

- Weight: ↓ 10 kg (~22 lbs)
- BMI: 31 → 28
- Significant visceral fat reduction
- Improved lean muscle mass

Performance & Lifestyle:

- Returned to light soccer training at 2 weeks
- Reported increased energy and improved skin tone (GHK-Cu peptide supportive use optional mention here)

Case Study 2

Doctor Burnout

- Problem: fatigue, low back pain, low stamina, hormonal imbalance
- **Treatment:**
- **Exosomes + PRP injections (systemic + back)**
- **Peptides for longevity (GHK-Cu, MOTS-c, BPC-157)**
- **Bioidentical HRT**
- Results: Restored vitality, improved stamina, global leader in regenerative plastic surgery



Key Learning Points



- High-performance professionals (like surgeons) often suffer from **chronic fatigue & burnout** despite appearing “healthy.”
- **Combination of regenerative medicine + bioidentical hormones + peptides** can restore energy, focus, stamina, and resilience.
- This case shows how longevity protocols not only **revitalize health** but can also **extend careers and transform medical practices**.

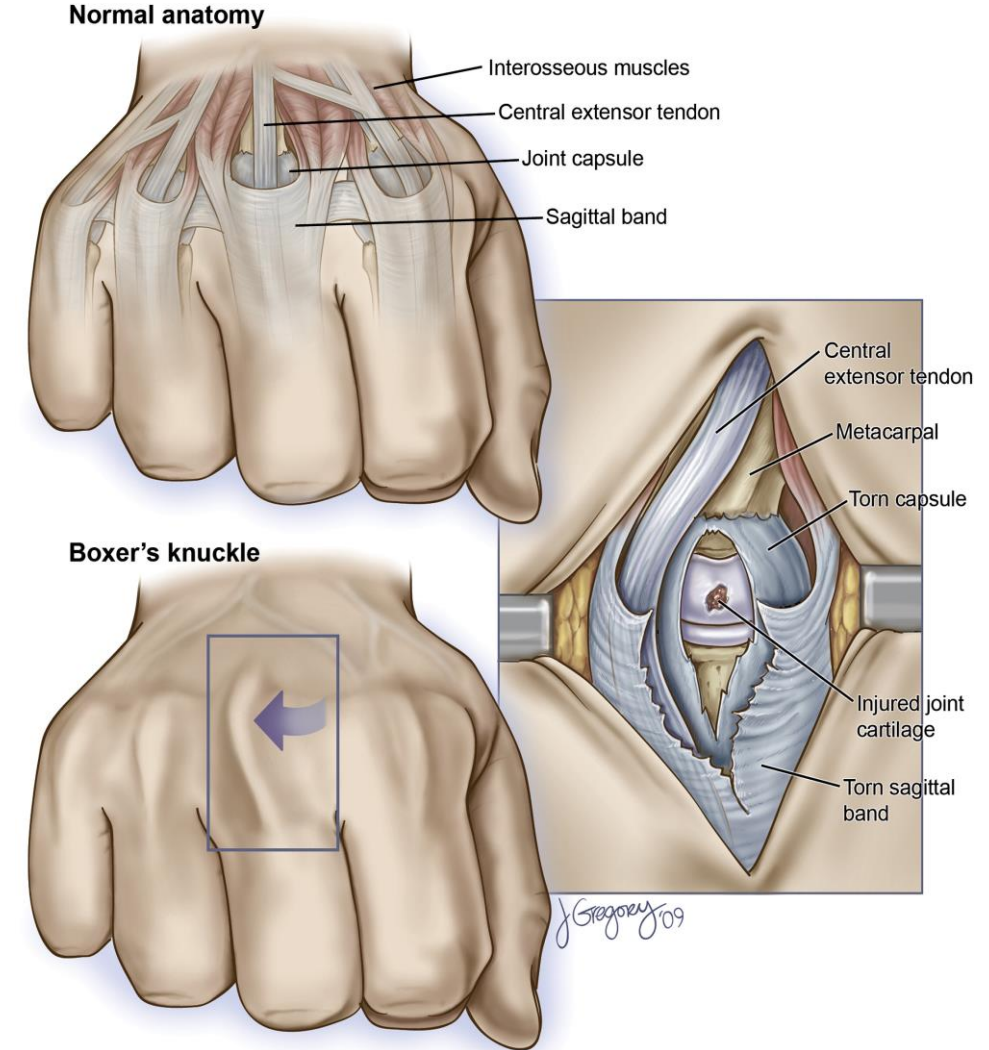
Key Takeaways:

- **Integration Works Best** → Stem Cells, PRP, Exosomes, and Peptides in synergy.
- **Personalization is Essential** → Every athlete and patient requires a tailored plan.
- **Hands-On Mastery** → Precision in injection techniques = better outcomes.
- **Longevity + Performance** → Not just injury repair, but total body optimization.



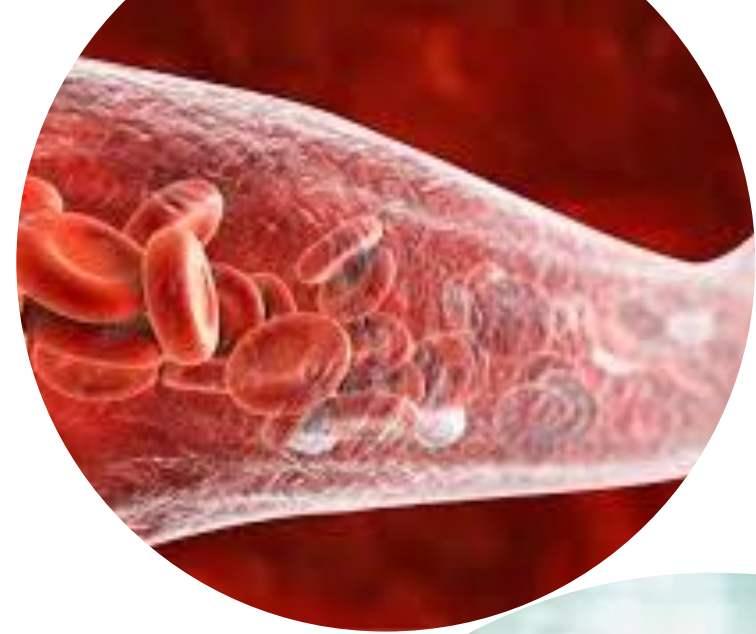
Case Study 3 - Elite Boxer

- Problem: hand/knuckle injuries, wanted more strength
- **Treatment:**
- **PRP + Exosomes + Stem Cells in hands/knuckles**
- **BPC-157 + TB-500 for tissue repair**
- **CJC-1295/Ipamorelin for strength & endurance**
- **GHK-Cu** → anti-inflammatory, tissue repair, skin/tissue recovery
- Results: Faster recovery, stronger punches, **major fight victory**



Treatment Plan:

- **PRP + Exosomes:** Direct injections to knuckles & small joints → accelerated repair
- **Stem Cells (targeted):** Structural support & regeneration
- **Peptides:**
- **BPC-157 + TB-500** → tendon & muscle healing
- **CJC-1295/Ipamorelin** → recovery & muscle growth
- **Tesamorelin** → body composition optimization
- **IV NAD+ & Nutrients:** Enhanced stamina & recovery
- **Maintenance:** PRP/Exosome boosters every 3–4 months



Results

- **Hands/Knuckles:**
- Pain score ↓ from 8/10 → 1/10
- Swelling resolved
- Improved grip strength, faster hand speed
- **Performance:**
- Reported “*punches feel heavier and cleaner*”
- Returned to sparring in 2 weeks, competition-ready in 8 weeks
- Won international fight by TKO in round 5
- **Body Composition:**
- Lean mass ↑ by 4 kg
- Greater muscular definition, faster post-training recovery
- Reported overall energy and stamina increase



This is the Future:



Patients want results, not just prescriptions



Functional + regenerative = better outcomes



We now treat root causes, not just symptoms



Healing from the inside out is the new standard



Visionary & Inspirational:

- I started with one course. One protocol. One patient.
- Now, I care for clients from around the world.
- This journey transformed my practice — and my life.
- **You can do the same. Start small. Start now.**
- The future is regenerative.




Dr. Silva's Ultra Wellness



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