From Surviving to Thriving

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Survive
sur·vive
/sərˈvɪv/
verb
Continue to exist.
Thrive

/thriv/
noun

Flourish.
SURVIVING
PROHIBITS US FROM
LIVING
A LIFE OF
MEANING
Legal Crap

The opinions expressed here represent my own and not those of the facility in which I am speaking at. In addition, my thoughts and opinions change from time to time…I consider this a necessary consequence of having an open mind. This information is intended to provide a semi-permanent point in time snapshot and manifestation of the various memes running around my brain, and as such any thoughts and opinions expressed within out-of-date presentations may not be the same, nor even similar, to those I may hold today.

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Survivorship – My Story

- 2009 – Sperm production ceases to regenerate
- 2013 – Hormone production vanishes
- 2016 – Brain functionality diminished
- 2019-2020 – Muscle and tendon atrophy
Being your Own Advocate to Receive the Best Possible Care
Advocacy

- Increase your understanding of the condition
  - Journal of American Medical Assoc.
  - New England Journal of Medicine
  - Medline and Google Scholar

- Seek out an Angel for one-on-one support (www.imermanangels.org)

- Know the most effective treatment options
  - NIH
  - ASCO (American Society of Clinical Oncology)
  - BIO (Biotech Innovation Organization)
Practice makes perfect

-doctors, institutions or collaborative groups that treat many patients, achieve better and more consistent results at lower cost with fewer complications
Advocacy

- There are 20 million articles on Medline and the volume of medical literature grows by 10 percent every year
- Twitter fosters innovative ideas
  - Global interaction
  - Lifelong learning
  - Research dissemination
Advocacy

- 48 percent of physicians accepted some kind of payment from a device manufacturing or pharmaceutical company

-Open Payments (www.cms.gov)
Advocacy

- Doctor or Dictator?
  - A review of the literature reveal that when patients are more actively involved in their own care, they experience better treatment outcomes.

- Share information — you know your body better than anyone else

- Ask questions like a toddler

- Know the benefits and consequences of all the treatment options available
Biohacking to a Better Recovery
Biohacking

The art and science of changing the environment around you and inside you so that you have full control over your own biology.
Biohacking — Red Light Therapy

Photobiomodulation is the use of red or near-infrared light to heal, restore and stimulate multiple physiological processes and to repair damage caused by injury or disease.

- Testosterone/Sexual Libido
- Hair Growth
- Collagen
- Sleep Optimization
- Memory and Learning
- Wound Care/Inflammation
- Bone Health
Biohacking — Calorie Restriction

Fasting for two days protected healthy cells against the toxicity of chemotherapy. Further, researchers have clinically demonstrated that brief cycles of periodic fasting-mimicking diets (FMD) have a range of beneficial effects on aging and on risk factors for cancer, diabetes, heart disease and other age-related diseases in mice and humans.

- TIME-RESTRICTED FEEDING — Restrict your eating to 10 hours a day.
- THE 16/8 PLAN — Eat during an eight-hour window, and fast for the rest of the day.
- THE 12-6 PLAN — Eat only between noon and 6 p.m.
- WARRIOR DIET — To mimic the eating habits of warriors in history, fast for 20 hours during the day, and consume any foods in a four-hour window.
- THE 5-2 PLAN — Fast two nonconsecutive days of the week and eat healthy on the other five days.
- ALTERNATE-DAY FASTING — Fast every other day, and eat healthy on the in-between days.
Biohacking — Meditation

Meditation is a habitual process of training your mind to focus and redirect your thoughts.

- Reduce Stress
- Controls Anxiety
- Promotes Emotion Health
- May Reduce Age-Related Memory Loss
- Improves Sleep
- Helps Control Pain
- Can Decrease Pressure
Biohacking — Supplements

The depletion of our soil has caused a **nutritional deficiency** in our food today.

- Understands your micronutrient levels (vitamins, minerals, antioxidants and other nutrients.
  [https://www.anylabtestnow.com](https://www.anylabtestnow.com)

- Use genetics to create a custom blend and added a few additional components to off-set the deficient above.
  [https://nutrahkaner.getvitaminlab.com](https://nutrahkaner.getvitaminlab.com)

- ApoE4 GENOTYPE can influence your risk for the more common late-onset type of Alzheimer's. Current data provides substantiated evidence in support of DHA being a beneficial bioactive compound for heart, cardiovascular and brain function.
  Nordic Naturals — 1180 mg of DHA + 710mg of EPA
    - 960 mg DHA + 410 mg EPA [https://www.nordicnaturals.com/consumers/dha-xtra](https://www.nordicnaturals.com/consumers/dha-xtra)
    - 220 mg DHA + 300 mg EPA [https://www.nordicnaturals.com/consumers/omega-3](https://www.nordicnaturals.com/consumers/omega-3)
Biohacking — Cold Thermogenesis

- Our core body temperature should naturally drop every night. Room temperature should be between 60- and 67-degrees Fahrenheit for optimal sleep.  
  - Improved sleep duration, sleep hygiene, and sleep quality

- During water immersion therapy, a person immerses their body, or a part of their body, in a vat of water for a specified amount of time.
  - Shower off a little warmer than usual, (about 2-3 mins)
  - Crank the dial to cold as much as you can bear it!) and cover your entire body (including head & face) with cold water (20-30 seconds before turning it back to hot.
  - Stand for another 2-3 mins in hot, then crank it to cold.
  - Repeat this cycle for a total of 3-5 cycles of hot/cold.
Biohacking — Hot Exposure

- Improve cardiovascular performance
- Flush Toxins
- Relax muscles and soothe aches/pains in muscles and joints
- Reduces incidences of Alzheimer’s by 65%
- Relieve stress
- Can Induce a Deeper Sleep
Staying Resilient and Tenacious with the Bumpy Roads Ahead
Resilience

re·sil·ience

/rəˈzɪliəns/
noun

The rebounding energy which allows us to bounce back from life’s many defeats.
Tenacity

te·nac·i·ty

noun

The staying power which ultimately determines how hard we fight.
Survivorship – Lessons Learned

- “My life has purpose”
- Renewed life priorities
- Augmented feelings
- Social support
- Live for the present
- You have a sense of coherence (mixture of optimism and control)
Survivorship – Lessons Learned

“Real-life has no signs, and no straight lines. There’s just a maze of infinite options.”

- Oliver Emberton

“In life there are a lot of forks in the road, yet no path is the wrong one as they all lead to where we were meant to be.”

- Scott Petinga

“It is not the strongest of species that survive; nor the most intelligent that survives. It is the most adaptable to change.”

- Charles Darwin
YOU HAVE TO HAVE THE GUTS TO GET OUT THERE,
KEEP PUSHING
THE RESILIENCE TO KEEP MARCHING FORWARD,
KEEP FIGHTING
THE INITIATIVE TO KEEP THINGS MOVING ALONE IF NEED BE,
KEEP THRIVING
AND THE TENACITY TO CHASE YOUR DREAMS AND NOT LET GO!
Advancing Knowledge, Enhancing Care