



If you knew you'd live to 100,
how would you change your life today?



How to Become a Least Vulnerable Person

International Wellness Expert, Bestselling Author, and Chiropractor of 35 years, Dr. Eric Plasker believes that everyone deserves to be healthy from the moment they are born through their last breath of life. That includes you!

Our society is not designed for longevity, yet today many of us will live longer than we think possible. The fact that our current system has and is failing us is evidenced by the number of Alzheimer's and assisted living centers. Dr. Eric Plasker believes those centers exist not because of an aging population—but because of a population basing their lifestyles on bad facts, bad ideas, and bad care.

Dr. Plasker's 100 Year Lifestyle is the new model for living in a world of extended lifetimes. For over 35 years, he has directly helped thousands of patients create their personal 100 Year Lifestyle focusing on self-care and health care instead of crisis care. Over 10,000 chiropractors from around the world have been trained by his company, The Family Practice, in how to be better doctors, better educators, and better communicators for their community practice.

All his success is based on his deep understanding and experience with the innate abilities of the human body, and his proactive mindset when it comes to health and longevity. While none of us may expect to live to be 100, the reality is that many of us today are living longer than we ever thought we would. The 100 Year Lifestyle shows us that birthright time isn't borrowed time, and we are never too young or too old to thrive.

About Dr. Eric Plasker: Chiropractor, internationally best-selling author of the [100 Year Lifestyle series](https://www.the100yearlifestyle.com/series/), and in-demand speaker, Dr. Eric Plasker is on a mission. He wants to help us all understand the innate abilities of our own bodies, see our longevity potential as birthright time not borrowed time, and help us develop a proactive mindset when it comes to creating our own 100 Year Lifestyle. For more information about Dr. Plasker and the 100 Year Lifestyle, visit [100YearLifestyle.com](https://www.the100yearlifestyle.com/).

Online Press kit: <https://www.the100yearlifestyle.com/media/>
Websites: <https://www.the100yearlifestyle.com/> and <https://100ylproviders.com/>

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Story Ideas

Become a Least Vulnerable Person

Who are the “most vulnerable people,” and how do you keep from becoming one? Dr. Plasker is committed to making you one of the “least vulnerable!”

The Other Epidemic (Longevity): 100% for 100 Years

People today are living longer than they expected or planned for. Dr. Plasker will tell you how to live your 100 years at 100%.

Stop Blaming Your Age

There are Alzheimer's and senior care facilities popping up across our country at an alarming rate. Dr. Plasker explains why age has nothing to do with degenerative dis-ease—and reveals the real reasons why Americans age so badly.

Our Society Was Not Designed for Longevity

Americans are known for working non-stop up until the day they retire, living a short while, and then dying. If you'd like to hear what your options really are, then you should listen to what Dr. Eric Plasker has to say.

Your Longevity Potential: Birthright Time Isn't Borrowed Time

What is the #1 mistake if you want to live a long and healthy life? Don't make short-term decisions that make you feel better in the moment but lead to long-term destruction. Dr. Plasker can pinpoint what you're doing wrong.

Every Parent's Worst Nightmare

Every parent's worst nightmare is that something bad will happen to their child. Dr. Plasker will offer insight and guidance as he shares his own story of being told that his 10-month-old son would never walk, talk, or use his right arm. Spoiler alert, Jacob is now a 31-year-old tennis playing, snowboarding, and hiking chiropractor himself.