



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



Online Press Kit (media): <https://www.the100yearlifestyle.com/media/press-kit/about/>

Public websites: <https://www.the100yearlifestyle.com/> and <https://100ylproviders.com/>

Suggested QUESTIONS for Dr. Plasker:

1. You call the 100 Year Lifestyle a new model for living in a world of extended lifetimes. What is the 100 Year Lifestyle all about?
2. You speak about “least vulnerable people.” Who are you referring to?
3. Isn't aging just a natural process and how you age just the luck of the draw based on genetics?
4. You speak about self-care, health care, and crisis care. What are the differences?
5. The 100 Year Lifestyle talks about Quality Time Living: Prime Time, Prep Time, and Play Time? What are they and why are they important?
6. Are you ever too young or too old to begin a 100 Year Lifestyle?
7. Do you think we will continue to see people living extended lifetimes in this age of pandemics?
8. What is “polypharmacy” and why does it make you vulnerable?
9. One of your pet peeves is that the doomsayers are considered to be the biggest authorities and given the most credit. What do you mean by that?
10. If someone wanted to start right now to live their 100 Year Lifestyle, how do you suggest they begin?
11. If someone wanted to start right now to live their 100 Year Lifestyle, how do you suggest they begin?
12. What are the key differences between a chiropractor and a medical doctor?
13. You call today's 100-year-old people the Accidental Centenarians. What do you mean by that?
14. You say that retirement is an outdated concept and can contribute to unhealthy aging and decline. Why is that true, and what can people do differently?

To book Dr. Plasker call Debbie Luican (949) 484-3365, Debbie@100yearlifestyle.com