“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

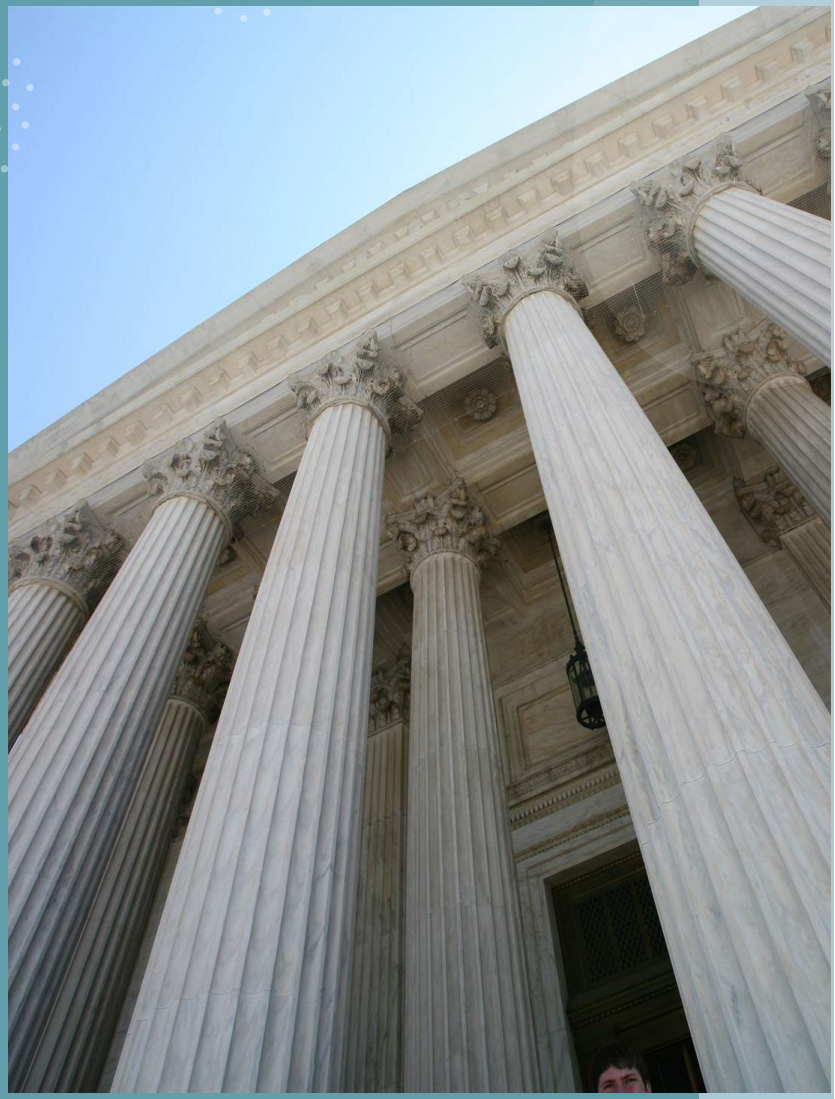
Nourishment
Nutritious, whole foods
Adequate hydration
Mindful eating

Rest & Recovery
Quality, restorative sleep
Sunlight exposure
Detoxification and cellular repair

Exercise
Regular exercise and functional movement
Breathwork for energy and focus

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

•NF Formulas:

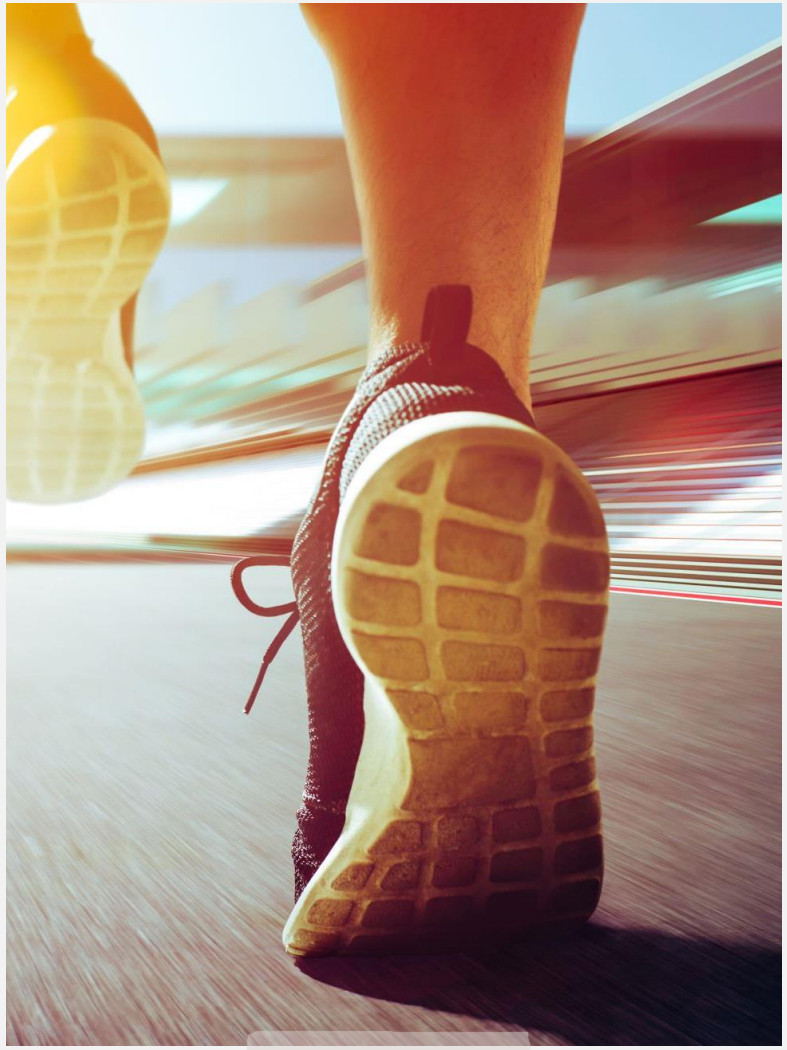
- GI Complete
- Frontier Biotics
- Betazyme
- SPM
- CircuCORE
- Remove Complete

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:

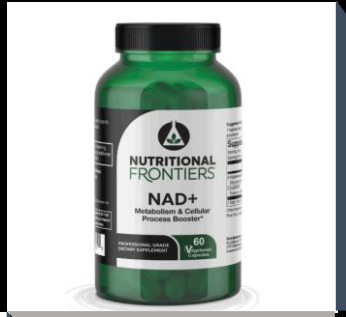
Testo 180 / Sleep Time
Meno Flash / Pregnenolone
Magnesium Complete
Frontier Minerals

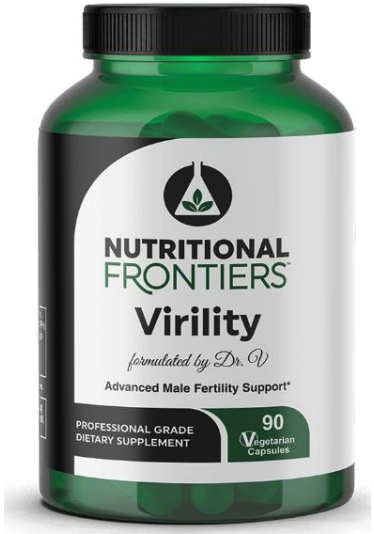


Exercise and activity

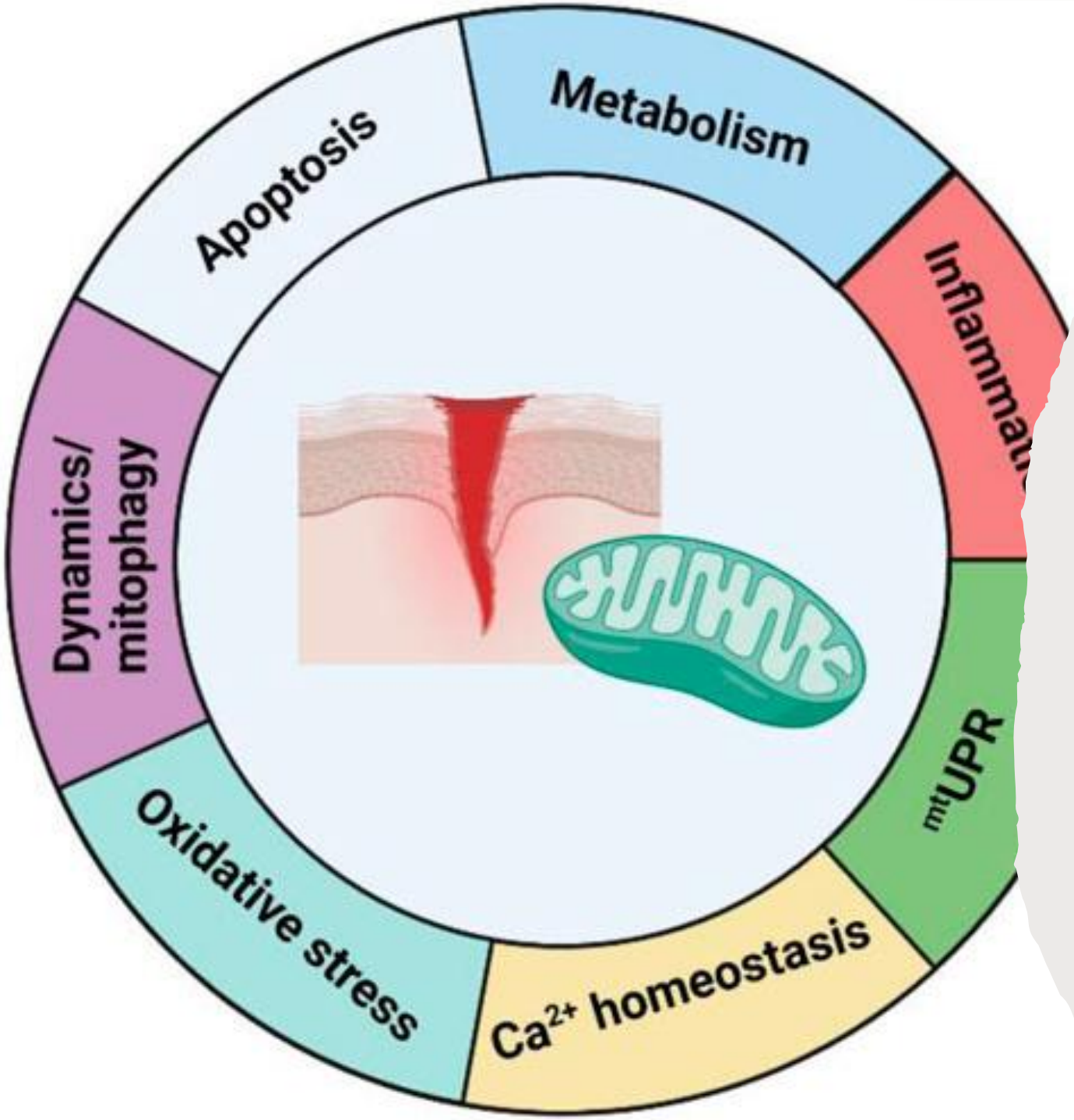
- Blue Zones: People walk **everywhere, every day**
- Modern lifestyle: Cars & computers → **sedentary, obesity, poor health**
- **Boosts metabolism** (lower body = ~40% of metabolism)
- **Lubricates joints** & keeps muscles flexible
- **Relieves stress** & improves stamina/vitality
- Calves = **"second 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

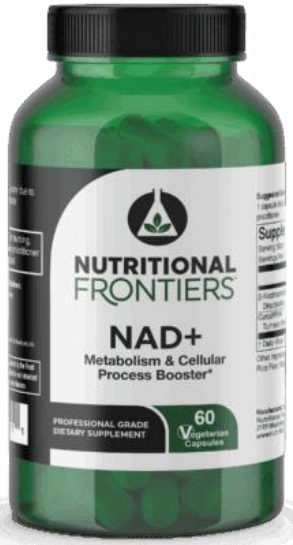


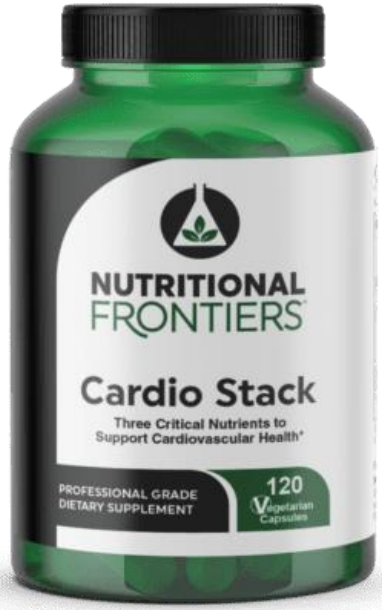
Mitochondrial Energy & Longevity

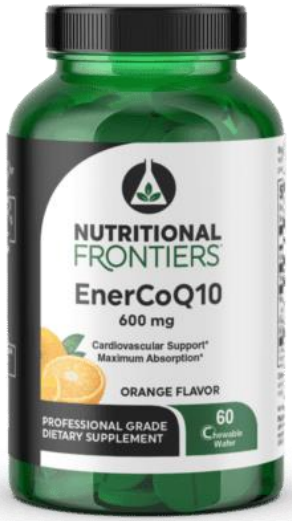
🛑 **Dysfunction** → Fatigue, aging, poor recovery

♻️ **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

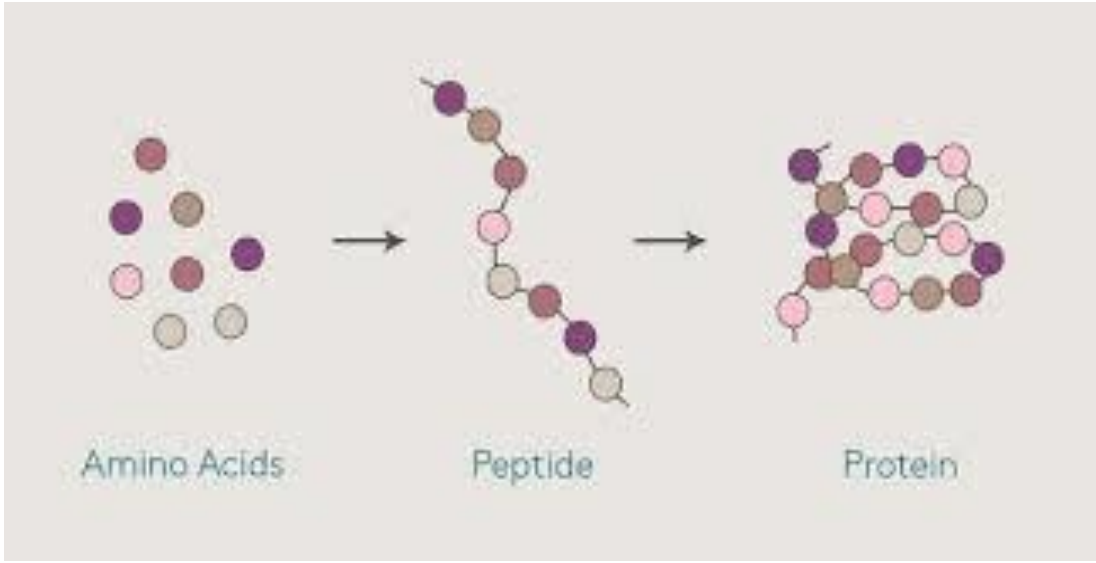
Case Study 1 Soccer Player

- **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

Dr. Silva's ULTRA WELLNESS

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.**

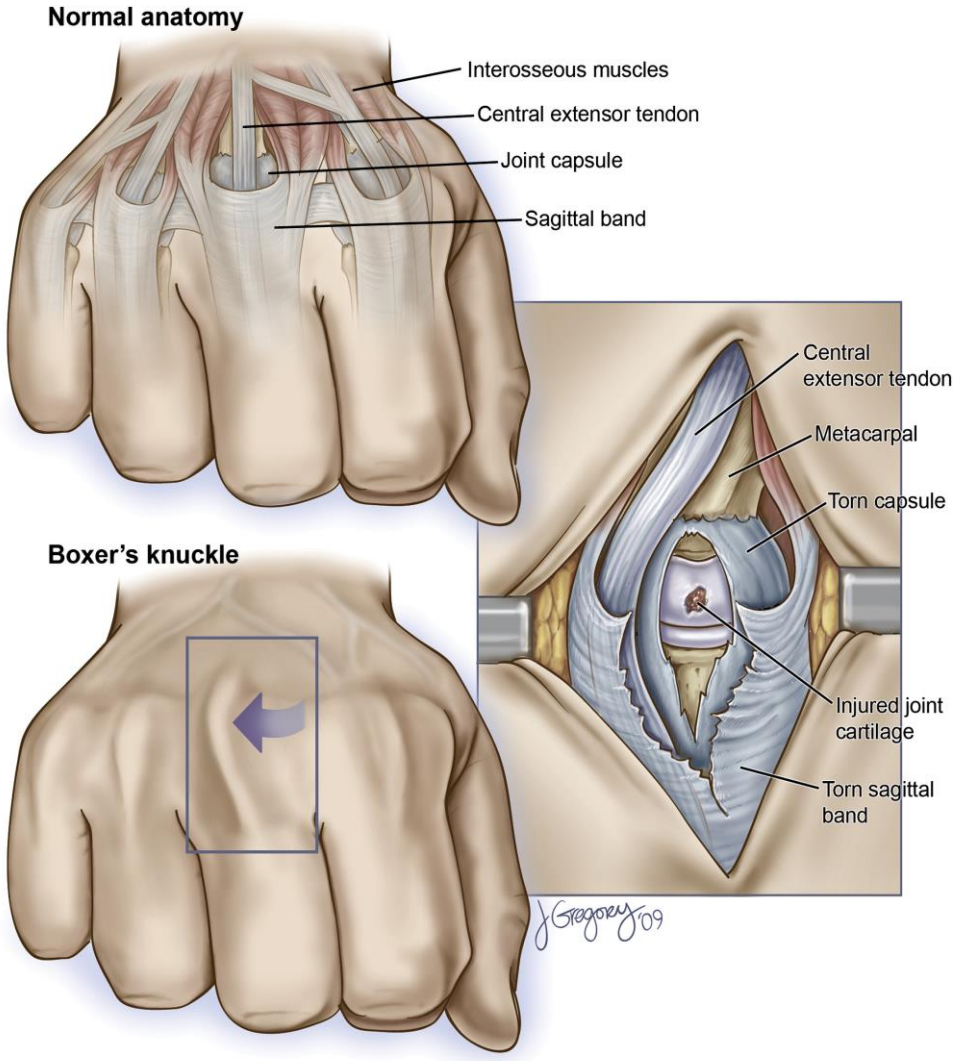
- This case shows how longevity protocols not only **revitalize health** but can also **extend careers and transform medical practices.**

Key Takeaways:

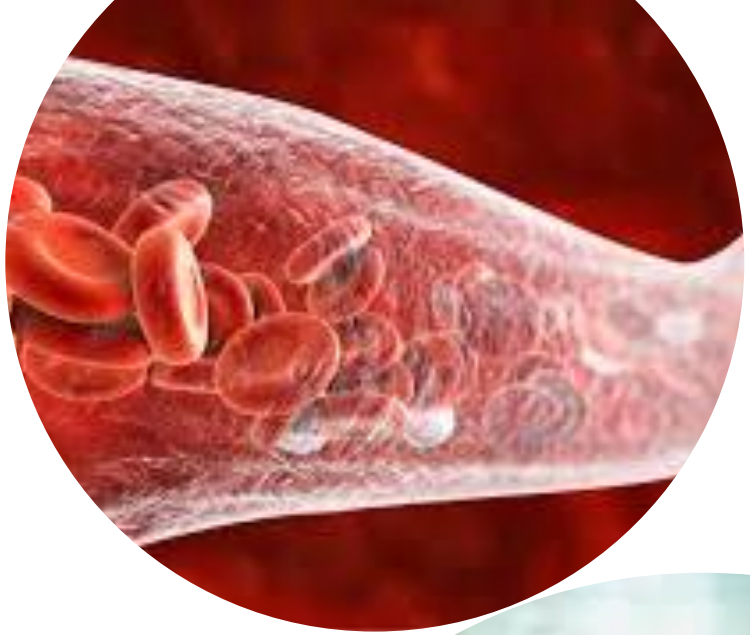
- **Integration Works Best** → Stem Cells, PRP, Exosomes, and Peptides in synergy.
- **Personalization is Essential** → Every athlete and patient requires a tailored plan.
- **Hands-On Mastery** → Precision in injection techniques = better outcomes.
- **Longevity + Performance** → Not just injury repair,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

@DRSILVASULTRAWELLNESS

1100 S Federal Hwy Ste 100
Deerfield Beach, FL 33441
☎ +1 (954) 943-9670