

# Designed To Last

Making the Ordinary  
EXTRAORDINARY

Using Systems Biology and Human Design  
to Live Long and Have Fun

by Dr. Matthew Edlund

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# Designed To Last

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## Using Human Design To Go FAR

If you want to be healthier, feel younger, live longer, and look more attractive, there is a way.

It's called human design. Human design is a blueprint of how your body is meant to function. The people that follow human design are the longest-lived populations on earth. Human design is itself a subset of systems biology, which studies how the different parts of our biology and environment communicate and interact.

We usually think of eating, physical **activity**, and sleep, as very different activities. Yet from the standpoint of the body they are deeply tied together.

The reason is that the body operates as a system. More **activity** changes the need for fuel (**food**). **Rest** helps rebuild cells after use. On the cellular and genetic level, these processes are regulated together. They work together.

**Food, Activity, and Rest** are all critical to energy metabolism, which may explain why together they may be key to controlling weight. Energy metabolism is such a critical, interconnected system that it becomes highly resistant to change. If people try to change their diet, within a year 98% weigh the same or more. Increasing physical **activity** has some effect on weight, but too little for most of

us. Unknown to people is that **rest** is critical to weight. People who sleep less weigh more, and those who weigh more sleep less.

Changing just one part of **Food, Activity, and Rest** usually does not do much to control weight. But putting them together, going **FAR**, gives most of us a far greater chance at weight stabilization - and a healthier, longer life.

**Food, Activity, and Rest** are also deeply connected in many other ways. Imagine you're looking at a car engine. Considering **Food, Activity, and Rest** as totally separate activities is like looking at that engine and seeing only isolated pieces. Certainly there's a separate fuel pump, pistons and carburetor, the cooling fan and cleaning agents. Yet the engine needs all of them to work. It functions as a unit or it doesn't function. If the parts don't work together, the engine breaks down.

We break down, too.

Fortunately, we repair and rebuild ourselves all the time. The human body is normally extraordinary. It constantly restores and regenerates itself.

Don't believe me? Look at your face in the mirror. Wait two weeks. Then look again.

Your face looks the same, right? Yet it's not. In those two weeks, virtually all the skin on your face has been replaced.

Aging may itself be the result of incomplete or slowing regeneration.

Much of your body is rebuilt, replaced, and renewed within a year. That's where **Food-Activity-Rest** comes in. You need **food** to rebuild and replace your cells and tissues. You need sleep and **rest** to provide time and space to rebuild. As you move and **rest**, you rebuild and regrow your muscles, joints, and tendons. As you read this sentence, you change the chemistry of your brain. How you use your body does not change your genes. But it does change gene expression.

Human design lets you reshape your body and mind using the most ordinary activities. **Food** is fuel, but also directly affects arteries and the brain. Working our different muscles can help prevent the major diseases that kill us, like heart disease and stroke. **Rest** can be used in the middle of the day to mentally revive us, at night to rebuild and renew our bodies and brains. **Rest** is as important as **Activity**. We need all three components, **FAR**, to work together, synchronized, in concert.

Engaging **FAR** in our daily lives does more than rebuild and renew our bodies. We also reset and resculpt them. Using **FAR** properly can make our bodies stronger, more flexible, more long-lived, more efficient, more vital. You can't be your own plastic surgeon. But how you use your body changes how you think, look, and feel. Human design lets you understand how your body works. That helps you go where you want to go. By harmonizing your internal environment with the way your body is built, you also go Green.

To accomplish all this you just need to remember three letters: **F-A-R**. They stand for **Food-Activity-Rest**. Use **FAR** together, as our genes and cells do, and you can

live longer, look younger, feel far better. You can literally go **FAR**.

There are no gimmicks to using **FAR**. You eat, you move, you **rest**. You do the most natural things in the world, eating, sleeping, and resting. You discover how simple activities like walking or fidgeting can change your waistline, your lifespan, even your local environment. It can be as simple as eat, walk, talk.

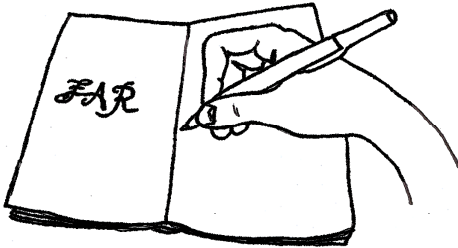
Human design can also provide new perspectives. You find new ways to become more creative. You discover how to set up your house and workspace to maximize mood and efficiency. You begin to see what kinds of clothes make it easy to move around, and look good. You use your new sense of inner design to help you sleep and **rest**. As you try new techniques, you become better at them. Learning more about how you are designed, you learn to have more fun.

Diseases of civilization, like stroke, heart attack, cancer and Alzheimer's, are killing us. As a doctor practicing many years, I want to prevent or delay the chronic, destructive illnesses that are 90-95% completed by the time I intervene. We are dying from diseases of civilization. These are diseases we can derail and prevent. Human design is an easy way to do it. It's also a way to help sustain and preserve our environment.

Treat this booklet as a user's manual for your body. Human design is simple. So is the design of this book. It's divided into three separate sections – **Food**, **Activity**, and **Rest**. Every section has several brief chapters. Each chapter is made up of three parts - facts and scientific data, personal stories and what to do (the names and some features of the people in the stories have been altered for privacy). Check the section headings, read what you want to read. Do what you want to do. After a while you'll find out how **FAR** can work for you.



Or you can use this book just four or five minutes a day. That's all it takes to read a chapter. Reading just five minutes a day, you'll learn a new way to work and live within a month. You can then find out more about human design on my website, [doctoredlund.com](http://doctoredlund.com).



At the end of this book is a brief summary. With time you may write your own chapters.

**Let's start now.**



# FOOD

## Breakfast

Evidence continually grows that breakfast is the most important meal of the day. People who eat breakfast weigh less. Breakfast eaters live longer. Children of obese parents gain less weight if they eat breakfast.

Except during prolonged starvation, brain and red blood cells use glucose (sugar) as their only fuel.

Each morning, most of us are breaking up muscle protein to survive. Meals are metabolized most quickly in the morning, when insulin levels are highest. If allowed only one meal a day, eating it at breakfast causes less weight gain. It seems that people who don't eat breakfast give the body subtle signals that they don't have enough **food**. They ingest more **food** later on. If you want to feel more alert and lose weight, eat breakfast.

## Is Coffee Breakfast?

Fred woke up each morning to two repetitions of snooze control before throwing himself in the shower. Next he flung on his clothes while wet and drove to work like a crazed stock car driver. He usually arrived late. The idea of eating breakfast struck him as revolting. "Are you nuts? I don't have time for that."



My explanations of breakfast's importance remained unconvincing. Then I mentioned not eating breakfast might suggest to his body he was in starvation mode. People who did not eat breakfast often gained weight.

Fred really wanted to lose weight. He had sleep apnea, an inability to breathe during sleep. If he lost enough weight he might be able to quit needing to use his CPAP machine, which helped him breathe while he slept. "Does coffee count?" he asked.

I told him morning coffee was an excellent drug with many uses. However, coffee was not by itself a meal. "I need ninety seconds from you for eating - well, feeding."

Fred countered with sixty. To his surprise he quickly lost fifteen pounds.