



**Deepak Chopra, M.D. - 1993  
(46 years old)**



**Deepak Chopra, M.D. - 2019  
(73 years old)**

**Deepak Chopra is basically an author and has done a lot of fact finding research while writing his books. He moved over from allopathy to Ayurveda at a very young age and became a prolific writer.**

**In his TV interview with Oprah in 1993, he speaks about removal of toxins from the body (which is a concept in Ayurveda since thousands of years back), and creates the ground work for the possibility of living past the allopathy accepted age of 130 years.**

**It is important to note that, the toxins referred in Ayurveda, are those that entered the body or were created through the food that we eat. These did not include the additional toxins of modern times, where heavy metals such as arsenic, cadmium, mercury, lead, aluminum and nickel, have entered the environment, due to industrialization. In addition, we have toxins due to synthetic hormones from petrochemical products in our environment and also bovine hormones from the dairy and meat industry. We are also surrounded by electromagnetic radiation (electronic smog) of all sorts, AC power, cell phone towers, laptops, tablets, mobile phones and quartz crystal / battery watches and wrist mounted health devices / mobile phone which inject toxic electrical signals into our body and imbalance the endocrine system.**

**So unless we can periodically neutralize all these toxins in our body, it will be difficult to achieve a life span of 100+ years.**

**But, you can see from the above two photos, taken 27 years apart, that he has aged considerably, due to urban living / environment and exposure to toxins.**

**Another method practiced by yogis to achieve improved life span, is to move from food and water to pranic energy to sustain the body. We find reference to Giribala in Autobiography of Yogi by Parmahans Yogananda. In modern times, we have Pralhad Jani, who has not eaten food or taken water for 70 years.**