

PROLOGUE

MOSHE SISELENDER

FOUNTAIN OF YOUTH

SUPER EGO

POSSIBLY CELLS MAY CONTINUE TO
REPRODUCE OR OTHER FACTORS
INVOLVED

POSSIBLY REDUCE CHANCES OR
ELIMINATE

DEMENTIA & ALZHEIMER DISEASE
POSSIBLY MAY REDUCE OR ELIMINATE
DEPRESSION

POSSIBLY IT MAY BOOST YOUR
IMMUNE SYSTEM

POSSIBLY IT MAY ACCELERATE
DEVELOPMENT OF INFANTS

POSSIBLY YOU MAY EXPERIENCE PEACE
& HARMONY IN YOUR MARRIAGE WITH
YOUR CHILDREN GRAND CHILDREN AND
GREAT GREAT CHILDREN

POSSIBLY IT WILL HELP YOU KEEP YOUR
CLIENTS GET NEW CLIENTS

PROLOGUE

FOR THE LAST 3500 YEARS ALL
CULTURES RELIGIONS AND
PHILOSOPHIES HAVE DEVELOPED

BRANCHES IN THE STUDY OF HUMAN BEHAVIOR. MODERN SCHOLARS CALL THIS STUDY PSYCHOLOGY . A SUB BRANCH IS PSYCHO THERAPY .

JEWS FOR THE LAST 3500 YEARS JEWS BELIEVE THAT THE STUDY OF HUMAN BEHAVIOR WAS GIVEN BY GOD AT MOUNT SINAI 3500 YEARS AGO AS PART OF THE TORAH. THESE PRINCIPLES ARE PART OF RELIGIOUS LIFE AND BEHAVIOR.

PERKEI OVOT SAYING OF THE FATHERS 1:1 -INTERPRETATION RAMBAM RA MEBARTENURA ALSO TOSPHOS YOM TOV PROLOGE TOSPHOS YOM TOV

FOR THE OBSERVANT JEW THESE PRACTICES MEANS DOING THE WILL OF GOD . HE /SHE WILL MERIT OLEM HABO ETERNAL LIFE BY OBEYING THE WILL OF GOD . WHEN ONE OBEYS THE WILL OF GOD THEN GOD WILL RECIPROCATED AND GRANT HUMANS THEIR WILL.

THIS BOOK IS AN ANTHOLOGY OF TORAH WRITINGS THAT SUMMARIZES SOME EXAMPLES OF HUMAN BEHAVIOR THAT ARE INSTRUMENTAL OF POSSIBLY AVOIDING DEMENTIA AND ALZHEIMER DISEASE .

THESE INDIVIDUALS WERE HUMBLE MODEST AND NOT ASSUMING.

THEY REFUSED TO USE THEIR SUPERIOR KNOWLEDGE OF TORAH AS A TOOL TO ADVANCE AND GET SPECIAL PRIVILEGES.

HOWEVER EACH ONE WAS COGNIZANT AND GUARDED THEIR STATUS AS A REPRESENTATIVE OF TORAH.

IF THEY DEMANDED RESPECT IT WAS FOR RESPECT FOR TORAH GIVEN BY GOD ; NOT FOR THEMSELVES.

TODAY ONE DEMANDS RESPECT FOR A MEMBER OF CONGRESS. DISRESPECT IS AN INSULT TO ALL MEMBERS OF CONGRESS.

JEWS NEVER CONSIDERED THAT THE CONCEPT OF THE CHOSEN PEOPLE MEANT THAT THEY ARE SUPERIOR TO NONE JEWS.

ALL HUMANS ARE CHOSEN AND SPECIAL. ALL ARE CHILDREN OF ADAM AND EVE. WHEN GOD CREATED ADAM AND EVE GOD CHOSE EARTH OF ALL COLORS. THE REASON TO SHOW TO FUTURE GENERATIONS THAT ADAM AND EVE WERE ALL COLORS. NO ONE COLOR SKIN CAN CLAIM SUPERIORITY OVER AN OTHER. TALMUD BAVALI SANEHDRIN 30A LAST SENTENCE.

CHOSEN FOR THE JEW MEANS THAT THEY ARE ORDAINED TO OBSERVE

CERTAIN RITUALS THAT NON JEWS ARE NOT OBLIGATED. FOR EXAMPLE :[1] KOSHER LAWS.[2] NOT HAVING SEX WITH ONE'S WIFE ONCE SHE HAS HER PERIOD UNTIL 12 DAYS PASS AND SHE HAS NOT SIGHTED ANY TRACE OF BLEEDING .

SHE WILL DIP IN A RITUAL BATH MIKVAH OR IN RUNNING RIVER OR IN THE OCEAN. [3]PUTTING ON TEFILLEN , TZITZIS . SITTING IN A SUKKAH. USING LULOV AND ESROG . [4]FASTING ON YOM KIPPUR

[5] PRAYING.TALMUD BAVALI AVODAH ZORAH 5A -7A.

ALL HUMANS ARE CHOSEN AND WILL INHERIT OLEM HABO ETERNAL LIFE THEY WILL HAVE COMMUNION WITH GOD.

THEY WILL BE CHOSEN BY OBSERVING THE 7 PRINCIPLES OF THE NOHADITE LAWS . BASICALLY MEANS OBSERVING ALL FEDERAL STATE AND COMMUNITY LAWS. PROVIDING THESE LAW DO NOT DISCRIMINATE .ON THE BASIS OF COLOR NATIONAL ORIGIN RELIGION OR GENDER.

WHAT JUDAISM TEACHES IS THAT EVERY HUMAN MUST BE VERY PROUD OF THEM SELVES. EACH INDIVIDUAL IS UNIQUE . THERE EXISTS NO HUMAN

THAT HAS AN OTHER'S FINGER PRINTS
OR AN OTHER'S MIND. WOULD HE/SHE
BE THE ONLY INDIVIDUAL GOD WOULD
HAVE CREATED THE UNIVERSE JUST FOR
THEM. TALMUD BAVALI SAMEHDRIN 30
A LAST SENTENCE.

IT IS THIS PRIDE AND FEELING OF
IMPORTANCE THAT IS THE SECRET FOR
NOT HAVING DIMENTIA ALZHEIMETR
DISEASE AND DEPRESSION. IT IS THIS
SECRET THAT ENABLED JEWS TO
SURVIVE 2000 YEARS OF PERSECUTION
FORCED CONVERSIONS AND BLOOD
LIBELS GRAND LARCENY FALSELY BEING
BLAMED FOR CRIMES COMMITTED BY
OTHERS EXPULSION AND MURDER. THE

BLIND HATRED OF THE JEW
CULMINATED IN THE NAZI MURDER OF
SIX MILLION JEWS AND ONE MILLION
JEWISH CHILDREN. THE JEW WAS THE
VICTIM OF HATRED NO DUE PROCESS
THEFTS RAPES AND MURDER FOR
THE LAST 2000 YEARS.

IF IT WAS NOT FOR DIVINE
PROVIDENCE THERE WOULD NOT
ONE JEW TODAY.

THERE EXISTED 60 MILLION JEWS AT
THE TIME OF JEWISH KINGS DAVID AND
SOLOMON. TODAY WE SHOULD HAVE
HAD BILLIONS OF JEWS. AT THE

BEGINNING OF WORLD WAR II THERE
WERE 18 MILLION JEWS .
THE NAZIS KILLED 6MILLION JEWS AND 1
MILLION JEWISH CHILDREN.

WHAT HAPPENED TO WHAT SHOULD
HAVE BEEN BILLIONS OF JEWS?

THE ANSWER IS THAT THEY WERE
FORCED TO CONVERT . THEY WERE
KILLED.

WHO SURVIVED ?

THE ANSWER IS SURVIVAL OF THE
FITTEST THE SMARTEST .

TORAH DOCTRINE IS THAT LIFE
SURVIVAL TRUMPTS ALL LAWS.

“ ASHER YASEH HODOM VECHAI BOHEM
THAT MAN /WOMAN SHALL DO AND
LIVE THROUGH THE LAWS”

MEANS THAT MAN /WOMAN
SURVIVAL- LIFE TRUMPTS ALL LAWS.
VAYIKROH LEVITICUS 18:5

THE SIFIRI

EMPHASIZES

“ THE SABBATH WAS MADE FOR MAN
NOT MAN FOR THE SABBATH”

EVEN IF THERE EXISTS ANY DOUBT A
FRACTION OF ONE PERCENT OF SAVING
ANY HUMANS’ LIFE JEWS ARE
INSTRUCTED TO VIOLATE ALL LAWS.

THAT IS CODIFIED IN LAWS OF YOM
KIPPUR ORECH CHAIM CHAPTER 618
AND LAWS OF SABBATH ORECH CHAIM
328

THAT IS WHY JEWS WERE ABLE TO
GRAB AN OPERTUNITY IN 1948 WITH
THE UN RESOLUTION TO BUILD A
JEWISH STATE

BY 1967 THEY POSSESSED NUCLEAR
TO DEFEND
THEMSELVES. BILLION
MUSLIMS AND EUROPEANS
WANT TO DESTROY ISRAEL AND
KILL ALL THE JEWS.

IT IS ONLY WITH THE GRACE OF GOD
AND SUPPORT OF MILLIONS OF
CHRISTIANS IN THE USA THAT JEWS
REMAIN ALIVE

“AM YIROEL CHAI . NETZECH YISROEL LO
YESHAKER. THE JEWISH NATION LIVES
THE ETERNAL GUARDIAN –GOD- OF
ISRAEL DOES NOT LIE. AND CHANGES HIS
MIND FOR HE IS NOT A HUMAN TO
CHANGE HIS MIND . ”BIBLE SAMUEL I
15:29

GOD SWORE THAT HE GUARANTEES -
JEWS WOULD NEVER BE DESTROYED
YESHAYA -ISAIAH 54:9-10

“I SWORE NOT TO BRING ANOTHER DELUGE AS THE FLOODS THAT DROWNED MANKIND AT THE TIME OF NOAH SO TOO I SWEAR THAT JEWS WILL NOT BE DESTROYED. THE MOUNTAINS WILL DISAPPEAR BUT EQUITY FOR THE JEWS WILL NEVER END” BIBLE YESHAYA ISAIAH 54:9-10

NOW I WILL PROCEED IN SHARING THE SECRET OF JEWISH SURVIVAL AND HOW JEWS ESCAPE THE RAVAGES OF ALZHEIMER AND DEMENTIA.


THE
APPLICATION IS

FOR ALL
HUMANS NOT
ONLY FOR
JEWS.

I HAVE NOT RECORDED THE NAMES OF THE INDIVIDUAL SCHOLARS WHO HAVE BEEN ABLE TO BE CREATIVE AND NOT HAVE DEMENTIA UNTIL THEIR LAST DAY ON EARTH. IF YOU SEARCH THE INTERNET FOR TORAH SCHOLARS FOR

THE LAST 3500 YEARS AND THE DATES
THEY WROTE THEIR BOOKS YOU WILL
HAVE THE PROOF THAT I AM
DISCUSSING.

I AM PRESENTLY 89 YEARS OLD .

 I HAVE A SUPER EGO . I CONSIDER
MYSELF NAPOLEON . I CAN OVER COME
ANY AND ALL

OBSTACLES . NOTHING EXISTS THAT I
CAN NOT TACKLE.

I NEVER WAS DEPRESSED .

I EXPERIENCED NUMEROUS HARD
TIMES. I NEVER WAS DEPRESSED. I
LOOKED AT THEM AS CHALLENGES
ALWAYS OVER COMING THE OBSTACLES.
AT AGE 89 MY MEMORY TODAY IS
BETTER THAN 50 YEARS AGO.

I CAN LOOK AT A NUMBER HAVING 9
DIGITS AND I WILL REMEMBER IT. I LOOK
BACK TO CHECK.

I DO NOT SUFFER FROM DEMENTIA OR
ALZHEIMER.

SECRET???

I NEVER RETIRED.

I GOT RID OF TROUBLESOME CLIENTS WHO STRESS ME. I AVOID LIKE THE PLAGUE STRESSFUL SITUATIONS .

I WRITE BOOKS AND ESSAYS AND PUBLISH THEM . THAT GIVES ME A FEELING OF MY GREAT IMPORTANCE.

I EXERCISE AND WALK A MILE OR TWO EVERY DAY. I SLEEP 7-8-9 -10 HOURS A DAY UNTIL I AM COMPLETELY RESTED .

I AM UNDER THE CARE OF A FEW SPECIALISTS. I RELIGIOUSLY FOLLOW THEIR ADVICE.

I WATCH MY DIET. I EAT IN MODERATION. BREAKFAST IS RICH IN PROTEINS WITH MILK OR SOYA MILK. OCCASIONALLY I WILL HAVE AN EGG. NEVER FRIED. MY BIG MEAL IS AT NOON. I EAT FISH OR CHICKEN. NEVER BEEF OR STEAK .

I EAT ALL KINDS OF LEAFY AND OTHER VEGETABLES FRESH FRUITS NUTS GRAPES STRAW BERRIES WATER MELLON. ORANGES APPLES PAIRS FIGS DATES

MY WIFE -IN MY OPINION- IS WRONG
MANY TIMES. HOWEVER I ALWAYS
LISTEN TO HER.

BECAUSE I WANT TO BOOST HER EGO.

IN ALL THE YEARS WE ARE MARRIED I
HAVE NEVER SAID A BAD WORD TO HER.
I HAVE NEVER COMPLAINED ABOUT HER
COOKING –NO MATTER HOW BAD IT
MAY HAVE BEEN ON OCCASIONS.

I HAVE NEVER COMPLAINED ABOUT HER
SPENDING MONEY.

AS A MATTER OF FACT I LET MY WIFE
PAY ALL THE BILLS.

SHE DEPOSITS ALL THE INCOME THAT COMES IN . SHE HAS SIGNATURE IN ALL OUR BANK ACCOUNTS.

SHE HAS PROVEN TO BE WISE AND IS VERY CAREFUL HOW WE SPEND OUR MONEY .

I ALWAYS PRAISE HER . I ALWAYS FIND SOMETHING NEW TO PRAISE HER. I NEVER INSULTED HER. I ALWAYS PRAISE HER IN FRONT OF EVERY ONE. THAT BOOSTS HER EGO.

PERHAPS MY WIFE MARRIED ME BECAUSE SHE WAS CONVINCED THAT I WAS THE PERSON WHO REALLY APPRECIATES HER.

MY WIFE IS THE MOST IMPORTANT PERSON IN THE WORLD. SHE TRUMPS EVERY OTHER INTEREST . SHE IS FIRST .