

Staying Younger
Living Longer
Prolonging Health

HOW TO REMAIN IN GOOD HEALTH WITH A SOUND MIND FOR A LONG TIME

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HOW TO REMAIN IN GOOD HEALTH WITH A SOUND MIND FOR A LONG TIME

WHAT HAPPENS AS YOU GET OLDER?

- > You gain weight.
- > You slow down.
- > You have to live with mysterious aches and pains.
- > You get sick more often.
- > It takes you longer to “bounce back” from any physical or emotional challenge.
- > You develop memory issues, “senior moments,” and brain fog.
- > You lose interest in sex or maybe lose some of your ability to perform.
- > You feel sadder, more depressed, and maybe also more anxious.

FIVE FACTORS TO CONTROL

No matter how old you are, you can have more going for you in terms of energy, memory, mobility, keener senses, a fitter body, and even more—if you control these five factors—you’ll be postponing old age.

- 1/ **INFLAMMATION**—Chronic inflammation is a symptom of every disease process, and it often makes the condition worse. It has a role in nearly all diseases of aging.
- 2/ **OXIDATIVE STRESS**—Your body burns oxygen to produce energy and by-products called free radicals that causes oxidative damage to your cells.
- 3/ **GLYCATION**—The amount of sugar and refined carbohydrates in your diet can profoundly accelerate aging, in large part because it fuels a process called glycation.
- 4/ **METHYLATION**—Methylation is a vital biological process within your body’s cells that determines whether you correctly absorb and properly integrate vitamins, enzymes, and other chemical compounds into your body.
- 5/ **IMMUNE IMPAIRMENT**—Your immune system is your first line of defense against disease, infection, and aging. Your vulnerability to illness is caused by age-related changes in your immune system.

INFLAMMATION

Chronic inflammation is a part of every degenerative disease known to humankind. Chronic inflammation is different from acute inflammation.

Instead of being a transient event, the inflammatory response persists over time. It plays a role in allergies, acne, and asthma. In addition, inflammation has a role in obesity, cancer, diabetes, cognitive decline, and Alzheimer's—all diseases of aging.

INFLAMMATION TRIGGERS

Inflammation triggers are the events that precipitate a specific inflammatory response after the body is already primed for an overreaction. Although it is not the same as correcting the cause of inflammation, it is essential to avoid events that trigger inflammation.

- 1) Allergies and food sensitivities.
- 2) Dietary imbalances and deficiencies.
- 3) Environmental stresses.
- 4) Age-related wear and tear.
- 5) Physical injuries.
- 6) Infections.
- 7) Prediabetes, diabetes.
- 8) Overweight.

TO FIGHT INFLAMMATION

- 1/ Eat a variety of fresh and whole foods.
- 2/ Eat more fish, especially cold water varieties.
- 3/ Eat lean meat from free-range or grass-fed animals.
- 4/ Eat a lot of high-fiber, non-starchy vegetables and fruits.
- 5/ Use only healthy oils for cooking.
- 6/ When thirsty, opt for water and other natural beverages.
- 7/ Snack on nuts and seeds.
- 8/ Use more spices and herbs to flavor foods.
- 9/ Strictly limit sugars and sugary food.
- 10/ Limit your intake of refined grains.
- 11/ Consider reducing your intake of dairy foods.

WHAT ELSE

- 12/ Exercise.
- 13/ Lose weight (when appropriate).
- 14/ Take anti-inflammatory supplements:

VITAMIN D₃ MAGNESIUM
FISH OIL PROBIOTICS

OXIDATIVE STRESS

When your body burns oxygen, it produces energy and by-products called free radicals. Free radicals cause oxidative damage to your cells. Too much oxidation is called oxidative stress, which essentially means the cells in your body are being damaged. Aging (or premature aging) is the cellular accumulation of free radical damage over time. Your body is essentially "rusting from within."

In the healthy body, free radical production is neutralized by naturally occurring antioxidants and dietary antioxidants. If not, increased free radical production and reduced antioxidant protection lead to degenerative diseases and accelerated aging.

Aging might be described as that life process in which the healthy cells in your body are slowly but continuously being reduced in number. Aging is not, as is commonly thought, the inevitable "wearing out" of your body parts, as if your body were a car that needed an overhaul.

Oxidative damage plays a major role in every degenerative disease of aging, from Alzheimer's and cancer to heart disease and diabetes and even immune dysfunction.

FACTORS THAT INCREASE FREE RADICALS

Stress.	Ozone in the air.	Auto exhaust.
Cigarette smoke.	Inflammation.	Radiation.
Sunlight.	Impure water.	Processed foods.
Toxic metals.	Industrial chemicals.	Drugs.

ACTION PLAN

Eat plenty of vegetables and fruits (high in antioxidants).

Eat the right fats.

Consider taking antioxidant supplements such as:

- Vitamin C: 500-2,000 mg.
- Coenzyme Q10: 100-200 mg.
- Alpha-lipoic acid: 300 mg.
- Gamma or mixed tocopherol.
- Pycnogenol: 100-200 mg.
- Selenium: 100-200 mcg.
- Zinc: 15-50 mg.

Exercise at the right level.

Supplement with Vitamin D3 and magnesium.

GLYCATION

The amount of sugar and refined carbohydrates in your diet can profoundly accelerate aging, in large part because it fuels a process called glycation.

Glycation occurs when protein react with excess sugar and generate huge numbers of free radicals that promote inflammation. The resultant damage to the proteins is just as detrimental as free radical damage. These sugar-damaged proteins are called advanced glycation end products, or AGEs.

Elevated and/or widely fluctuating blood sugar promotes the damaging cross-linking of collagen and other important proteins that are seen in aging tissue.

As this damage continues, it leads to joint problems, loss of energy and muscle strength, decline in mental powers, difficulties with weight control, and a host of other problems associated with aging.

TWO PRIMARY SOURCES FOR AGEs

- AGEs are formed by heating or cooking (browning or frying effect) of sugars with proteins in the absence of water.
- A small portion of your blood sugar is glycated to form AGEs. This becomes a problem for those with elevated blood sugar levels.

PROBLEMS ASSOCIATED WITH AGEs

Alzheimer's disease.	Cancer.	Heart disease.
Type 2 diabetes.	Kidney disorders.	Atherosclerosis.
High blood pressure.	Stroke.	Cataracts.
Skin disorders.		

ACTION PLAN

- 1/ Reduce your consumption of sugar.
- 2/ Stabilize your blood sugar levels.
- 3/ Eat vegetables and fruit raw, boiled, or steamed.
- 4/ Limit your consumption of processed and browned foods.
- 5/ Cook meats low and slow.
- 6/ Avoid high fructose corn syrup.
- 7/ Drink water.
- 8/ Supplements that may be helpful:

Vitamin B6.	Vitamin B1.	Chromium picolinate.
CoQ10.	Alpha-lipoic acid.	Carnosine.

METHYLATION

Methylation is a vital biological process within your body's cells that determines whether you correctly absorb and properly integrate vitamins, enzymes, and other chemical compounds into your body.

METHYLATION PROBLEMS LEAD TO—hundreds of diseases.

MAXIMIZING METHYLATION—is the key to healthy aging.

Proper methylation can actually slow down aging when it's balanced. However, when methylation is unbalanced, it can speed up aging. The efficiency of methylation in the body naturally declines with age.

Methylation process occur in hundreds of chemical reactions in your body. It is important for:

Thinking. Repairing DNA. Turning on and off genes.
Fighting infections. Getting rid of environmental toxins.

DEFECTS IN METHYLATION ASSOCIATED WITH

Allergies. Multiple chemical sensitivities. Migraine headache.
Atherosclerosis. Diabetes. Hashimoto's or Hypothyroidism.
Fibromyalgia. Tender points/soreness. Chronic fatigue.
Brain fog or poor concentration. Dementia and Alzheimer's.
Insomnia. Depression, anxiety or irritability. ADD or ADHD.
Chronic Viral Infections. Addictive behavior, even alcoholism.
Neuropathy. Autism. Bipolar. Manic depression. Schizoids.
Multiple Sclerosis. Other Autoimmune Disorders.
Cancer. Pulmonary embolism. Frequent miscarriages.

ACTION PLAN

Eat natural foods, especially quinoa, spinach, egg yolk, oily fish, liver, chicken, lamb, and beets. Processed foods and vegetarian foods are very poor sources of methyl groups. Sugar in any form at all appears to be harmful for proper methylation.

Supplements:

Zinc. B2 (riboflavin). Vitamin B6. Magnesium.
B12 (methylcobalamin as the natural form).

Folate (as active methylated form). Betaine (digestive acid).

Check your meds—they may interfere w/ Vitamin B12 absorption.
(e.g., If you're regularly taking acid blockers for reflux, you could be absorbing as little as one-quarter of the B12 you're getting. You will need B12 by injection or daily sublingual).

IMMUNE IMPAIRMENT

Your vulnerability to illness is caused by age-related changes in your immune system, which grows weaker with each passing year. Your immune system is your first line of defense in the war against disease, infection and aging. You must strengthen your immune system to promote health and longevity.

The major obstacles to potential threats are—your skin, mucous membranes in your nose, and even your stomach acid. If the germs get past those obstacles, they'll be up against disease-fighting cells like your white blood cells, which will hopefully fight them off.

IMMUNITY CHANGES WITH AGING

As you grow older, immune system changes—doesn't work as well.

- It is slower to respond. This increases risk of getting sick.
- An autoimmune disorder may develop where the immune system mistakenly attacks and destroys healthy body tissues.
- Healing is also slowed in older persons. There are fewer immune cells in the body to bring about healing.
- Immune system's ability to detect and correct cell defects declines. This can result in an increase in the risk of cancer.

The human gut plays a huge role in immune function. About 70-80% of the immune system is within the gut. There are more neurotransmitters (brain cell messengers) in gut than in the brain.

TO OPTIMIZE GUT FUNCTION

1/ Carbohydrates that you need to minimize or avoid:

Grains: wheat, rye, barley, oats, quinoa.

Legumes: beans, soybeans, chick peas, bean sprouts.

Starchy veggies: corn, arrowroot, cornstarch, tapioca starch.

2/ Carbohydrates that are usually okay:

Non-starchy low-carb veggies.

Fruit: low-sugar fruit like berries.

Safe starches by adding fat to baked potatoes and white rice.

3/ Reduce sugar and artificial sweetener intake.

4/ Replace digestive enzymes (with betaine).

5/ Replace depleted and/or deficient nutrients.

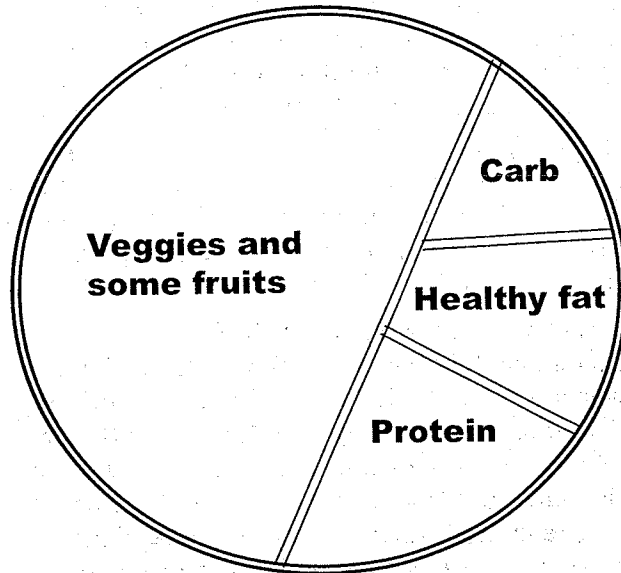
B-vitamins—especially B12 and folate.

Vitamin D3. Magnesium.

6/ Take probiotics.

7/ Consider taking Aloe and apple cider vinegar.

1/ THE LONGEVITY DIET



1. Eat a mostly vegan diet with some fish.

Strive for a 60 to 80 percent plant- and fish-based diet, but limit fish consumption to two or three meals a week and avoid fish with high mercury content. After age sixty-five to seventy, if you start losing muscle mass, strength, and weight, add more fish and fruit and introduce more animal-based foods like eggs, cheese, and yogurt made from sheep's or goat's milk.

2. Consume low but sufficient proteins.

Consume approximately 40 grams of protein per pound of body weight per day. If you weigh 100 pounds, that is about 40 grams of protein per day. If you weigh 200 pounds 60 grams of protein per day are okay. Protein intake should be raised slightly after age 65 to 70 in individuals who are losing weight and muscle.

- 3 eggs (24 grams of protein).
- ½ to 1 can of tuna (about 22 to 45 grams of protein).
- 5 ounces of cottage cheese (20 grams of protein).
- 2 to 4 tbs of nuts/seeds (5 to 10 grams of protein).
- 4 ounces of lean meat, fish, poultry, approximately the size of your palm (20 grams of protein).

3. Minimize bad fats and sugars, and maximize good fats and complex carbs.

Your diet should be rich in good unsaturated fats, including those from salmon, almonds, walnuts and olive oil, but as low as possible in saturated, hydrogenated, and trans fats.

You may want to include some complex carbohydrates, such as those provided by whole bread and starches.

But you should avoid sugars and limit pasta, rice, white bread, fruit juices, and fruits that contain carbohydrates that are easily converted into simple sugars.

Your diet should be low in animal proteins but relatively high in vegetable proteins.

4. Be nourished.

Your body needs proteins, essential fatty acids (omega-3 and omega-6), minerals, vitamins, and sufficient levels sugar to fight inflammation. Eating a healthy diet is preferred, but taking supplements may be necessary.

5. Eat at the table of your ancestors.

Consume a variety of foods to take in all the required nutrients, but choose the ones that were common on the table of your parents, grandparents, and great-grandparents. The human body is the result of billions of year of evolution.

6. Eat twice a day plus a snack.

Unless your waist circumference and body weight are in the normal or low range, it is best to eat breakfast plus one other meal a day and one low-calorie, low-sugar, nourishing snack.

If your weight or muscle mass is too low, then eat three meals a day plus a snack.

7. Time-restricted eating.

Restrict your eating to eleven to twelve hours or less per day.

For example, if you eat breakfast after 8 a.m., finish dinner before 8 p.m. Shorter periods of feeding (ten hours or less) have been shown to be even more effective in promoting health, but they are much more difficult to comply with.

2/ BALANCE ACID ALKALINE FOODS

▶ pH IMBALANCE IS DISEASE Physiological disease can be described as an acid stress of the body's pH balance sufficient to provoke the body into producing disease symptoms. Symptoms are an expression of this stress, but can also be the effort to balance it.

▶ TO MAINTAIN GOOD HEALTH You will need a 60/40 ratio—your diet should consist of at least 60% alkaline forming foods and at most 40% acid forming foods.

▶ TO RESTORE HEALTH You will need a 80/20 ratio—your diet should consist of 80% alkaline forming foods and 20% acid forming foods.

DISEASES/CONDITIONS LINKED TO ACIDITY

- Aching muscles.
- Allergy.
- Alzheimer's disease.
- Arthritis.
- Asthma.
- Bladder conditions.
- Bone fractures.
- Bronchitis.
- Cancer.
- Cardiovascular damage.
- Chronic fatigue.
- Chronic infections.
- Cracks corners of the lips.
- Dementia.
- Depression tendencies.
- Diabetes.
- Fibromyalgia.
- Dry skin.
- Easily stressed.
- Excess stomach acid.
- Free radical damage.
- Gastritis.
- Hair dull, split ends, falls out.
- Headaches.
- High cholesterol.
- Hormonal problems.
- Hypertension.
- Immune deficiency.
- Inflamed, sensitive gums.
- Inflammation corneas/eyelids.
- Joint pain.
- Kidney stones.
- Lack of energy.
- Lactic acid buildup.
- Leg cramps and spasms.
- Loss drive, joy, enthusiasm.
- Loose and painful teeth.
- Lower body temperature.
- Lupus.
- Mouth and stomach ulcers.
- Multiple sclerosis.
- Nails are thin/split easily.
- Osteoporosis.
- Pale complexion.
- Parkinson's disease.
- Premature aging.
- Prostate problems.
- Rheumatoid arthritis.
- Skin easily irritated.
- Slow digestion/elimination.
- Sinusitis.
- Senility.
- Stroke.
- Tendency to get infections.
- Weight gain, obesity.
- Yeast/fungal overgrowth.

ACHIEVE ACID/ALKALINE BALANCE

To achieve and maintain the ideal balance, the foods you eat should be at least 60% alkaline forming and not more than 40% acid forming.

ALKALINE FORMING

Most fresh vegetables.
Potatoes with skins.
Most fresh fruits.
Dried fruits.
Soybeans.
Soy milk.
Tofu.
Millet.
Flax seed oil.
Soaked almonds.

NEARLY NEUTRAL

Spelt.
Amaranth.
Buckwheat.
Millet.
Quinoa.
Brown rice.
Whole-grain crackers.
Sourdough bread.
Potato flour.
Nonfat milk.
Buttermilk.
Yogurt.
Cream.
Butter.
Fresh cheeses.
Cottage cheese.
Egg yolk.
Olive oil.
Cold-pressed oils.
Honey.
Maple syrup.
Lima beans.
Almonds.
Brazil nuts.
Sunflower seeds.
Pumpkin seeds.

ACID FORMING

Meats.
Poultry.
Fish.
Egg whites.
Aged cheese.
White flour.
Light-colored bread.
Pasta.
Rice.
Corn.
Refined sugar.
Beet sugar.
Milk sugar.
Chocolate.
Candy.
Peanuts.
Strawberries.
Cranberries.
Grapes.
Peanuts.
Cashews.
Pecans. Walnuts.
Artificial sweeteners.
Carbonated drinks.
Alcoholic beverages.
Coffee.
Black tea.

Alkaline foods include most vegetables and fruits along with a few grains. Eat lots of vegetables and fruits to stay in ideal balance. Also helpful may be an alternative bread (such as Essence or Ezekiel) that is made from sprouted-seeds and is flour-free. Nearly neutral foods are needed because they contain vital nutrients. Foods that are nearly neutral include egg yolk, cultured milk products (yogurt, cheese) and non gluten grains (spelt, amaranth, buckwheat, millet, quinoa).

3/ YOU NEED TO MOVE ENOUGH

ALKALINE EXERCISE

Exercise makes you breathe, makes you sweat, and it pumps your lymph system. It is an invaluable component of getting and staying alkaline.

The power of exercise to cleanse your body, eliminating acids and all kinds of toxins, is just as important as its ability to build strength and enhance flexibility. It's just as important as the cardiovascular benefits and the support of the bones and joints and the stress busting and mood stabilization. It's just as important to clear acids from the body as it is to boost metabolism, or to improve blood pressure, triglycerides, and insulin levels.

SWEATING

Sweat is one of the main ways your body has of eliminating acid. You can burn calories with pretty much any form of exercise. But burning calories is not the most important thing about exercise. Sweating is. Perspiration moves acids out of your body through the pores in your skin.

EXERCISE IS KEY

But you also have to make sure it is the right kind of exercise—and the right amount. Too little, too much, or the wrong kind, and you'll make yourself more acidic.

Aerobic exercise—in moderate amounts.

Low-impact aerobic exercises may include:

Brisk walking. Treadmills. Easy jogging. Bicycling.

Tennis. Swimming. You can mix it up with more.

Static exercise like yoga, Pilates, and weight training.

Passive exercise like meditation, sauna and massage.

Warm-up and cool-down is important.

Stretching and balance exercises should be included.

LEARN TO DEEP BREATHE

1/ Get comfortable: Do this on your back, sitting, or standing.

2/ Inhale slowly through your nose for a count of 5. As you slowly draw your breath down with your diaphragm, count 1-2-3-4-5. If you can't breathe through nose then mouth is OK.

3/ Exhale through your mouth to a count of 5. Exhale as slowly as you inhale, counting 1-2-3-4-5.

4/ Repeat this exercise five times anytime you're stressed.

4/ SUPPORT MICROBIOME

THE MICROBIOME is the community of bacteria that lives within every one of us. Each of us contains a whole inner ecosystem composed of trillions of microbes. These bacteria outnumber our human cells by a factor of 10 to 1.

The state of your microbiome is probably the single most important factor in whether you are feeling old, fat, unfocused and sad or young, slim, sharp, and optimistic.

The bacteria in your microbiome are your crucial partners in digesting your food, supporting your immune system, protecting your gut, and maintaining a healthy weight. They can trigger anti-inflammatory responses, whereas others promote inflammation.

HEALING INFLAMMATION IS THE SECRET TO STAYING YOUNG AND SLIM, AND BALANCING YOUR MICROBIOME IS THE KEY TO HEALING INFLAMMATION.

Inflammation is the chief reason you feel old and fat, since it produces weight gain, aching joints, loss of energy, brain fog, memory loss, and is also the main culprit behind such chronic diseases as diabetes, heart disease, Alzheimer's, autoimmune disorders, and even cancer.

CAUSES OF MICROBIOME IMBALANCE

- Sweets. • Starches. • Unhealthy fats. • Artificial sweeteners.
- Toxins. • Stress. • Lack of sleep. • Antibiotics. • Many medications, including antidepressants, anti-anxiety meds, antacids, proton pump inhibitors, and pain medications.

OPTIMIZING YOUR MICROBIOME

1. Take a daily probiotic.
2. Avoid sweet and starchy foods.
3. Avoid junk food and processed food.
4. Limit or avoid gluten containing food and drinks (beer).
5. Avoid preservatives and artificial ingredients.
6. Avoid conventionally farmed meat, poultry, dairy, and eggs.
7. Avoid artificial sweeteners. (Stevia usually OK.)
8. Add water filters to home taps and drink filtered water.
9. Eat fermented foods.
10. Find ways to cope with stress.
11. Get enough sleep.

5/ COPE WITH STRESS

Some feel that stress is probably the single most potent enemy of longevity and maintaining your "quality of life."

Chronic stress increases the risk of nearly every health problem. It accelerates aging and suppresses immune function. Stress is a process—an interaction between the person and the environment. Stress arises in you when life's challenges and pressures exceed your perceived ability to cope.

CHRONIC STRESS CAN CONTRIBUTE TO OR CAUSE

Backaches.	Decreased immune function.
Depression.	Early death.
Headaches.	Indigestion.
Insomnia.	Muscular tension.
Muscle spasms.	Neck pain.
Premature aging.	Sleeping difficulties.
Stress hypertension.	Unhealthy behavior.
Work stress.	

THINGS TO DO

- Limit the time spent in worry. Set aside an hour or so each week for concentrated worry. Then go enjoy your life the rest of the week. Worry is unproductive and causes physical stress. What you want to do is eliminate the energy robbers (things in your life that drain your energy).
- Find or have a purpose is probably most important.
- Cultivate friendships with people who support and uplift you. And you can do the same for them.
- Whenever you are not enjoying your life you have choices:
 - Change the situation.
 - Change yourself to fit (adapt to) the situation.
 - Leave the situation.
- Do something pleasurable every day.
 - Notice at least one small, everyday thing that you are grateful for each day. Have fun. Take a walk. Listen to music.
 - Get a massage. Learn something new. Treat yourself to a "happy hour". Meditate. Have a glass of red wine with dinner.
 - Receive and give ten significant touches each day.
- Make whatever lifestyle changes you need to make to regain your health. Move your body and breath deeply. Eat the foods your body needs. Believe in your ability to recover. Use your mind as a powerful healing tool. Look for things that make you laugh. Laugh several times per day.

6/ PROTECT YOUR HORMONES

WHAT THROWS YOUR HORMONES OUT OF BALANCE?

- Too many sweets and starches.
- If you are carbohydrate intolerant, too many grains, legumes, and fruit.
- Not enough healthy fat.
- An imbalanced microbiome.
- Leaky gut.
- Gluten and other reactive foods that challenge your immune system and your gut.
- Not enough sleep.
- Too much caffeine in the form of coffee, energy drinks, sodas, and sometimes even tea or chocolate.
- Ongoing exposure to medications, including both over-the-counter remedies and prescription drugs.
- Unremitting life challenges that pile up and don't seem to ever go away.

7/ WATER, WATER, WATER

Water is the most important element (nutrient) in your body.

GENERAL RULE—Drink half your weight in ounces daily.

Drink a glass of water on arising.

The 'right water' is pure and contains alkalizing minerals.

Taste is no indication of water's safety.

Your body can only process one glass per hour.

Drink 15-20 minutes before meals or 1-3 hours after meals.

Too much water during a meal dilutes digestive enzymes.

Too much water on a full stomach flushes stomach contents.

Drinking ice water with a meal may increase your hunger.

Coffee, tea, and sodas do not count—they are diuretics.

Avoid distilled water or water that runs through a water softener.

Beware of thin one-gallon cloudy plastic (PVC) containers that can transfer dangerous chemicals into the water.

Dozens of additives are used to treat municipal water.

Chlorine and fluoride are the most common additives.

Don't drink unfiltered tap water.

Avoid problems with well water by having the well water checked.

8/ OBESITY: A GROWING PROBLEM

Carrying excess pounds is more than just a cosmetic issue—it can have a huge impact on your health. Belly fat is not jolly! As weight goes up, so do the risks of these medical problems:

- Coronary heart disease.
- Type 2 diabetes.
- Cancer (especially endometrial, breast, and colon).
- High blood pressure.
- High blood lipids, such as cholesterol and triglycerides.
- Stroke.
- Liver and gallbladder disease.
- Sleep apnea and respiratory problems.
- Inflammatory disorders that include allergy and sinusitis.
- Osteoarthritis (degeneration of cartilage bone in joints).
- Gynecological problems including infertility and abnormal menstruation.
- Pregnancy complications (miscarriage, preterm birth, gestational diabetes).

Having excess body weight is dangerous. Fat cells, also known as adipocytes, are mini toxin-manufacturing plants. Adipocytes in visceral fat (belly fat that accumulates around internal organs) produces 35 chemicals that lead to increased inflammation, oxidative stress, insulin resistance, and elevated C-reactive protein (which increases inflammation and is a marker a risk factor for cardiovascular disease).

During the past two decades, there has been a dramatic increase in obesity in the United States. Today, fewer than a third of American adults of normal weight, a third are overweight, and a third are obese, with 6 percent of adults being extremely obese. Among children and adolescents, approximately 17 percent are obese—a three-fold increase since 1980.

THE ONLY WAY TO LOSE WEIGHT IS TO BURN FAT

- Cut back on grain-based foods.
- Eliminate all or nearly all foods with refined sugars and fructose.
- Eliminate omega-6-containing oils.
- Your diet should have minimal caloric intake
 - 300-500 calories from carbohydrates.
 - 300 calories from proteins.
 - 500 calories from fats.
- Drink one quart water for every fifty pounds of body weight.
- Normalize your thyroid function.

9/ NOT ENOUGH SLEEP

GOOD NIGHT REST

There are few things more important to health and aging well than a good night's sleep. When you get less than six hours good rest a night, disease may result.

While you sleep, your brain is repairing itself—something it can't do at any other time. During a normal day, small connections in the brain can break, nutrients become depleted, and infrastructure needs repair; moreover, memory storage needs to be shifted, or "defragmented". All of these problems need to be remedied, and the brain knows how to do that—when it is turned off.

The immune system relies on sleep for a chance to repair, recharge, and perform its maintenance functions.

PROBLEMS FOLLOW SLEEP DEPRIVATION

- Interfere with ability to metabolize carbohydrates.
- Decreases leptin production—causes desire for carbs.
- Causes imbalances in your neurotransmitters.
- Increases depression and anxiety.
- Increase risk of diabetes.
- Increases blood pressure.
- Increased risk of heart disease.
- Increases obesity.
- Increase rates of breast cancer.
- Increase memory loss.
- Increased risk for dementia and possibly Alzheimer's.

THINGS TO DO

- Create an ideal sleeping environment.
- Follow consistent bed and wake times.
- Eat and drink the right stuff.
- Don't eat three hours before bedtime. Ideally, 12 hours should pass between last time you eat and breakfast. This can enhance detoxification, reduce inflammation, and increase production of brain-productive antioxidants.
- Wind down the night and may try at bedtime:
 - Magnesium chloride solution (helps relax muscles).
 - Tart cherry juice concentrate (Melatonin) at bedtime.

10/ RESTORING MEMORY

Memory loss can range from age-related impairment (normal degree of forgetfulness) to several types of dementia (loss of intellectual abilities, including memory, judgment, and abstract thinking). Alzheimer's disease is the most common form of dementia.

METABOLIC ENHANCEMENT

- 1 OPTIMIZE DIET.**
- 2 HAVE A NIGHTLY "FAST".**
- 3 REDUCE STRESS.**
- 4 OPTIMIZE SLEEP.**
- 5 EXERCISE REGULARLY.**
- 6 STIMULATE YOUR BRAIN.**
- 7 TAKING TARGETED SUPPLEMENTS.**

1/ OPTIMIZE DIET

Dietary changes have more impact than any other factor in preventing or reversing memory loss.

- Eliminate simple carbohydrates (any thing made from white flour or refined sugar).
- Don't eat processed foods.
- Minimize or eliminate gluten-containing foods.
- Emphasize eating vegetables and fruits.
- Eat one good source of omega-3 every day.
- Eliminate most commercial vegetable oil.

2/ HAVE A NIGHTLY "FAST"

Don't eat three hours before bedtime. Ideally, 12 hours should pass between the last time you eat at night and when you eat breakfast. You need a nightly fast. For example: Dinner ending at 8:00 PM and breakfast starting at 8:00 AM.

A nightly fast enhances the body's ability to "clean up" dysfunctional cells and can/may protect against exposure to toxins associated with Alzheimer's disease.

3/ REDUCE STRESS

Perhaps the single most common factor impacting memory function is stress. Stress destroys neurons in the brain that helps create short- and long-term memory.

4/ OPTIMIZE SLEEP

Sleep seven to eight hours every night. Getting adequate good sleep is a fundamental tool in preventing brain decay.

There is a relationship between disrupted sleep and cognitive decline. And, you need to rule out sleep apnea.

Anatomical changes during sleep flush the brain of toxic, synapse-damaging compounds.

5/ EXERCISE REGULARLY

Exercise has numerous pro-health effects on the body—especially on the brain.

It's a powerful player in the world of epigenetics. Put simply, when you exercise, you literally exercise your genetic makeup. Aerobic exercise not only turns on genes linked to longevity, but also targets the gene that codes for BDNF, the brain's "growth hormone." Aerobic exercise has been shown to reverse memory decline in the elderly and increase growth of new brain cells in the brain's memory center.

Exercise, according to the latest science, "appears to build a brain that resists physical shrinkage and enhances cognitive flexibility". Recommended: 30 to 60 minutes per day, four to six days per week. Combining aerobic exercise (such as brisk walking) with weight-training is ideal.

6/ STIMULATE YOUR BRAIN

Brain-training exercises and games stimulate and improve your ability to remember, pay attention, process information quickly and creatively navigate daily life.

Just as using muscle builds muscle, using your synapses builds synapses. This ability of the brain to change and grow is referred to as plasticity.

What may be helpful: Brain HQ (BrainHQ.com) and Lumosity (Lumosity.com) are good, science-based online programs for stimulating your brain.

7/ TAKING TARGETED SUPPLEMENTS

FOR ENHANCE MENTAL ALERTNESS

Vitamin B12. Vitamin D3. Curcumin.

Brain vitale. Cognitive Nutrition.

11/ OVER MEDICATED

What's needed is the right medication for the right patient for the right problem. If you have a severe infection, you can take an antibiotic. If you have moderate to extremely high blood pressure—a systolic reading consistently above 160—and need to bring it down quickly, a beta blocker or diuretic might well prevent a stroke. If you are severely depressed, suicidal, or disabled by anxiety, the temporary use of an antidepressant or antianxiety medication may be helpful. If you are in severe pain, suffering from a disabling symptom, or undergoing intense discomfort, the temporary use of a pain reliever or other medication might bring you some much-needed relief.

BUT IN ALL TOO MANY CASES, medications can create more problems than they solve. Worse still, many medications aren't even necessary. Properly prescribed or recommended medications may have "side effects". When should they be discontinued? What about alternatives?

WHEN DIET, EXERCISE, STRESS RELIEF, HERBS, AND SUPPLEMENTS MIGHT WORK BETTER THAN DRUGS

- Moderately high blood pressure (a systolic reading consistently between 149 and 160).
- Coronary artery disease.
- Moderately high blood sugar and early-stage Type 2 diabetes.
- Arthritis.
- Aches and pains.
- Viral upper respiratory infections.
- Colds and sinusitis.
- Prevention and treatment of migraine and chronic head ache.
- Heartburn and acid reflux disease.
 - Irritable bowel syndrome (IBS).
- Acne, psoriasis, eczema, and many other skin conditions.
- Mild and moderate depression.
- Mild and moderate anxiety.
- Many autoimmune diseases.

Do not make decisions about medications without talking to your doctor. Do not change or discontinue any prescription medication without discussing it with your doctor.

12/ QUICK RELIEF OF SYMPTOMS

AGENTS THAT NEUTRALIZE

Alkalinizing agents can provide almost immediate relief to neutralize over acidity. For short term immediate relief of symptoms various combinations of mineral bicarbonates and mineral ascorbates are available that serve as powerful buffering agents and help build your mineral reserves.

MINERAL BICARBONATES

- [REFLUXIN] For symptomatic relief of reflux symptoms while preserving stomach acid. Contains three different bicarbonates along with pectin, lecithin, mucin.
- [TRI-SALTS] Contains nutritionally significant amounts of calcium, magnesium and potassium as carbonates and bicarbonates without sodium or other salts.
- [ALKA-SELZER GOLD] Contains two different bicarbonates.
- Pure premium quality baking soda—sodium bicarbonate.
- [Emergen-C] Ascorbates are formed by combining ascorbic acid with sodium, magnesium, or calcium.

DIGESTIVE ENZYMES

Indicated for indigestion, pancreatic insufficiency, celiac disease, Crohn's, GERD, and people with food allergy.

NEED FOR ALKALINIZING AGENTS

The need for alkalinizing agents can vary greatly with your level of health, as well as your current levels of environmental, dietary, and emotional stress. When one is trying to recover from an acute illness or is eating a highly acidic diet, the need for alkalinizing agents is much greater and dosages may be larger and taken more frequently. In contrast, during periods of good health, relative lack of emotional stress, or eating a more alkaline diet, the need for alkalinizing agents may decline to smaller dosages taken once or twice a day for maintenance purposes.

ALKALINIZING AGENTS CAN BE USED FOR

- Fatigue.
- Acute nasal congestion; Colds, flus, sore throats, bronchitis, middle-ear infections, sinusitis, and allergy.
- Acid indigestion, sour stomach, heartburn.
- Chronic inflammatory conditions (food allergy, arthritis, colitis).
- Muscle spasm; Physical and mental strain; Osteoporosis.
- Skin conditions (neutralize insect bites, poison oak/ivy, sunburn).
- Dental problems.

13/ KEY SUPPLEMENTS

FOR EVERY BODY, EVERY DAY

VITAMIN D3

D3 is the most important nutrient deficiency. D3 is a potent hormone that regulates multiple organ systems. Over 1/2 of the general population is vitamin D deficient. Needed for:

Bone building. Heart disease/hypertension. Mood.
Auto-immune disease. Infection protection. Neurological.
Less belly fat. The cancer connection.

OMEGA-3 IN FISH OIL

Fish oil is essential to reverse chronic inflammation. Health benefits include:

Increase brain vitality and promote longevity.
Maximize physical performance. Lose weight—keep it off.
Reverse chronic disease.

PROBIOTICS

Boosts immunity. Your first line of defense.
Enhance nutrient absorption. For digestive health.
Protection against infections. Protect against food allergies.
Promote human longevity. Anti-aging.
For stress management.

MAGNESIUM

Magnesium is number one! Most important mineral you need. Most common mineral deficiency. Activates over 300 different biochemical reactions in your body. At least 80% of Americans are deficient in magnesium. Low magnesium levels lead to:

Heart disease. Stroke. Hypertension. Headaches.
Depression.

Not present or only minimally in vitamin-mineral supplements.

MULTIVITAMIN/MINERAL

Are convenient and cover many of your nutritional needs. But most do not contain or are inadequate for:

Vitamin D3. Omega-3. Probiotics. Magnesium.
Potassium. Calcium. Vitamin C. Vitamin B's.
Vitamin B12. Vitamin E family. CoQ10.
Alpha Lipoic. Vitamin K2.

FOR PERSONAL HEALTH

IF YOU ARE OVER 40

PROBIOTICS. VITAMIN D3. VITAMIN B12. FISH OIL.

MOST COMMON MINERAL DEFICIENCIES

MAGNESIUM. CALCIUM (For women). POTASSIUM.
ZINC. CHROMIUM. SELENIUM.

IMPORTANT FOR MANY

B COMPLEX. COENZYME Q10. ALPHA-LIPOIC ACID.
VITAMIN K2. VITAMIN E FAMILY. RESVERATROL.

HELP PREVENT STROKES/HEART ATTACKS

NATTOKINASE.

ENHANCE MENTAL ALERTNESS

VITAMIN B12. VITAMIN D3. CURCUMIN.
BRAIN VITALE. COGNITIVE NUTRITION.

SLEEP CONCERNS

MAGNESIUM SOLUTION. MELATOIN (TART CHERRY).

FOR ALLERGY SYMPTOMS

VITAMIN C (BUFFERED). QUERCETIN. BROMELAIN.
NAC (N-ACETYL CYSTEINE). ALKA-C.

RESPIRATORY INFECTIONS

COLLOIDAL SILVER. VITAMIN D3 50,000 IU FOR 3-5 DAYS.
MONOLAURIN. PROBIOTICS. SINUS PLUMBER. XLEAR.
GARLIC. NAC. OSCILLO. SERRATIA PEPTIDASE.
ELDERBERRY. ENGLISH IVY (UMCKA COUGH).

FOR DIGESTIVE WELLNESS

ALOE. BICARBONATE. APPLE CIDER VINEGAR.
HEARTBURN TX. DIGESTIVE ENZYMES. BETAINE HCL.

FOR YEAST FUNGUS OVER GROWTH

OLIVE LEAF EXTRACT. CAPRYLIC ACID. GARLIC.
COLLOIDAL SILVER. PROBIOTICS.
ALKA-C. OREGANO.

May be used as alternatives to Nystatin or Diflucan.

14/ OVERALL CONSIDERATIONS FOR AGING WELL

PASSION

The lack of passion is a huge part of why so many of us feel old. It's passion—a deep, strong excitement about a person or activity—that makes us feel young and vital. Passion is sexy, whether we're turned on by a new love, international travel, or a new found interest in some activity.

1. Find something you absolutely love—something that turns you on. Find your passion, especially if you haven't felt excited about anything for the past few years. But the quest for a new passion can help you feel young and vital, even before you actually find it.
2. Look for new experience. Much of your life seems familiar—novelty can be harder to come by. Get out of your comfort zone, challenge yourself, and explore something new. This will help you feel young.

MEANING

Find more meaning in life. You need to seek out ways to find more meaning in your life:

1. Spiritual and religious activities. You might find meaning through meditation, prayer, yoga; spending time in nature.
2. Artistic activities. Self-expression and creativity are hugely important sources of meaning.
3. Mentoring. You have wisdom to share with the young.
4. Volunteering. Helping others can help you feel young and stay slim.

COMMUNITY

A sense of belonging is really important—in fact, it's essential. Being isolated is stressful; knowing you're not alone is a profound version of stress relief. You feel empowered when you belong to something greater than yourself, and that empowerment helps make you healthy. You feel a sense of self-worth and security when you're part of a community because your fellows are endorsing the way you think and react. That self-worth also helps keep you healthy.