

"Aging Gracefully..."
Self Care means keeping yourself in fantastic health..."

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- The New Optimal Health Brochure now available on <http://www.mannatrain.net/order-materials.html>
- If you missed Saturday training with Richard Brooke - make sure you watch the replay on <https://livestream.com/mannatechnow/10-6-18>
- Starting this week – Richard Brooke training on “full training curriculum “The Four Year Career Learning Series- 6 week series - <https://allaboutmannatech.com/business-building-training-with-richard-brooke-on-oct-6-中文-espanol/>
- The next TNL – October 9th at 7:30 PM at Mannatech Corporate or www.allaboutmannatech.com
- Where are you with respect to the upcoming Caribbean Cruise?? Get on the BOAT!!...Last month to qualify

1. The Why

a. Why do we age?

At 43 someone told her they were "shocked." Why?

We expect age to show:

tired

forgetful and out of touch

overweight and out of shape

inflexible and achy all the time

experiencing hair loss and grey hair

dealing with saggy, wrinkled skin

b. Look around: guess peoples' ages. Why so many differences in how people age? energy levels, immunity, memory, productivity, functionality, personality, and physical appearance.

2. Her new book coming out in December...includes 6 Keys to ageless strength, health and beauty (comprehensive science behind them all)

a. Aging is not a dirty word

b. We all age no matter what, so why not "age gracefully"

Self-care means keeping yourself in fantastic health inside and out for a heck of a long time

1) There is a sense of pride and self-worth that accompanies caring about you

2) This is the only "home" you are going to have on this earth

3) How you look, how you feel, how you perform, how long it lasts...YOU SHOULD TAKE CARE of that body!

c. Longevity is great but longevity without vitality, immunity and everything else mentioned above...well that is not so great!

3. So, why are we aging?

a. Damage: aging is result of constant assault on various molecules and cells in our bodies...DNA and proteins and all those things in between

b. Destiny: some theorize it is predetermined...but look how many outlast generations of faulty health...and then there are those of us who die young even though our parents with nowhere near the medical support outlive us by 20+-30 years.

Is there a pre-ordained blueprint?

4. Notwithstanding theories, when do you have to age?

a. Her Six Keys analyze both cause and effects of aging together in order to give you the smartest strategies

SIX KEYS:

1. Master your Macromolecules: 4 are particularly important

a. Your cells (some 37 trillion) are the building blocks of YOU.

Inside each one are different kinds of molecules that are essential to how well the cells function

b. She lists 4 (missing glycans!): Proteins, carbs, fat and nucleic acids

You want best quality of the 4 (especially the first three)

Nucleic acids most predominantly found in fish (or any form of protein), high fiber fruit, omega 3 fatty acids, beans, etc.

ONE thing to do:

Impact of calorie restriction is huge area of study today...

Eating less food has been shown to be effective at reversing many age-related issues.

1) Eating less has made mice live 40% longer and monkeys more than 20%

2) Recent 2-year study at Georgia State Univ... reducing calories by 25% showed fewer signs of oxidative stress.

Best bet: balanced diet with wide variety of fruits and vegetables, lean proteins, and whole grains avoiding processed foods and sugar wherever you can.

2. Control the variables

a. Your genes play a role as they are not set in stone from birth

Your DNA changes depending on variables you are exposed to.

Exposure to processed foods, smoking, environmental toxins, UV rays, disease all can cause age related issues.

ONE thing to do:

Moderate your fat consumption. Consume dark, leafy green vegetables and green tea. Proper diet and exercise. If something is known to be toxic,

poisonous or bad for you, it is probably making DNA alterations. Items impacting

genome: soot in air pollution, asbestos, low levels of benzene... Avoid these like the plague! (found in paint, detergent, varnish, glue, pesticides, industrial cleaning, gas and other fuels...even in dryer sheets and paraffin wax candles)

3. Strong-arm Stress

a. Stress ages us...so we need to work against it. When stress response stays active over time, so does the steady stream of stress hormones...particularly adrenaline and cortisol.

Adrenaline...left on, inhibits digestion, affects your vision and hearing, and increases your risk of hypertension and stroke.

b. Stress is not just coming from bills piling up, accidents, family issues, long hours managing these and others:

1) Physical: intense exertion, manual labor, lack of sleep, travel, long work hours, etc.

2) Chemical: drugs, alcohol, nicotine, environmental pollutants/chemicals,

3) Nutritional: chemicals in processed foods, vitamin mineral deficiencies, calorie deprivation, dehydration, excessive calorie intake...

4) Traumatic: injuries, burns, surgery, illness, infections, extreme temperature, exposure to UV rays,

5) Psycho-spiritual: troubled relationships, financial or career pressures, loss of loved one, challenges with life goals, spiritual alignment,

ONE thing to do:

Take a holistic view: eating right, exercising right, mitigating psychological stress, avoiding physical trauma...

Perhaps meditation, or for some of us, time with God (my "quiet time").

4. Ease Inflammation

a. Inflammation is your ally...it is your immune systems first responder...to fight bacteria, and viruses and to heal after injury. Your body manufactures certain immune cells (killer cells) to fight and certain hormones (histamines) to expand your blood vessels so create better flow to damaged site.

b. Then there is the aging inflammation...low level chronic inflammation that is also referred to as "inflamm-aging." This is what causes us to be more susceptible to age related disease.

ONE thing to do:

Many studies tie this chronic inflammation to imbalance of gut bacteria. Ad good foods that have probiotics (kefir, kimchi, etc.) and foods with pre-biotic fiber (apple skins, beans, etc.)

Get 7-8 hours of "good" sleep every night (studies show too little or too much can increase inflammation).

5. Make your Metabolism Work

- a. The faster your metabolize food, the less weight you put on. But faster metabolism creates aging in the body. It creates oxidative stress.
- b. Goal is to inhibit certain aspects of metabolism that accelerate aging and maximize aspects that help combat it.

ONE thing to do:

Diet and exercise are the two main ways of adjusting metabolism. But there are others...here is one:

- 1) How much sun you are exposed to particularly UVB rays may negatively influence your levels of the enzyme mTOR which is responsible for regulating metabolism at the cellular level.

6. Tackle Telomeres

- a. At the end of each and every DNA strands is a telomere (protective tip). These shorten as we age. Each time your DNA replicates it "shaves off" a little more. When it gets too short, they "lose their caps" leaving cells unable to divide and marking cells for death (apoptosis).
- b. As skin and pigment cells die, we see wrinkles and gray hair.
- c. When immune cells die off, our risk of heart disease diabetes, cognitive decline, premature death, and a number of age-related issues increase.

ONE thing to do:

Recent study showed a direct relationship to telomere length and perceived stress was as great as the relationship with obesity. So, approach every new challenge in life not as an insurmountable threat but rather as a new exciting challenge.