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Understanding Age Management

What You Can't Live Without

OVERVIEW

- Harnessing Our Future
- Your Bones, Your Strength, Your Health
- Men, Metabolism & Aging
- Supporting Your Vision
- Nutrition and Aging

Understanding Age Management
5
What You Can't Live Without

Harnessing Our Future Health

Getting A Grasp On The Process

- Many comprehend the process of aging as inevitable and often problematic.
 - Health challenges such as: osteoarthritis, osteoporosis, cardiovascular disease, diabetes and mental and physical decline are frequently thought of as “normal” or “just do to my advanced age.”
- Still, with a growing desire, for healthy aging, age management solutions continue to progress offering wellness through lifestyle and nutritional interventions.

It is not as simple as saying, “I don’t want to age,” rather, “I can certainly make choices to improve quality of life and slow down the process.”

Factors Impacting The Aging Process

- The typical American diet is full of excessive processed foods, sugar and animal protein relative to an insufficient consumption of fiber-dense vegetables.¹
- When we consume excess sugar or cook fats and protein at high temperatures, sugars can bond with protein and fat in a process called glycation.

The result is the formation of advanced glycation end products (given the clever nickname AGEs).²

Making Sense of the Aging Process

- When proteins and fat becomes glycated, their structure changes.
 - The impact of this change can be cosmetic, in the case of fine lines, wrinkles and skin discoloration.
 - It can also be physically troublesome, in the form of loss of or diminished flexibility or pathologies like diabetes and heart disease.³
- Many other compounds in the body can be negatively affected by glycation, including DNA, RNA and energy metabolism.³

Your Bones, Your Strength, Your Health

- You may think bones are hard and lifeless, yet bones are living, growing tissue.⁵
- You can't feel your bones becoming weaker — so like early signs of diabetes and cardiovascular disease, symptoms go by ignored.

DID YOU KNOW?

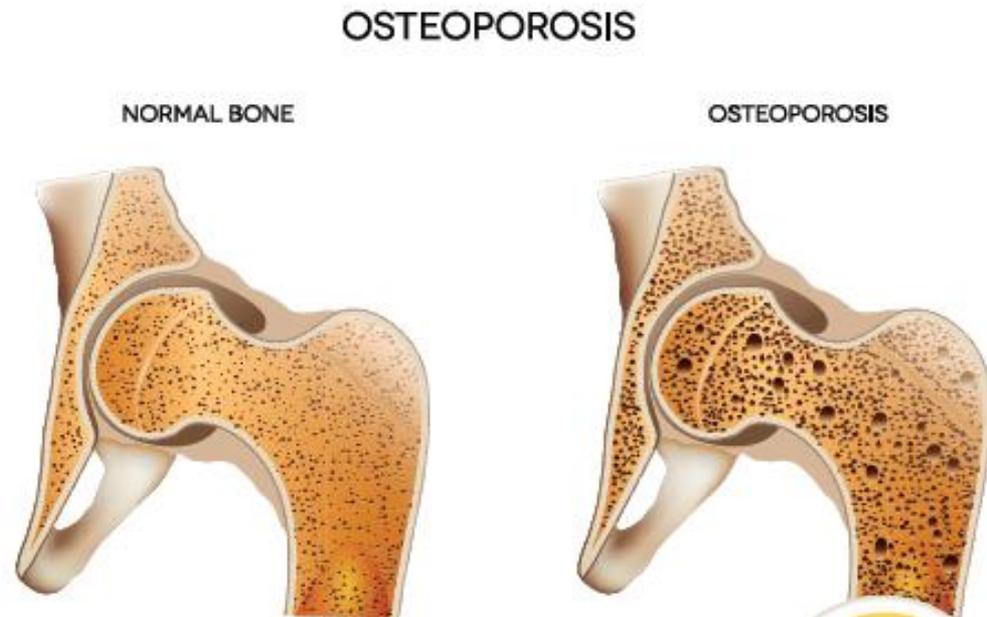
Bone itself undergoes continuous remodeling, with constant formation of new bones and re-sorption of old bones.

Foods rich in vitamins & minerals, like calcium, magnesium and vitamins D & B's, in combination with weight bearing physical activity, support a healthy balance of bone breakdown and building.⁵

Peak Bone Mass

- After we reach peak bone mass, the balance between bone formation and bone loss starts to change, we lose at a faster rate than we build
- In mid-life, bone loss usually speeds up in both men and women.

→ In fact, in the five to seven years after menopause, women can lose up to 20% or more of their bone.⁶



Affecting Osteoporosis

- Osteoporosis can be mitigated by hormones, micro-nutrient load and physical activity.
- As osteoporosis is more common in women than in men⁶ and in whites and Asians vs. African Americans⁶, it is important to consider individual risk factors.

Osteoporosis is a major public health threat, affecting 10 million Americans. 55% those affected are 50 years of age and older and 25% are postmenopausal females.

**DID YOU
KNOW?**

Nutrients Supporting Healthy Bone Mass

- In addition to bone density, it is critical to focus on bone strength.
- Studies have shown that combining vitamin K, vitamin D, magnesium, vitamin C and calcium works more effectively to improve bone mineral density, than calcium alone.⁷
- Calcium increases bone mineral density while vitamin D facilitates the absorption of calcium, and vitamin K may help focus calcium to the right tissue.⁷

Supporting Your Bones

- Vitamin C lends to collagen production and flexibility of bone tissue while magnesium is necessary for proper calcium absorption.
- More than 50% of our magnesium is in our bones.⁸
- You can support healthy bone mass by consuming nutrient-rich, dark, leafy vegetables.*⁹

Higher magnesium intake is associated with greater bone mineral density.⁸

*Consult your Health Professional when considering new exercise or nutrition programs.

Women & Aging

- Women experience a gamut of symptoms throughout the aging process, menopause being the most well-recognized.
 - Some common symptoms of menopause are physical changes, mood swings, sleeplessness, night sweats or hot flashes.
- By understanding a little about hormones, we can make sense of the changes we experience, as both men and women, and take action.

Several interventions can offer support during these symptoms. Estrogen-like substances found in some grains, vegetables, beans and herbs may be helpful.⁴

Balancing Your Body

- The average age of menopause in the United States is 52 years old, yet the age of onset varies and can occur anytime between 40 and 60. ⁴
 - Prior to menopause, women experience peri-menopause, a time-period that can include many of the symptoms of menopause before menstruation stops.
- The very latest anti-aging neuroendocrine research reveals that balanced hormone production is integral in the prevention of many age-related health issues.

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Men, Metabolism & Aging

- While a woman's hormones begin to decline at the age of 35⁴ and plunge dramatically during her peri-menopausal years, the signs of hormone changes in men is gradual and comes later in life.¹⁰
 - In men, hormone production and testosterone bioavailability decline gradually, resulting in changes in sexual function, energy and mood.
 - Many of the signs of male androgen loss go by without much attention and are considered a “natural part of aging.”¹⁰

The Effects Men Experience

- Men tend to put on belly fat or visceral fat.
 - Visceral fat lies deep inside the abdomen, surrounding the internal organs.
 - The risks of visceral fat are not limited to men.
- Regardless of overall weight, excess belly fat increases risk of Chronic disease



Excess belly fat in men can lead to the following health problems:

- **Cardiovascular disease**
- **Type 2 diabetes**
- **Sleep apnea**

Human Growth Hormone

- Human Growth Hormone (HGH) is the master hormone that drives the growth and development of the body.¹²
- It causes the liver to produce powerful insulin-like growth factor (IGF)
 - IGF contribute to the maintenance of lean body mass and the health of the body's vital organs.¹²
- While HGH-secreting cells maintain their ability to make significant amounts of natural growth hormone, it is well understood less HGH circulates through the body due to advancing years because the pituitary gland is not stimulating its production.¹³

With increase in strength training and regular exercise, our body will be stimulated to produce more of its own HGH.*¹³

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Supporting Your Vision

- Our eyes and vision are affected in many ways as we age.
- It is a natural part of advancing years for tear production to decrease and the lens to harden and lose its elasticity, making it harder to focus on near objects.¹⁴
- For some, clouding of the lens (cataract) may develop slowly over time.
 - 1 in 27 adults above the age of 60 are troubled with macular degeneration.¹⁶

Reality Of Vision Needs

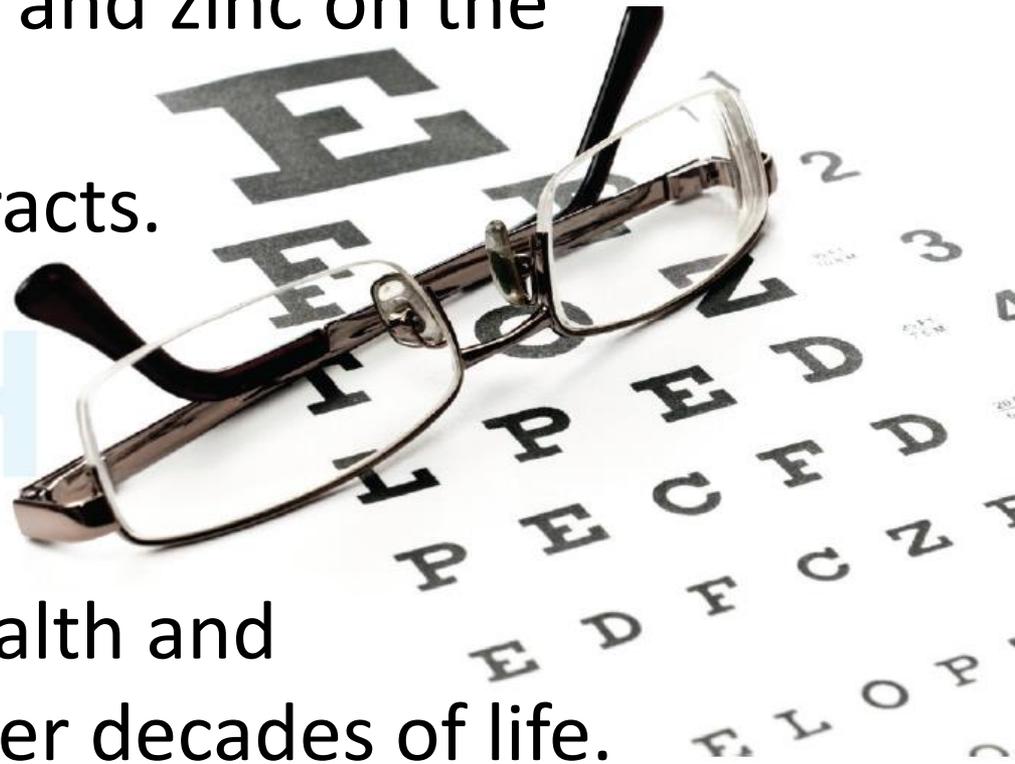
- The Natural Marketing Institute (NMI) reported 31% of baby boomer respondents in NMI's Healthy Aging Survey said vision problems are one of their biggest fears about aging.¹⁵
- Studies and advances in science help to identify steps we can take to support our vision.
 - The Age Related Eye Disease Study (AREDS 2), a study sponsored by the National Eye Institute (NEI), was designed to learn more about age-related macular degeneration and cataracts.

Studies show those with higher intakes of antioxidant vitamins and omega-3s maintained healthier vision in aging.

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Putting It To Action

- The study specifically set out to evaluate the effects of high doses of vitamin C, vitamin E, lutein/zeaxanthin, DHA and zinc on the progression of macular degeneration and cataracts.
- By consuming fruits and vegetables rich in these nutrients, we can assist our vision health and much more through later decades of life.





Supporting The Brain

- **Reduction** of “Toxic Burden” starts by considering antioxidants that support neurologic health.
- Some of the strongest support are surrounding co-factors to healthy brain chemistry, like alpha-lipoic acid (ALA), omega III fatty acids- EPA/DHA, coenzyme Q10, Curcumin and Acetyl-L-Carnitine.
- Maintaining optimal brain activity begins with antioxidants and essential fatty acids.



Supporting The Brain

- **Restoration** starts with protection of the brain membrane and enhancement of neurologic pathways.
- Vital nutrients like magnesium, vitamin E, vitamins D and K, and several of the B vitamins (B-12, folate and B-6) help to maintain a healthy brain into later decades of life when consumed every day.



Supporting The Brain

- **Recovery** supports strengthening function over time.
 - As we age or if we have a family history of age-related brain decline, we may need a higher commitment to certain nutrients.
 - Specifically, omega-3 fatty acids from marine sources have been clinically validated for increased attention/focus, recall and other cognitive functions.
 - One of the most important benefits is recovery from age or cardiovascular related distress.
- At the end of the day, a focus on your daily burden and family history, and commitment to diet and lifestyle, will help you find a solution that is right for you.

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