

# Golden Years: Healthy Aging and Life Wisdom for our Senior years



Presented by:

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## Our purpose

We change lives through inspiration, empowerment,  
and excellent health care delivery

We are committed to share  
information for you to consider, so  
that you can choose to change  
your attitude, your feelings, and  
ultimately your behaviour. This is the  
only way to change our lives!



## Objective Overview



## Aging: Understanding & Strategies



- Aging is normal! The key is healthy aging!
- The contemporary theories of aging?
  1. Telomere theory of programmed aging, apoptosis, and eventual organ death
  2. Neuroendocrine clock theory (Melatonin, Growth Hormone, DHEA, Testosterone, Estrogen)
  3. Free radicals, antioxidants, AGE particles



## Influencing our Telomeres



- These are protein DNA structures on our chromosomes that protect genetic data
- Plastic tip on shoelaces analogy
- Involved in cell replication/Get shorter with each cell division
- Telomeres are markers of DNA and cellular aging.....SO HOW DO WE PROTECT OUR TELOMERES?



## Longer Telomeres Equals Healthy Aging

- Consider that unhealthy lifestyle choices accelerate DNA and cellular aging
- Body composition, chronic psychological stress, mood disorders, hydration status, faulty movement patterns, and posture all influence cellular aging!
- Good thing that telomere length is dynamic!!!



## Factors to Increase Telomere Length

- Increase Vitamin D levels- 3000-5000 IU/day
- Take a daily MVM- assoc. w/longer telomeres and role of minerals in telomere stability eg. Mg and Zinc
- Omega-3- 2-4 g/day to decrease rate of telomere shortening
- Manage body comp-increase telomeres w/wt loss
- Antioxidant supplements to decrease DNA damage
- Daily exercise- 30 minutes a day
- Stress management
- Social support



## Influencing our Hormones

- Obesity and visceral/abdominal fat is one of the most negative influences on hormone balance esp. TESTOSTERONE/ESTROGEN and INSULIN
- 72% of men & 64% of women overweight
- Visceral fat is an estrogen factory and creates declining insulin sensitivity
- Type 2 diabetes and "Menopause" are common!

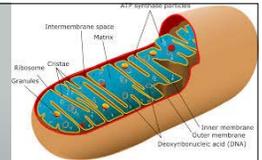


# How to Rebalance Hormones

- Low Testosterone/ High Estrogen
- Improve body composition
- Exercise-Squat don't run
- Vitamin D, Zinc, resveratrol, DHEA, Indole-3-Carbinol, omega-3
- Hormone testing
- Progesterone support for women
- Detox for liver support
- Lifestyle mods to avoid plastics etc.
- Eat PRO in am within 1-2 hours of waking
- Watch your Glycemic Index
- Eat color!!
- MVM, Vitamin D, Omega 3, alpha-lipoic acid
- Consider curcumin and other SKRMS
- Manage your pH
- Avoid artificial sweeteners always!



# Influencing our Cells



- Taking care of our mitochondria!!
- These are energy factories in our cells = ATP!
- Involved in neuromuscular health, metabolic reserve and managing oxidative stress
- Consider exercise, Mediterranean diet to limit inflammation and blood sugar support
- Supplements such as L-carnitine, taurine, magnesium, riboflavin, pyridoxine, thiamin, chromium, vitamin C, and selenium



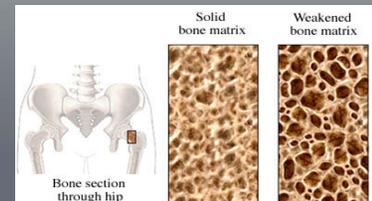
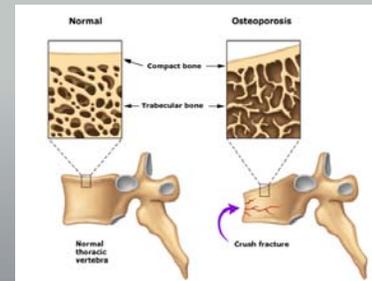
# 7 Deadly SINS

- Smoking
- Sitting
- Sugar
- Stress
- Sleep (Lack of)
- Subluxation
- Slumping Posture



# Bone Weakness: Mineral Loss & Osteoporosis

- Bone density status can put us at risk of fractures or protect us from fractures throughout our body
- People at risk are those who fail to attain sufficient bone mass within the first 30 to 35 years of life and those whose bone reabsorption is greater than their bone deposition during their adult life.



## Definitions:

### Osteoporosis:

- the “weakening of bones caused by an imbalance between bone building and bones destruction”  
(Harvard School of Public Health).
- a “systemic skeletal disease characterized by low bone mass & micro architectural deterioration of bone tissue, with a consequent increase in bone fragility and susceptibility to fracture”.  
(Merck Manual of Medicine).

### Osteopenia:

- From Latin meaning “bone” (osteon) “poverty” (penia)
- a “mild thinning of the bone mass, but not as severe as osteoporosis.”
- Osteopenia results when the formation of bone (osteoid synthesis) is not enough to offset normal bone loss (bone lyses). Generally considered the first step along the road to osteoporosis”  
(MedicineNet.com).



## Conventional Wisdom??



### Hormone Replacement Therapy:

- Despite on-going suggestions that HRT will “treat” osteoporosis, consider the following:
- HRT does not build new bone density – it some benefit in slowing down bone loss –other options can do the same, without the serious risks of breast cancer, stroke, heart attack and blood clotting.
- The medical journal Bone (Sep. 29, 2001(3):216-222) stated “conventional HRT acts by preserving bone, but can not restore lost bone in women with established osteoporosis.
- In 2002 the U.S. government’s National Institutes of Health stopped an 8 year study on HRT after only 5 years because it was deemed too dangerous for the women to stay on HRT given their findings of risks. These risks included a 41 per cent increase in strokes, a 29 per cent increase in heart attacks and a 24 per cent increase in breast cancer” (*Journal of the American Medical Association* 2002;288:49-66).



## Myth About Dairy Products

### Dairy and bone health

- Women who consumed the most calcium from dairy products had almost double the rate of hip fractures as compared to women who consumed the least dairy.
- The United States is a world leader in dairy consumption and has one of the highest rates of osteoporosis.

(The Harvard Nurses’ Health Study of 80,000 women )



## Recipe for Strong Bones

- Minimum refined vegetable oils & little or no simple sugars
- Adequate lean protein from wild meat or fish, nuts/seeds/legumes
- Lots of omega 3 oils sources
- More alkaline diet habits (> Veggies)
- No smoking, alcohol, and drugs
- Lots of weight bearing activity
- Low stress levels & good posture!
- Lots of sunlight & vitamin D3
- Full supply of bone minerals like Calcium, Phosphorus, Zinc, Boron, Manganese, Strontium, and more!



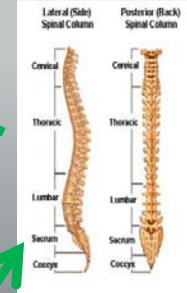
# Aging Well in the Joints & Bones

"Old myths die hard!"

- "I can't exercise. I have weak bones and my joints are sore and achy!" Old way of thinking
- Weight bearing (like walking) is vital to keep bones stimulated to grow and maintain. Same for joints.
- Diet is critical too and there are supplements to consider:



# Joints



- Motion in weight bearing joints is the largest stimulation to the brain of all senses
- Sensory stimulation of the brain lowers our stress responses, protecting joints & bones from many problems!

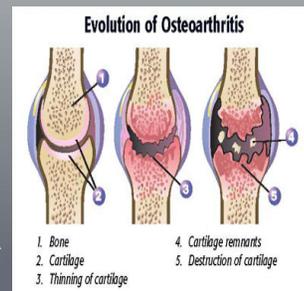


# Joints

- Trauma to joints produces joint debris & form toxins that store in joints
- Like bones, joints dislike high sugar and high omega 6 oil containing diets (grain fed meat, veg oil), high grain intake (wheat, rye, barley)
- Misalignment in joints causes motion changes, scar tissue, and degeneration changes

Scientific Evidence is Clear...NSAIDs:

- Speed up need for total joint replacement
- Block normal, healthy activity of cartilage and bone cells
- Inhibit cartilage repair and healing
- Accelerate joint cartilage deterioration
- Thin bone and increase bone cysts
- Increase rate of progression of knee/hip OA
- Decrease space between the joint
- Increase force and load on joints
- Disrupt the healthy production of collagen that keeps joints healthy



# Extra Tips on Keeping Cells Healthy (radicals, antioxidants, AGE particles)

- Free radicals are the disease causers
  - What are they? **MOLECULES FROM CHEMICAL REACTIONS INVOLVING OXYGEN IN OUR BODIES.**
- Antioxidants are NOT actually necessary to survive like proteins, carbs, and fats! BUT they are essential as they are the ingredient that protects
  - What are they? **MOLECULES FROM VEGGIES & FRUITS**
- AGE Particles (Advanced Glycation End-Products) [AGE video](#)
  - What are they? **SUGAR & HIGH GLYCEMIC FOODS**
- Supplements to consider:



## Aging Well in the Organs

- The “Parked Car” metaphor.
- The body organs require use and stimulation for healthy aging.
  - Heart is a muscle; \_\_\_\_\_ it!
  - Lungs are air bags; \_\_\_\_\_ them!
  - Eyes, ears, & tongue need stimulation!
  - You get it! No rusty spots from lack of use!
  - Supplements to consider:



## Observations From the WFC

- Global burden of disease on earth
  - #1 burden world wide is now back pain
  - Surpassed heart disease, cancer, and diabetes
- New major independent risk factor for morbidity, disability and early mortality is body stiffness!

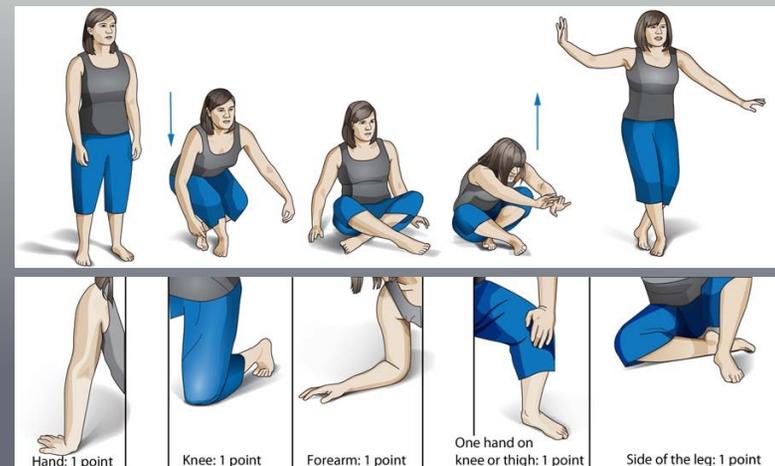


## Stiffness and Fragility in Older Years is Risky!

- Stiff joints are sick joints that change movement patterns.
- This alters brain function by changing the brain's image of your body
- With altered brain-body images, our body functions are altered and our health begins to suffer, organ function changes, and may even fail.



## Stiffness and Fragility



## Aging Well in the Mind

- Move your spine! "90% of brain stimulation & nutrition comes from motion in your spine."

Dr. Roger Sperry circa 1988 Nobel Prize Recipient

- Social interaction is vital. Keep a healthy social circle of friends, neighbours, family, and community involvement for brain health
- Reading books, playing music or at the least listening to music drives the brain to grow!
- Supplements to consider:



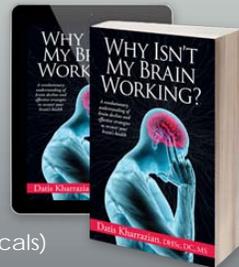
## 3 Important "Senior" Issues

- Dementia - a loss of brain function that occurs with certain diseases. It affects memory, thinking, language, judgment, and behaviour. Most types of dementia are nonreversible (degenerative).
- Delirium - sudden severe confusion due to rapid changes in brain function that occur with physical or mental illness.
- Depression - feeling sad, blue, unhappy, miserable, or down in the dumps. Most of us feel this way at one time or another for short periods.



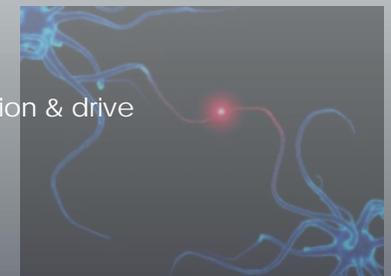
## Why Isn't My Brain Working?

- Work by Dr. Datis Kharrazian
- Signs and symptoms:
  - Memory loss
  - Brain fog
  - Depression/anxiety
  - Fatigue (in response to certain foods/chemicals)
  - Poor focus/concentration
  - Lack of motivation/drive/passion
  - Tire easily during activities – like walking/reading/driving/etc.
- This isn't just getting older, you can impact this!
- Neuroplasticity & lifestyle choices



## Steps to a Healthier Brain!

- Watch for clues!
  - Mood, memory, motivation & drive
  - Focus and fatigue
  - Depression and anxiety
- Focus on:
  - Glucose – Blood sugar levels (Type III Diabetes)
  - Oxygen – O2 saturation levels & breathing
  - Exercise – Correctly, daily, with strategy
  - Gut health – Keep it healthy-feed it well



# Physical

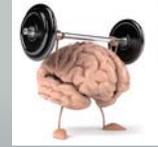


# Activity

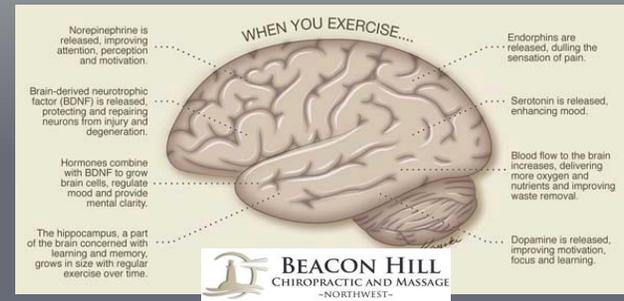
- Ways exercise makes your brain better
  - It promotes brain growth & brain building hormones
  - It fights depression, anxiety, reduces stress, & lowers cortisol
  - It improves cognitive ability, mood and self esteem
  - It increases sensitivity to insulin
- Walking – the best exercise routine
  - Stimulates brain due to weight bearing (gravity), and joint motion (proprioception) stimulation.
  - Exercising for 20 min/day increases nerve cells for info processing, learning new things and memory functions
- Track it with a FitBit, Jawbone, Garmin, etc.
  - Effective way to track .
  - Goal is 10000 steps per day.



# Tips for Brain Exercise



- Anything good for the heart is good for the brain
- Exercise in the morning spikes brain activity, helps deal with stress and increases retention
- Best brain activities include coordination or changing motion during the activities (dancing, circuit training)



# Sleep



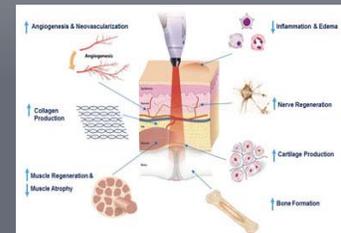
- One of the most under regarded factors of importance in over all health
- Get a minimum of 7-8 hours rest per day
  - Don't work night shifts. Disruptive to the circadian rhythm and metabolic cycles
  - No stimulants (chemical or mental/visual)
  - Safe supplements include 5 HTP, Melatonin, homeopathic like Pascoeflair
  - Low protein before bed, moderate complex carbs/oils like a fruit and yogurt help sleep onset



# Brain Therapeutics



- Supplements for brain function:
  - Omega 3 fatty acids (high DHA #)
  - Memory Support Complex - Huperzine A to remove brain plaques & phosphatidyl Serine to rebuild neurofibril networks
  - Antioxidant complex (Reds & Greens)
  - Tumeric in active Curcuma longa form
  - Ginko-Biloba and Raw Coconut oil
- LLLT - Laser photobiomodulation therapy
  - Transcranial laser demonstrates a very effective increase in brain function and neuronal activation >> Treatment for brain function impairment like Dementia, Alzheimer's, & concussions.

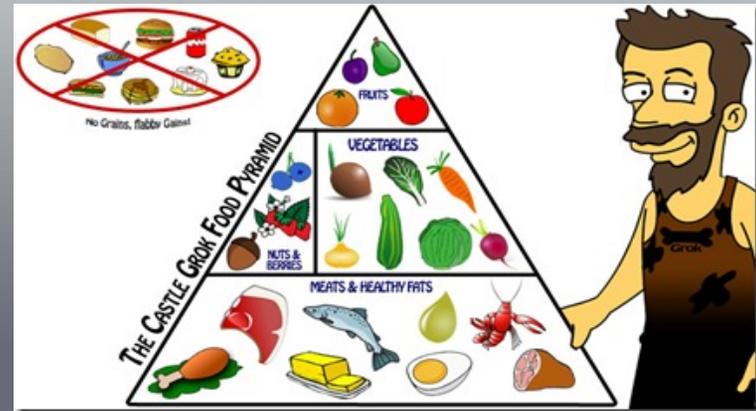


# Bad Diets “Inflammation”



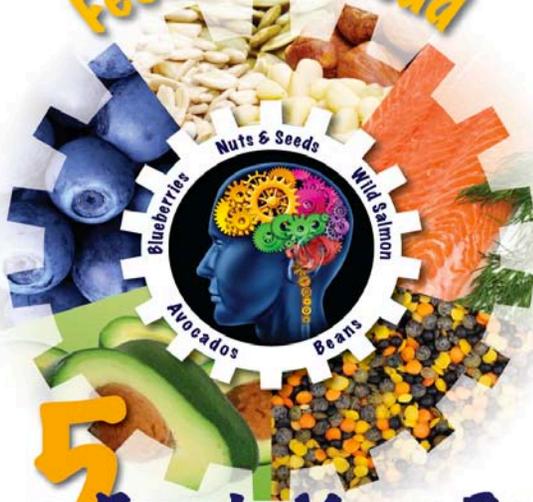
- Commonly contain wheat, rye, or barley based grains, rich in PHYTIC ACID, and agitating proteins like toxic GLUTEN.
- High dairy intake
- High acidity in sweetened, preserved foods and beverages
- Low levels of fresh fiber content
- Low water intake or low H2O content foods
- High vegetable oil containing foods containing refined veggie oils (>> omega 6) and polyunsaturated fatty acids
- Grain fed meats like beef or pork and certain farmed fish
- Low probiotic levels in foods

# Good Foods & a Healthy Diet



Hunter-gatherer diet – the most genetically congruent with basic human health

# Feed Your Head



# 5 Foods Your Brain Loves

**Ketogenic Diet**  
The Basic Goal is to eat more fat & protein to promote a fix for broken metabolism

**Blueberries**

Brainberries! Learn more and move better. Adding a cup of blueberries to your day can improve your learning capacity and motor skills.

**Nuts & Seeds**

Sometimes you feel like a nut. An ounce of nuts or nut butter every day has the vitamin E to keep your mind sharp.

**Wild Salmon**

Think fast! Omega-3 lubes your brain and this fish has lots of it. A 4oz serving a couple times a week can help you study.

**Beans**

Beans, beans, they're good for your... brain? Yes they are! 1/2 cup of beans every day can stabilize your blood sugar so your brain gets a steady supply of energy.

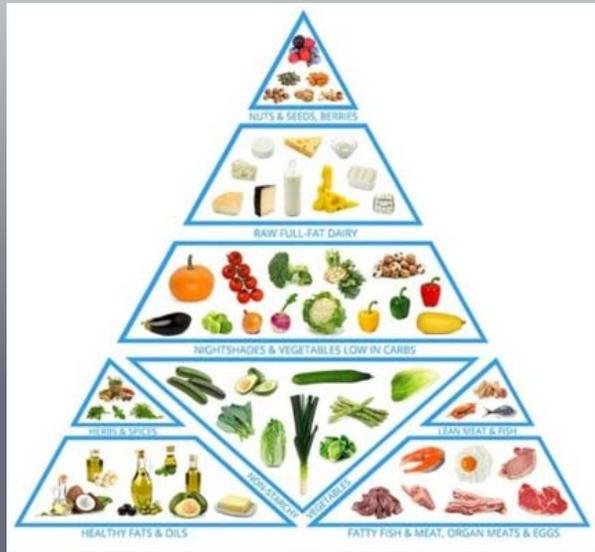
**Avocados**

And who doesn't love guacamole? 1/2 an avocado a day is a good source of anti-oxidants, can help you absorb other nutrients and helps blood circulation.

# The Ketogenic Diet



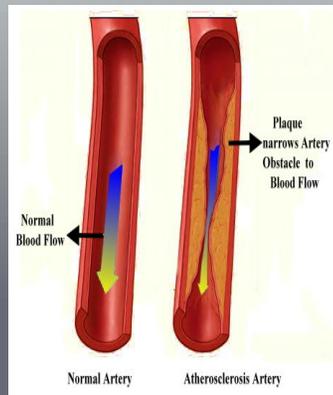
# Ketogenic Diet Food Pyramid



# New Health Science Understandings: Causes of CVD

- Smoking – single l.c. of premature death
- Chronic Inflammation - modifiable  
Link to CA, Atherosclerosis, Alzheimer's, Diabetes, Obesity
- Obesity – 44 million children world wide
- High blood pressure
- Specific type of cholesterol
- Diabetes - 80% die from CVD
- Low antioxidant levels - dietary
- Low essential fatty acids - dietary
- Low Magnesium & Potassium - dietary
- Type A personality
- Alcohol
- Physical inactivity

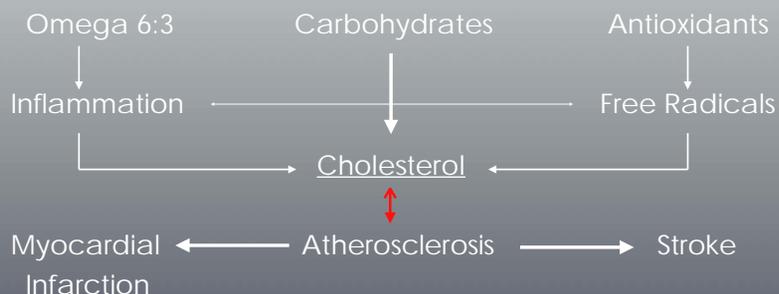
If modifiable >>> Preventable 😊



# Refined Carbohydrates = Sugar

- Carbohydrates come from plants. They are an important part of our diet.
- Refining carbohydrates makes them easy to digest. This causes radical changes to our blood sugar and rapid body responses.
  - 1830's - <15 lbs per year per person
  - 1920's - 100 lbs per year per person
  - Currently - 150-160 lbs per yr per capita
- Sugar is the hidden parent of fats & cholesterol
- The single greatest change to the standard NA diet was a spectacular increase in sugar consumption from mid 19<sup>th</sup> century onwards (Sugar, flour, white rice)

# Cholesterol Summary



## Atherosclerosis Reversal

Pomegranate Juice; Dark Cocoa chocolate; Omega 3 Fatty Acids; L-Carnitine; Glutathione (N-Acetyl Cysteine); Resveratrol; Vitamin D3; Curcumin Longa (Turmeric derived); Soy (organic) foods; Homocysteine; whole oats; Niacin; Green tea; Berries; dark red Grapes; Red yeast extract; garlic/onions/leeks; high dietary fiber intake; low saturated fat intake; NO trans fats; avoid PUFA's; beans/legumes; Guar gum; Guava and Mango; Green foods; Plant sterols



# Statins Are Dangerous

- Medications like Crestor and Lipitor
- Very effective at lowering cholesterol, but NOT effective at preventing heart attacks from CVD
- If cholesterol gets too low, big health problems
- Block HMG acetyl CoA reductase therefore no Co-Q10 production and no Vitamin D production
- No mitochondrial repair, immune dysfunction, inflammation, rapid cell death of muscles & organs
- If on statins > must take 150-300mg CoQ10/day



# Pharmagedon: Better health through drugs??

| Risk factor                | Defining level  |
|----------------------------|---|
| <b>Abdominal Obesity</b>   | Men: Greater than 40 in. (102 cm)<br>Women: Greater than 35 in. (88 cm)                                   |
| <b>Triglycerides</b>       | 150 mg/dL or higher,<br><b>or taking medicine for high triglycerides</b>                                  |
| <b>HDL Cholesterol</b>     | Men: Less than 40 mg/dL<br>Women: Less than 50 mg/dL<br><b>Or taking medicine for low HDL cholesterol</b> |
| <b>Blood pressure</b>      | 130/85 mm Hg or higher,<br><b>or taking medicine for high blood pressure</b>                              |
| <b>Fasting blood sugar</b> | 100 mg/dL or higher,<br><b>or taking medicine for high blood sugar</b>                                    |

Grundly SM, et al. (2005). Diagnosis and management of the metabolic syndrome: An American Heart Association/National Heart, Lung, and Blood Institute Scientific Statement. *Circulation*, 112(17): 2735-2752

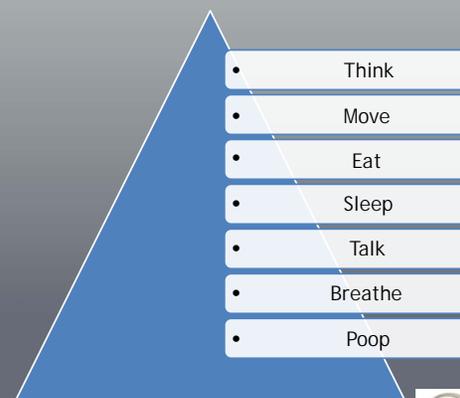
"To date, there is insufficient evidence for primary use of drugs that target the underlying causes of the metabolic syndrome."

*Still at risk despite having medically supported symptom management*



# The Super Seven Successful Lifestyle Strategies

by Dr. Robert Rakowski / Dr. Michael Schmolke



# The 8 Top Habits That Contribute to Well-being

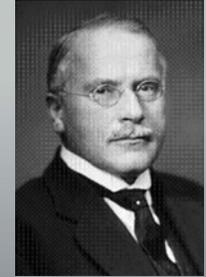
Dr. Candace Pert PHD  
Nobel prize nominee (2x)  
for her research into  
emotion & well-being



- Adequate sleep (> 7.5 hours)
- Meditation practice
- Regular exercise (Can.Fit.G)
- Breathing (slow & deep)
- Yoga or other daily motion habits
- Chiropractic care\*
- Massage
- Nutrition – natural & innate\*



# Happiness in Life



- According to  
Carl Jung (1875-1961)

1. Good physical and mental health.
2. Good personal and intimate relationships, such as those of marriage, the family, and friendships.
3. The faculty for perceiving beauty in art and nature.
4. Reasonable standards of living & satisfactory work.

Physical + Mental + Emotional Well-being + Good Attitude



# Blue Zones



# Vibrant Longevity:

Take it from the best on planet earth



**Blue Zone** areas of the world are places where people live longer and healthier than anywhere else on earth. At least 5 of these zones exist, where people live to 90 or 100 years commonly. Most importantly, they are living healthy-without medication or disabilities!!

Find out more about Ikaria, Greece; Okinawa, Japan; Ogliastra Region, Sardinia; Loma Linda, California; and Nicoya Peninsula, Costa Rica in Dan Buettner's book, [The Blue Zones Solution](#)



# Blue Zone Basics



- Daily active living without exception (not p.t.'s, no gyms, no HIIT's, no triathlons, just constant motion)
- Grow your own foods (organic, nutritious, fresh)
- Farm your own lands,
- Make your own wines, & drink some red wine daily
- Socialize with family & friends daily (strong social circle)
- Plant slant (diet is 80% plants; meat only 1x/ 1-2wk)
- Purpose is clear (Love, Respect, Community, Contribute, Natural)
- Minimal pollution, no medications.



# Objective Summary



# Upcoming Workshops at Beacon Hill Chiropractic

- Best of Me Yoga Part III
- Acupuncture & Women's Health



Let today be the start of something new.

