



Secrets to  
**Healthy Living & Aging**



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

# Your Presenters

- Dr. Michael Schmolke
- Dr. Sherra Sanders



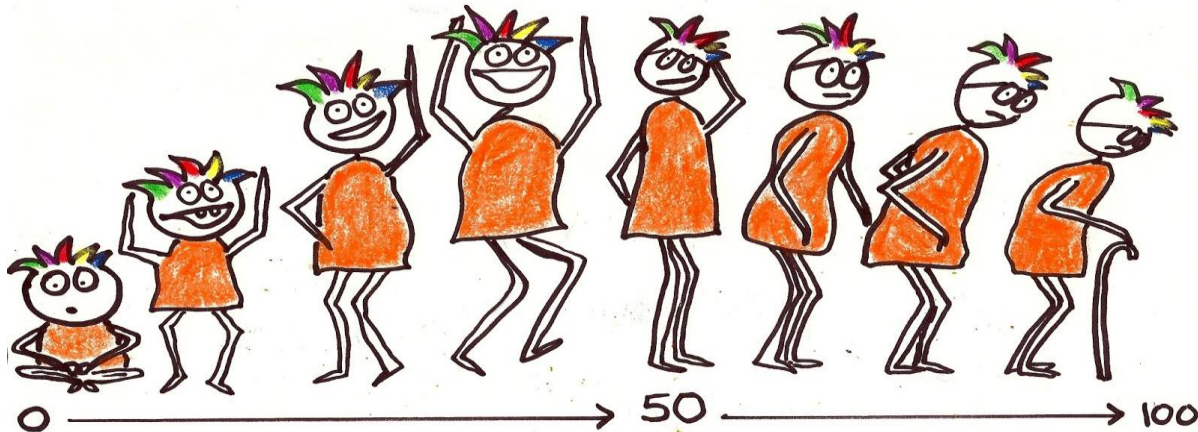
*We change lives through inspiration,  
empowerment, and excellent health care delivery*



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

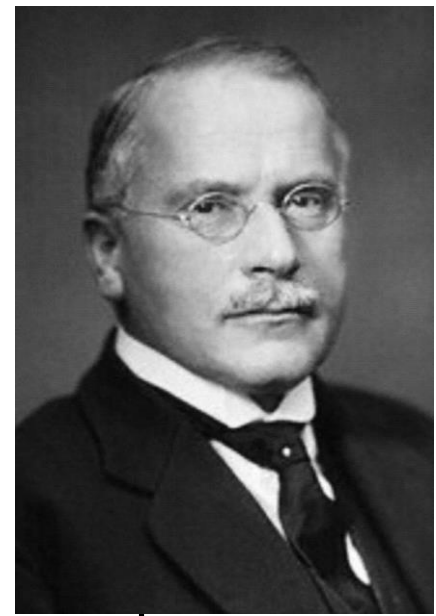
# Goals of the evening

- Learn the determinants and process of aging
- Unhealthy aging traps and pitfalls
- Health aging strategies



# Happiness in Life

- According to Carl Jung (1875-1961)

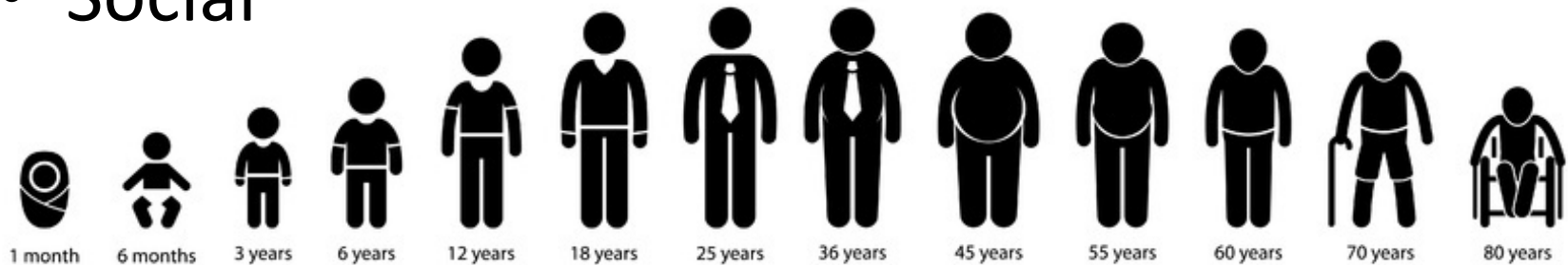


1. Good physical and mental health. 2. Good personal and intimate relationships, such as those of marriage, the family, and friendships. 3. The faculty for perceiving beauty in art and nature. 4. Reasonable standards of living and satisfactory work. 5. A philosophic or religious point of view capable of coping successfully with the vicissitudes of life.”



# Happiness as we age

- Optimal physical, mental and social well being, not merely the absence of disease or infirmity
- Physical
- Mental
- Social



# How do we age?



- 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, and AGE'ing 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= 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-** 3000-5000IU/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**

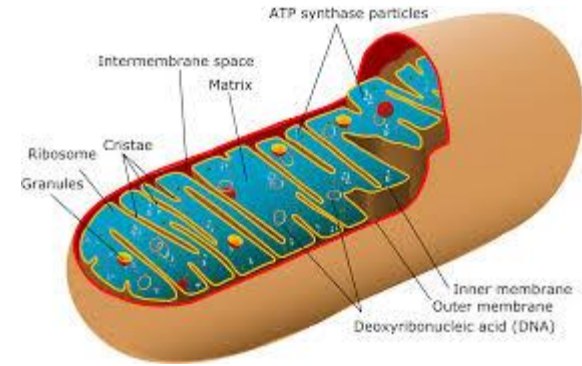


# Influencing our Hormones

- Obesity and Visceral/abdominal fat is one of the biggest negative influence on hormone balance esp. **TESTOSTERONE/ESTROGEN** and **INSULIN**
- 72% of men and 64% of women overwt/obese
- Visceral fat is an **estrogen factory** and creates declining insulin sensitivity
- Type 2 diabetes and “Manopause” common!



# Influencing our Cells



- Taking care of our Mitochondria!!
- These are the energy factories of 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



# What do we do?

## 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.

## Insulin Resistance

- 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!



# 7 Deadly SINS

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



# A little extra on keeping our cells healthy (radicals, antioxidants, AGE particles)

- Conference in Las Vegas, Nevada 2015
  - Free radicals are the disease causers
    - What are they?
  - 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?
  - AGE (Advanced Glycation End-Products) [AGE video](#)
    - What are they? **SUGAR CONTAINING FOODS**
  - Supplements to consider:



# Aging well in the mind

- “90% of the stimulation and nutrition to the brain comes from the sensory input of motion and movement in your spine.” Dr. Roger Sperry circa 1988 Nobel Prize Recipient
- Social interaction is vital, so keep a healthy social circle of friends, neighbors, family, and community involvement for good brain health
- Reading books, playing music or at the least listening to music drives the brain to grow!
- **Supplements to consider:**



# Aging well in the organs

- Like parked cars who's mechanical parts wear out faster without use, the body organs require use and stimulation for healthy aging.
  - Heart is a \_\_\_\_\_; Pump it!
  - Lungs are \_\_\_\_\_ \_\_\_\_\_; Fill them!
  - Eyes, ears, & tongue need stimulation!
  - You get it! No rusty spots from lack of use!
  - Supplements to consider:





# 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!” Dr. old way of thinking
- Weight bearing (like walking) is vital to keep bones stimulated to grow and maintain. Same for joints.
- Diet (as already reviewed) is critical too
- **Supplements to consider:**



# Observations from the WFC

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



# Stiffness 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 body images, our body functions are altered and our health begins to suffer, even fail.
  - It is like if your brain makes photocopies of all body functions, but then starts to change the photocopy for a version that is altered/shifted



# 3 big “senior” issues

- **Dementia** - a loss of brain function that occurs with certain diseases. It affects memory, thinking, language, judgment, and behavior. 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.



# 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\*

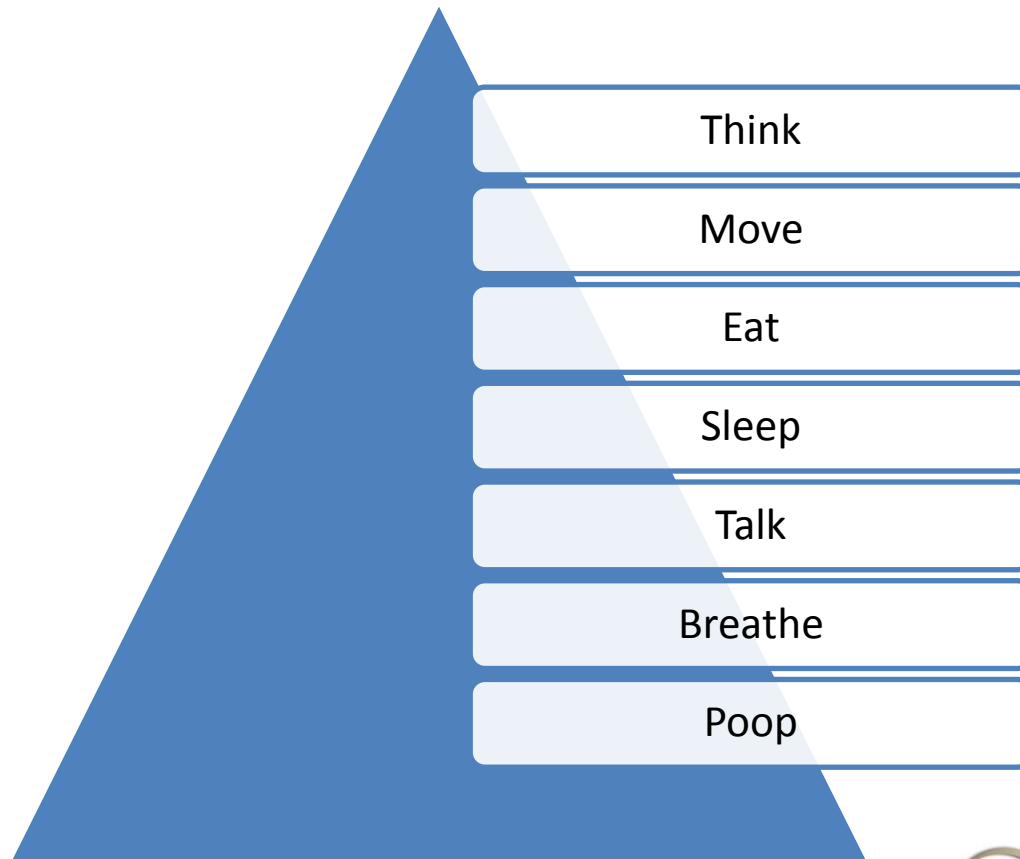


**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

# Successful Lifestyle Strategies

## The Super Seven

by Dr. Robert Rakowski / Dr. Michael Schmolke



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

# Upcoming workshops



- July - Screening of hot **new Documentary - *Bought***
- August – **Best of Me Workshop III – Deficiencies** regarding every facet of life



**BEACON HILL**  
CHIROPRACTIC AND MASSAGE  
~NORTHWEST~

