

STAYING YOUNG, ENERGETIC AND SEXY

Retarding the aging process

Aging is caused by the degeneration of cells. Our bodies are made up of millions of these cells, each with a life of somewhere around two years or less. But before a cell dies, it reproduces itself. Why, then, you might wonder, shouldn't we look the same now as we did ten years ago? The reason is that with each successive reproduction, the cell goes through some alteration - basically, deterioration. So as our cells change and deteriorate, we grow old.

The good news is that deteriorating cells can be rejuvenated if provided with substances that directly nourish them - substances such as nucleic acids.

DNA (Deoxyribonucleic acid) and RNA (Ribonucleic acid) are our nucleic acids. DNA are essentially a chemical boilerplate for new cells. It sends out RNA molecules like a team of well-trained workers to form them. When DNA stops giving the orders to RNA, new cell construction ceases - as does life. But by helping the body stay well supplied with nucleic acids, you can look and feel six to twelve years younger than you actually are. We need 1,5 g of nucleic acid daily. Though the body can produce its own nucleic acids, they are broken down too quickly into less useful compounds and need to be supplied from external sources if the aging process is to be retarded.

Food rich in nucleic acids are wheat germ, bran, spinach, asparagus, mushrooms, fish (especially sardines, salmon and anchovies), chicken liver, oatmeal, onions and certain types of nutritional yeast that clearly say on the label "rich in RNA and DNA".

Soon after I started eating a diet high in nucleic acids and taking RNA and DNA supplements many years ago, I noticed a dramatic difference in how I looked and felt. I had more energy and my skin looked healthier and more youthful. Many clients and friends experienced similar results. Though a high-nucleic acid diet and RNA-DNA supplementation might not reverse the aging process, I believe it can slow it down.

OTHER ANTIAGING SUPPLEMENTS

SOD (Superoxid dismutase) is one of the most popular arrivals in the battle to combat aging. This enzyme fortifies the body against the ravages of free radicals, destructive molecules that speed the aging process by destroying healthy cells as well as attacking collagen ("cement" that holds cells together).

As we age, our bodies produce less SOD, so supplementation - along with a natural diet that restricts free radical formation - can help increase our energetic and productive years. It's important to note, though, that SOD can become inactive very quickly if essential minerals such as zinc, copper and manganese are not supplied.

Grape seeds extract is also being touted as a potent free radical fighter and antiaging supplement. It contains proanthocyanidins, bioflavonoids that greatly enhance the activity of vitamin C. By helping vitamin C enter cells, grape seed extract acid in strengthening the cell membranes and protecting the cells from oxidative damage. It can improve circulation, strengthen capillaries and help protect collagen fibres - necessary for the growth and repair of cells - from damage caused over the years by free radicals. (Proanthocyanidins are also in grape skins, bilberries, cranberries, blackcurrants and green and black tea.)

Coenzyme Q10, a substance that can be synthesized by the body (although it is also obtained from food) is used by our cells during the process of respiration and deficiencies are common in the course of normal aging. In fact, studies have shown that reduced levels of coenzyme Q10, which shares many of vitamin E's antioxidant properties, may directly contribute to aging and that increasing levels can retard the process, as well as:

- Reduce the risk of heart attack (acid respiration of the heart muscle; help provide a protective effect against viral-caused heart inflammations; help prevent cardiac arrhythmias; minimize myocardial injury caused by heart bypass surgery; reduce frequency of angina attacks)
- Stimulate the immune system
- Aid in the treatment of periodontal disease
- Help lower blood pressure
- Aid in the prevention of toxicity from drugs used to treat many diseases associated with aging

As a supplement, I recommend one 30 mg capsule twice daily with food.

DHEA (dehydroepiandrosterone), a natural hormone that is produced by the adrenal glands and the most abundant steroid hormone in the body, decreases as we age. (Steroids are a class of compounds that help balance emotions and increase the body's ability to handle stress, among other functions.) About the age of forty-five, we produce only *half* of the DHEA we produced at age of twenty. By age seventy, production falls to almost nothing. Leading researchers link the decline in hormones such as DHEA with the physical and mental decline of normal aging. Boosting DHEA back to youthful levels may prevent and even reverse many age-related problems. Older people given DHEA have an increased sense of well-being, more energy, an increase in lean body mass and produce more sex hormone.

DHEA has been found to strengthen the immune system, slow down the production of fats that contribute to obesity, offer postmenopausal women protection against heart disease, reduce fatigue, increase cognitive function and enhance mood and stress responses.

New research indicates that DHEA may be a promising treatment for osteoporosis and depression, as well as in reducing the symptoms of lupus, an autoimmune disorder for which, at this time there is no cure. (Anyone with lupus should certainly talk to his or her physician about DHEA)

An advantage for women in taking DHEA instead of hormone replacement is that there is apparently no effect on the endometrium – even if the dose is large enough to cause changes in the lining of the vagina. And, with just DHEA alone, there is no need to worry about balancing an estrogen dose with just the right dose of progesterone.

Pregnenolone, produced in the brain and adrenal cortex from cholesterol, functions as a parent hormone, converting into DHEA, estrogen, testosterone, progesterone and other hormones.

Touted as a general antiaging supplement for men and women, pregnenolone levels peak in your thirties and then decline. Recent studies suggest that supplements may improve concentration and memory, act as an antidepressant, reduce stress and help relieve symptoms of rheumatoid arthritis, lupus and multiple sclerosis.

Controlling Cortisol – the stress or Death Hormone

Secreted by the adrenals glands, cortisol is an important part of the body's response to stress. The stress can be physical, environmental, chemical or psychological (and all of these different sources are cumulative in their effects). Under normal circumstances, cortisol is involved in a variety of functions, from regulating blood pressure to proper glucose metabolism, but during "fight or flight" stress situations, it is secreted in higher than normal levels.

While small increases give you that quick burst of energy for survival, if called upon too often without giving the body a chance to return to being relaxed/normal, prolonged high levels in the bloodstream can create chronic to severe inflammation that eventually causes premature aging and often leads to an earlier death. For this reason, cortisol is frequently referred to as "the death hormone".

Prolonged high levels of cortisol can lead to:

- Higher blood pressure
- Suppression of DHEA
- Osteoporosis
- Loss of muscle tone
- Impaired cognitive function
- Reduced growth hormone, testosterone and estrogen
- Suppressed thyroid function
- Lowered immunity
- Hyperglycemia
- Increased abdominal fat (associated with elevated cholesterol, heart attacks and stroke).

Source: Vitamin Bible by Earl Mindell