

Prepare to Live Longer and do it Well!

NACE

August 4th, 2008

4:00 p.m. – 5:30 p.m.

With Sherry L. Granader

Many of us think aging happens where one day we start to feel old and the symptoms we have seem to go into a domino effect – our bones creak, we develop pain in the body somewhere, we hate driving at night, we can't HEAR, our sex lives diminish to standing next to the washer during the spin cycle and soon we are eating dinner at 3:30 p.m. in the afternoon.

It is time for a new way of thinking – the word "ANTI-AGING" has become very popular in many industries especially the skin care lines touting wrinkle-free creams. The medical community has focused on treating chronic diseases and reversing illnesses associated with aging – cancer, heart disease or stroke. Since cancer and heart disease account for over 50% of all deaths, you could live longer if you avoided those big killers. As it turns out – this is not what is happening. Even though these diseases are devastating, wiping them out only increases your life expectancy by 9 ½ years – not 30-40 years like you would expect!

WHY?? Something else has to take place!! To add healthy, vibrant years to your life, you have to slow down the rate of aging at the cellular level. Aging and disease are NOT the same thing! As we grow older, our system slowly deteriorates which **MAKES US MORE VULNERABLE TO DISEASE!**

You will learn how to have a higher quality of life as you age but keep in mind that it is most helpful if these tips and suggestions are started in your 30's, 40's and 50's so when you reach your 60's, 70's, and 80's, you will have built up a defense and have learned ways to prevent illnesses and diseases from happening in the first place.

AGING

- used to be thought of as "everything slowly and painfully shutting down" –however, **IT DOES NOT HAVE TO BE THAT WAY.**
- It is all about **REPAIRING** yourself! It is not so much about your systems breaking down which they can from time to time, but

- more about how your body repairs itself. Does it have the proper nutrients to do so?
- Aging happens on the inside and the outside. Here is a secret about aging – your rate of aging doubles every 8 years and your job is to manage BOTH – what happens on the inside as well as the outside so you can slow down the rate of aging.
 - Aging is more about compounded problems rather than an individual problem. The small problems may not have a big effect here and there, but if they get worse or begin to interact with other problems – that is when small health problems spiral into bigger health problems usually triggered by several different causes.
 - Can you REVERSE aging? ABSOLUTELY!! You can nudge your body's systems to work in your favor and it is never too late to start making small changes that will have a huge impact on how you age. Just because you have made mistakes in the past doesn't mean you can't reverse them!
 - If you perform a good habit for 3 years, the effect on your body is as if you have done it your entire life! Within 3 months, you can start to notice visible changes as well as physical ones so let's get to it!

ADD 10 YEARS TO YOUR LIFE! (before we talk about food and nutrition)

We can all come up with excuses for NOT going to the dentist but if I told you that you could add 10 years to your life just by having a healthy mouth – would you make an appointment? Think about this – there are over 400 families of bacteria setting up homes in your rosy, pink gums breeding away in a very happy environment for them! This is how you create an opening for gum disease that can cause an extensive list of degenerative diseases just by getting into your bloodstream where toxins will be allowed to be deposited.

What is hiding in your gum line? Think of your kitchen sponge and all the bacteria hiding inside all the nooks and crannies – 9 out of 10 adults have some evidence of gum disease but few of them realize it – and only run to their dentist if there is a sign of trouble or pain. Most forms of gum disease are due to bacteria in the plaque that builds up along the gum line. THESE BACTERIA PRODUCE A LOT OF GARBAGE IN THE FORM OF TOXINS AND FREE RADICALS. This is what damages your gums – and the tissue begins to deteriorate. Once the tissue is eroded, the bacteria take this opportunity to SINK into your bloodstream and CIRCULATE throughout your body and this is where

the trouble begins – chopping off up to 10 years or more of your lifespan.

Once these bacteria have invaded your bloodstream – a chain reaction of long-term chronic inflammation gets started. In fact, GUM DISEASE is one of the more COMMON CAUSES of an elevated C-Reactive Protein which is the blood test “marker” for inflammation in your body. INFLAMMATION is a KEY contributor and underlying cause of many chronic diseases that plague people today and contribute the aging process.

There is a direct link between gum disease and heart disease which is what could explain why some have a heart attack under the age of 50 – BOTH involve PLAQUE BUILD-UP! Gum disease can lead to a 3 times greater risk of stroke and has been linked to lung disease and rheumatoid arthritis.

COMMON CAUSES OF GUM DISEASE –

1. **Nutrition deficiencies** – a lifetime of poor nutrition can catch up with you just like aging of any part of your body. Your gums and teeth need vitamins and minerals to stay healthy. Calcium and phosphorus work together to strengthen teeth and bones while zinc, copper and manganese are needed for a healthy mouth.
2. A diet of **HIGHLY PROCESSED FOODS** – replacing highly processed foods with natural, whole foods will have a huge impact on the health of your mouth.
3. EXCESSIVE **alcohol** consumption – which turns into sugar
4. Diabetes
5. Stress
6. teeth grinding
7. smoking or chewing tobacco
8. poorly fitted false teeth
9. chronic nail biting
10. overzealous brushing and flossing
11. food stuck in your mouth – popcorn hulls, tomato seeds, toothpick pieces

Here are a few things you can start doing **TODAY** – or until your next dental appointment.

1. **SUPPLEMENTS TO CONSIDER –**

- A. **Grape seed Extract** – powerful antioxidant that prevents “free radical” (toxins, chemicals and pollutants) from attacking our healthy cells throughout our mouth and bodies
 - B. **Vitamin D3** – this is an important vitamin to consider taking especially during the winter months – have you ever wondered why people get a cold or the flu during winter? The answer comes to us from a surprising source – a prison in California where a doctor was giving the inmates in his ward Vitamin D 3- and none of them ever got a cold or the flu even when they spent time with other prisoners who were sick. Vitamin D 3 is a vitamin our bodies make when we are exposed to sunlight and during the winter months, we do not get enough sun and our Vitamin D 3 stores get depleted. It is also important for healthy teeth and gums
 - C. **Co-Enzyme Q 10** – this is an important enzyme to take especially if you are taking high blood pressure medication because these medications can deplete our bodies of Co Q10 and it supports heart function and is vital for healthy teeth and gums.
2. **WHOLE FOODS** – anything in the produce section and preferably organic.
3. **BRUSH** for **2 minutes** – my favorite toothbrush is by Sonicare – keep the brush at a 45 degree angle on the gum line~

Now that we know how to have a healthy mouth, it is time to start thinking more about what we put in our mouth- in particular FOODS that **reduce inflammation.**

Inflammation happens throughout our bodies and plays a major role in all sorts of heart disease. For example, when cells in the right and left chambers of the heart become inflamed, it makes the walls of the heart swell and electrical circuits – short circuit! This causes abnormal heart rhythms then cause the blood to pool, so clots form which can lead to strokes!

When you are over 65 years of age, HDL (good cholesterol) is more important than LDL (bad cholesterol) and although statin drugs can be a life saver, the long-term effect is they can reduce the HDL too.

10 WAYS TO INCREASE YOUR HDL (GOOD CHOLESTEROL).

HDL is HOT!! Good cholesterol does not refer to the cholesterol we eat in food but to the high density lipoprotein cholesterol circulating in our blood. It is one of the "blood fats" that is measured in the lipid panel blood tests that doctors perform and you definitely want more of it because increasing HDL helps lower your risk for heart disease.

HERE ARE THE FACTS:

- HDL cholesterol makes up 20-30% of your total blood cholesterol
- HDL helps protect against the accumulation of plaques (fatty deposits) in the arteries
- Just a **1% decrease in HDL** is linked to a **2-3% increase** risk for heart disease
- Women tend to have higher levels of HDL than men – HDL levels should be 40 mg./dl or higher
- HDL promotes the removal of cholesterol from cells found in abnormal tissues or lesions in the arteries

HERE ARE 10 WAYS TO INCREASE YOUR HDL LEVELS:

1. **FRUITS AND VEGETABLES** – you already knew that – choose red grapes, cranberries, tomatoes, onions or tomato juice – they contain flavonoids and carotenoids that are vitamin-like substances that seem to reduce inflammation and help carry out those damaging free radicals through your urine
2. **OMEGA 3'S** – if you do nothing else – you should take 1,000 mg. of Omega 3's everyday – choose enteric coated so you do not burp up fish taste throughout your day. Omega 3's reduce triglyceride levels in your blood (high triglycerides are a huge cause of plaque build-up) and they help reduce the risk of arrhythmia after a heart attack. In addition, they lower blood pressure and also make platelets less sticky –thus reducing clotting.
3. **WATCH out for HIGH-GLYCEMIC FOODS** – they raise your blood sugar levels and this lowers HDL – choose whole grains like brown rice or quinoa, vegetables, fruits and good quality protein like chicken, fish, tuna or egg whites
4. **EAT BETTER FATS** – like olive oil, walnut oil, avocado or toasted sesame oil
5. Good quality **SOY** – Non-genetically modified – the isoflavones found in soy (in particular genestein and daidzen) raise HDL levels by 3% and could help reduce heart disease by 5% plus it lowers the LDL (bad cholesterol).

6. **DARK CHOCOLATE** – I knew you would like this one – eating dark chocolate may lower blood pressure just as effectively as the most common antihypertensive medications and may increase the HDL cholesterol and lower the LDL cholesterol.
7. **alcohol** in moderation – studies do show that it enhances movement of cholesterol deposits OUT of cells in the artery walls
8. **CARDIO-VASCULAR WORKOUTS** – at least 30 minutes each day and by the way - SWEATING IS GOOD! Sweating is a good way to improve your heart function and because it makes your BLOOD VESSELS MORE ELASTIC by forcing them to dilate and that takes at least 20 minutes to get to that point!
9. **STOP smoking** – Sherry will share a natural way to quit
10. **LOSE weight** – preferably losing body fat to enhance HDL levels and supporting lean muscle tissue. **Muscle weighs more than fat** so this is why it is not always a good idea to go on the scale because it is not an accurate measurement of your health.

Incorporating **WEIGHT-BEARING EXERCISES** by lifting weights is a great way to tone up and lose body fat because you will burn more calories just sitting here! For many women, if they are not drinking enough water, the muscles will tend to swell at the beginning of a new exercise program and many women complain initially that they can not fit into their jeans any longer. Hang in there and stay with it – drink more water because muscles need water to heal and this will dissipate and you will see a more toned body emerge as the body fat falls off!

Other foods that decrease inflammation include:

Cherries, red berries, dark leafy greens, sweet potatoes and nuts.

THE WORST FOODS FOR INFLAMMATION –

1. **PRE-PACKAGED CHIPS, CANDIES AND COOKIES** – which line the shelves of every grocery store in America. These foods are full of trans fats which are fats heated to such a high temperature they prolong the shelf life of the product but they do nothing for YOUR shelf life. Not to mention the empty calories, nutrient deficient and full of preservatives. Your body doesn't know what to do with these foods making digestion difficult and can lead to all sorts of chronic health problems.

2. **CANNED SOUPS** – these are full of saturated fats, trans fats and sodium that cause inflammation throughout the body including the heart. The salt content is enough for at least half of your recommended daily salt intake which elevates your blood pressure and puts you at more risk for heart disease and stroke. Making your own soup is so easy with low-sodium broths and fresh vegetables.
3. **SOFT DRINKS** – are full of high fructose corn syrup and these drinks go directly to your liver and increase the production of fats (triglycerides) which disrupt your metabolism. They also increase your insulin resistance putting you at greater risk for diabetes. The “diet” soft drinks are just as bad with the artificial sweeteners like aspartame or sucralose which studies have shown they promote hunger – why? You intake something sweet and your brain registers it received something sweet – your stomach says – “where is it?” so many people report feeling hungry within an hour of consuming a diet soft drink. Also – too much caffeine can stiffen up your arteries, promoting high blood pressure which is a major risk factor for heart disease and stroke.
4. **FROZEN CHICKEN NUGGETS** - I am sure there is a little bit of chicken in chicken nuggets somewhere but it is hard to find amongst all the salt, preservatives, artificial coloring, corn sweetener and trans fats. The salt alone is enough to damage your heart and the rest will keep those nuggets in your pantry until the Christmas.
5. **LOW-FAT FROZEN YOGURT** – Many think they are doing themselves a favor by eating this ‘fake’ health food full of empty calories. It does not have any of the live healthy bacteria found in regular yogurt and low-fat frozen yogurt is full of high fructose corn syrup which increases your triglycerides promoting dangerous, clogging plaque in your arteries. You are really better off enjoying a small dish of REAL ice cream once in a while instead of regularly eating this low-fat food.
6. **VEGETABLE OIL** – most vegetable oils are highly over-processed eliminating any nutrients because the oil has been heated and stripped of anything that would help lower your cholesterol. All that it will do is cause more inflammation. Instead choose organic seed oils like corn, sunflower, or safflower oils that are cold-processed which are readily available in the natural food section of your local grocery store.

7. **DONUTS** – let's take a flour mixture – fry it – and add sugar or frosting to it—donuts are full of sugar, trans fats from hydrogenated oils and high fructose corn syrup which cause all sorts of destruction in the human body. They increase your cholesterol, promote inflammation and increase your risk for heart disease.
8. **MANY FAST FOOD HAMBURGERS** – Did you know there are scientists in New Jersey that come up with chemicals that mimic our favorite flavors like beef or steak and then put them in all sorts of fast foods. You may ask WHY? IT is because many of these foods would not have any flavor unless there are chemicals added. These burgers end up constricting your arteries constricting blood flow. So many cows are force-fed corn, penned in a filthy lots and pumped full of antibiotics and hormones. If you are craving a hamburger, cook your own at home with grass-fed beef or ground turkey on a whole-grain bun.
9. **HIGH CALORIE COFFEE DRINKS** – do you stop by your local coffee bar and get the LARGE frappucino with whipped cream every afternoon? The whipped cream has over 100 calories alone without even drinking the main drink – try a sugar-free Vanilla Soy Latte or a Cappuccino with a little bit of sugar and enjoy it as a treat every now and then.
10. **MARGARINE** – for years, many thought this was the way to go when it came to the butter section in the grocery store but margarine is full of trans fats and is really FAKE butter. Instead, opt for flavored oils or enjoy a little bit of real butter when it comes to your favorite recipes.

MORE TIPS:

- Be aware of marketing tactics in grocery stores that promote an emotional purchase – read the labels and look for high-quality ingredients.
- What is the first ingredient on the label list? The most abundant ingredient is always listed first.
- Be aware of foods NOT LABELED usually made in the store by the Chef and often come in small packages
- Look for additives or problem ingredients – like high fructose corn syrup, hydrogenated or partially hydrogenated oils
- Ask yourself – would your great grandmother serve this food at her table?

PARASITES –

You may be thinking – Did I hear that right? Parasites? Parasites are having a huge impact on our health and weight which has been dismissed a lot of the time as a problem only in third world countries. I know of a few people who have been affected by parasites in this country and they were just as surprised as you are to learn about them.

The connection between health problems and parasites in this country are due to:

- outdated water treatment systems
- imported foods
- overuse of antibiotics

At least 48 states have had measurable outbreaks and many people struggle with symptoms of these microbe invaders without knowing the cause and many doctors do not receive any training when it comes to parasites.

Here is how they work:

1. **THEY BLOCK ABSORPTION OF NUTRIENTS** – parasites inflame the membrane that lines the digestive tract which block absorption of vitamins, minerals, fats and other nutrients that balance hormones, stabilize blood sugar levels and boost metabolism.
2. **THEY TRIGGER YEAST OVERGROWTH** – parasites prevent the growth of GOOD bacteria in the gut creating an environment that allows yeast to flourish and since yeast are fermenting organisms, they cause gas, bloating and pain. Yeast overgrowth also activates the immune system triggering allergic reactions that suppress the thyroid gland and cause unstable blood sugar levels.
3. **THEY ACIDIFY THE BODY'S SYSTEMS** – a natural by-product of parasites is ACID which can damage organs, break down muscle tissue and cause the central nervous system to become sluggish. Our body's self-preservation system can make things worse because it shuttles acid into fat cells which slows down the metabolic rate so more protective fat can be stored. This is the body's way of getting acid out of circulation but makes it impossible to lose weight.
4. **THEY MAKE ORGANS SLUGGISH** – parasites can give off toxins that make the liver and kidneys work harder so they become sluggish leading to fatigue, irritability and weight gain.

There is some good news!! There are **5 FOODS** that help debilitate and flush out parasites.

1. **CRANBERRIES** – are rich in organic acids that kill parasites by breaking down their protein structure and stimulate the release of parasite waste. Add cranberries to your salad or other favorite recipes that call for raisins.
2. **PUMPKIN SEEDS** – ¼ cup of pumpkin seeds contain 8 mg. of ZINC – a mineral that strengthens the intestinal lining so it less vulnerable to attack. Zinc is toxic to parasites so eating pumpkin seeds can help destroy any active infection.
3. **GARLIC** – contains ALLICIN – a natural sulfur compound that starts killing parasites within 2 hours of ingestion and can cut infection levels by 50% within 2 days. Proven dose? 2 cloves daily! Or opt for an odorless garlic supplement.
4. **CITRUS FRUITS** – lemons or limes – with their high fiber and pectin content, they allow the body to sweep parasites out of the body completely before they have a chance to colonize and the fiber improves digestion and eases bloating!
5. **CARROTS** – ½ cup of carrots supply a full days supply of carotenoids which boost the white blood cells to fight parasites and quickly repair any damage to the intestinal tract.

QUESTION AND ANSWER –

For more information, Contact Sherry about:

- *good carbs vs. bad carbs*
- *are you irritable?*
- *Do you have brain fog?*
- *Low- energy all day?*
- *And much, much more!*