

# Live Long

# Live Healthy

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# The Quest For Immortality

## -Increasing Longevity-



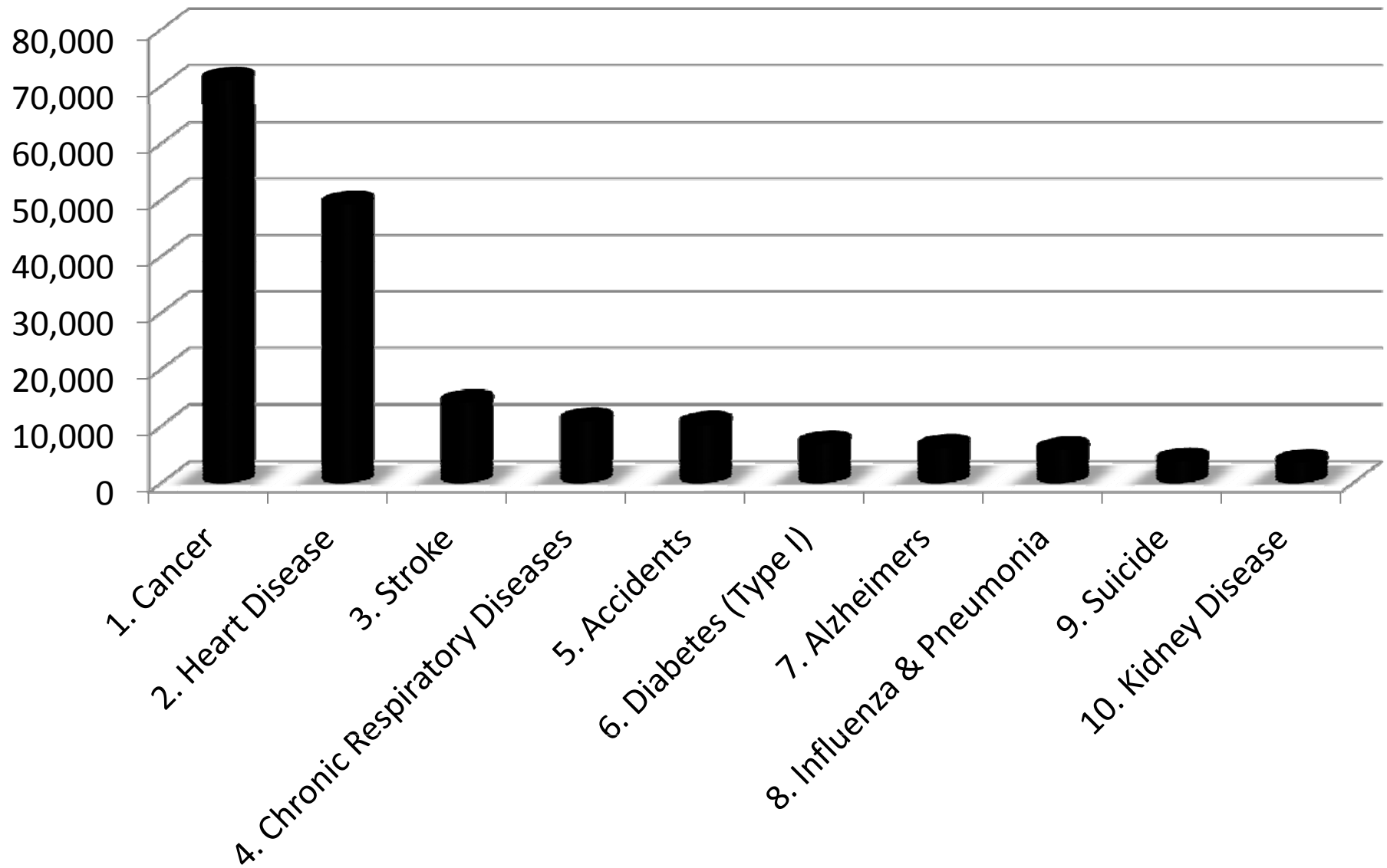
### TOPICS

- 1) Aging Defined:
  - a. The decline of structure & function of the human body over time
  
- 2) What Makes Us Age?
  
- 3) What are some of the causes of shortened Life Expectancy?
  - a. How can we prevent them?
  
- 4) If you address the causes of aging & premature death (illness)
  - a. You can extend Life Expectancy!

# Important Points & Statistics

# Leading Causes of Death

(Stats Can 2009)



# Many Diseases Are On The Rise

- Cancer
- Osteoporosis
- Heart disease
- Obesity rates in children & adults
- Type II diabetes have reached epidemic levels in kids
- “Heart disease, diabetes & other chronic ailments will kill nearly 400 million people worldwide over the next 10 yrs” (WHO)



## Many Diseases Are On The Rise

# Osteoporosis



- 2 million Canadians live with osteoporosis
- 1 in 4 women & 1 in 8 men over 50 have osteoporosis
- “Hip fractures related to osteoporosis result in death in up to 30% of cases”
- “23% of patients who fracture a hip die in less than a year”

# Many Diseases Are On The Rise

- **The Canadian Cancer Society**

- 186, 400 Canadians diagnosed with cancer in 2012

- 1. Prostate

- 2. Lung

- 3. Colorectal

- 4. Breast

- 5. NHL

- 75, 700 estimated deaths for 2012

# Many Diseases Are On The Rise

- **The Canadian Cancer Society**

- In next 2 decades cancer rates expected to increase by 60%
- “Based on 2006 estimated rates, 40% of Canadian women and 45% of men will develop cancer during their lifetimes”
- “An estimated 1 out of every 4 Canadians are expected to die from cancer.”
- **Source:** [https://www.cancer.ca/Canada-wide/About%20cancer/Cancer%20statistics/Stats%20at%20a%20glance/General%20cancer%20stats.aspx?sc\\_lang=EN](https://www.cancer.ca/Canada-wide/About%20cancer/Cancer%20statistics/Stats%20at%20a%20glance/General%20cancer%20stats.aspx?sc_lang=EN)



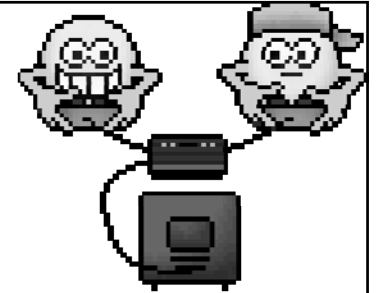
# Data For Cancer Frequency By Country

Source: [http://www.wcrf.org/cancer\\_statistics/cancer\\_frequency.php](http://www.wcrf.org/cancer_statistics/cancer_frequency.php)

The countries in the top ten come from Europe, Oceania and North America.

Rank	Country	Age-Standardised Rate per 100,000 (World)
1	Denmark	326.1
2	Ireland	317.0
3	Australia	314.1
4	New Zealand	309.2
5	Belgium	306.8
6	France (metropolitan)	300.4
7	United States of America	300.2
8	Norway	299.1
9	Canada	296.6
10	Czech Republic	295.0
50	South African Republic	202.0 (LOWEST)



# Obesity & Kids



- 31% of Canadian children ages 5-17 years old are currently overweight or obese.
- Schools average only 60 min. of physical education/week (*CMAJ* 2000)

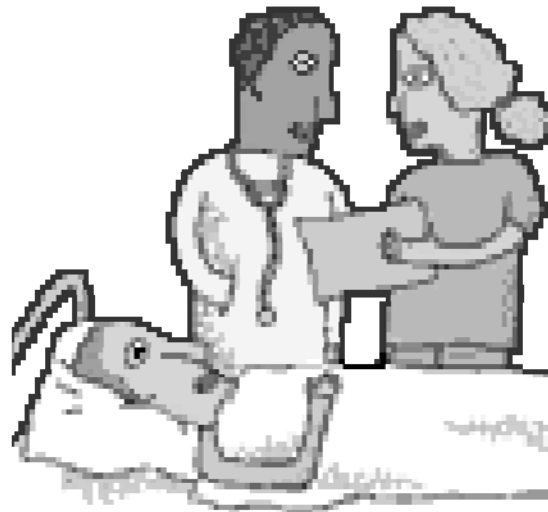


# What Do All OF These Challenges Mean To You & Me?

-  in many diseases
  - Especially amongst the young!
-  Life Expectancy
  - For the 1<sup>st</sup> time in human history this present generation of kids may not live as long as their parents!

# What Do All OF These Challenges Mean To You & Me?

- A healthcare system that will be unable to cope with all the sick!



# There Is Good News However!


- “Many of these deaths can be prevented..” (WHO)
- < 80% of illnesses can be prevented through nutrition, supplementation & lifestyle



# The Quest For Immortality


## -Increasing Longevity-




 The Goal - slow down the aging process while staying healthy

 Longevity without Health is not the goal



 To live to 80 but be bed ridden from the age of 70 isn't truly living

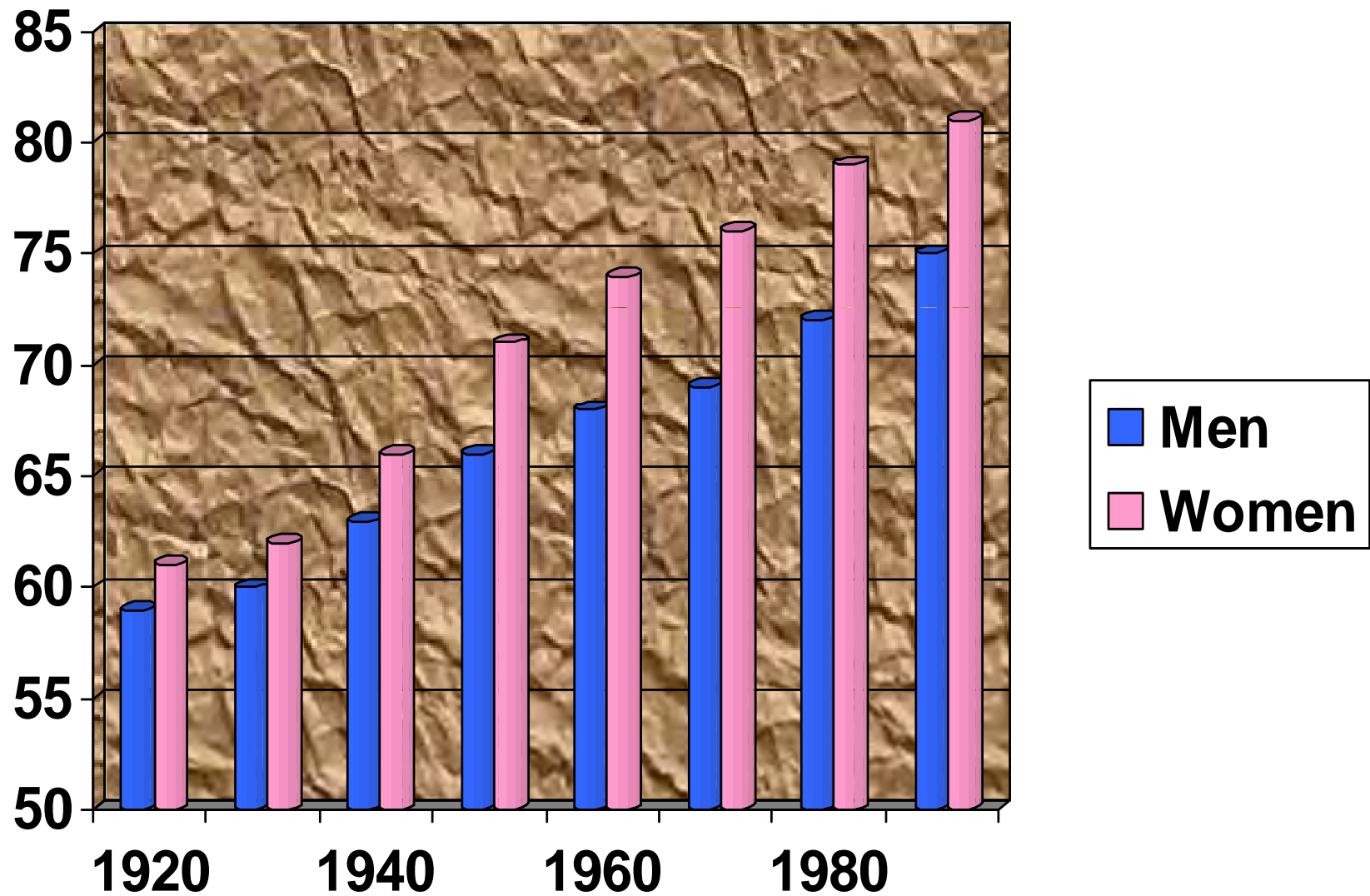
 Living a long life that's disability-free is the ultimate goal !!

# Analyzing L.E. charts for the last 100 Yrs



- We've been told that over the last 100 yrs we've increasingly lived longer
  
- Q. Is this true?
  - A. Not necessarily!

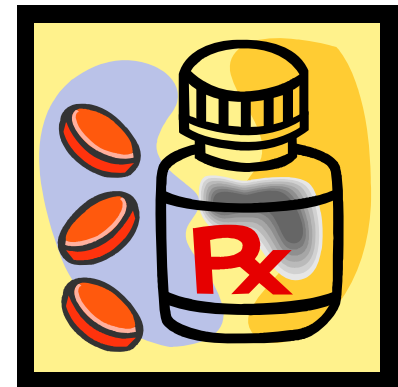
# Life Expectancy (L.E.) Over the Last 100 YRS





# Why Are We Living Longer ?

- Some would have us believe that  $\uparrow$  L.E. are all due to the advances made in modern medicine
- The greatest contributions to  $\uparrow$  longevity in the past came from
  - Improving sanitary conditions (food & water)
  - Reducing child mortality
  - Antibiotics  $\downarrow$  infectious diseases



## Consider “*Healthspan*” Not Only *Lifespan*

- The steady  $\uparrow$  L.E. is due to the  $\uparrow$  survival rate of children
- Remove child mortality from the equation
  - Since 1900 life expectancy has only increased 3.7 yrs!
- The # of yrs that we live disease free & healthy (“healthspan”) has only  $\uparrow$  marginally!



# Living longer $\neq$ Living Better

- A more accurate value than L.E.
  - *Health Adjusted Life Expectancy (HALE)*
- HALE Gives an indication of
  - *Disability-free life expectancy*

# Health Adjusted Life Expectancy (HALE)



<b>Life Expectancy</b>	<b>Health Adjusted Life Expectancy (Canada 2001)</b>	<b>Difference</b>	<b>H.A.L.E. (highest by province)</b>	<b>H.A.L.E. (lowest by province)</b>
------------------------	--	-------------------	---------------------------------------	--------------------------------------

**Males**

76.9

68.3

An  
Amazing  
8.9 yrs

Quebec  
69.0

Nova  
Scotia  
66.5

**Females**

82

70.8

An  
Amazing  
11.3 yrs

Quebec  
72.0

Alberta  
69.7

# Supercentenarians - What Are They Doing Right ?

- World's Oldest Living Person

- Besse Cooper
- Georgia, USA
- Born August 26, 1896
- **Age - 116 years**



- Oldest Living Man

- **Jiroemon Kimura**
- Japan
- Born April 19, 1897
- **Age - 115 years**



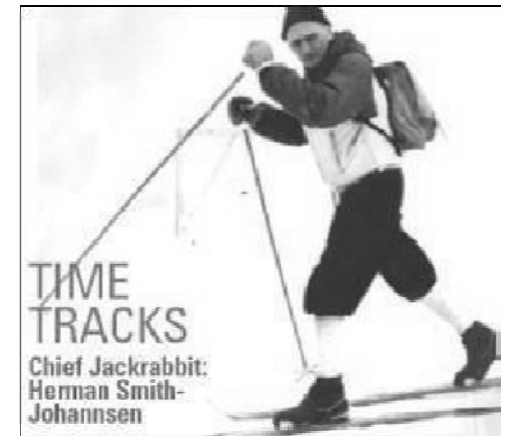
# The Oldest Person Ever!

- **Jeanne Louise Calment**
  - **Born: France**
  - **Age: 122**



# Amazing Canadians

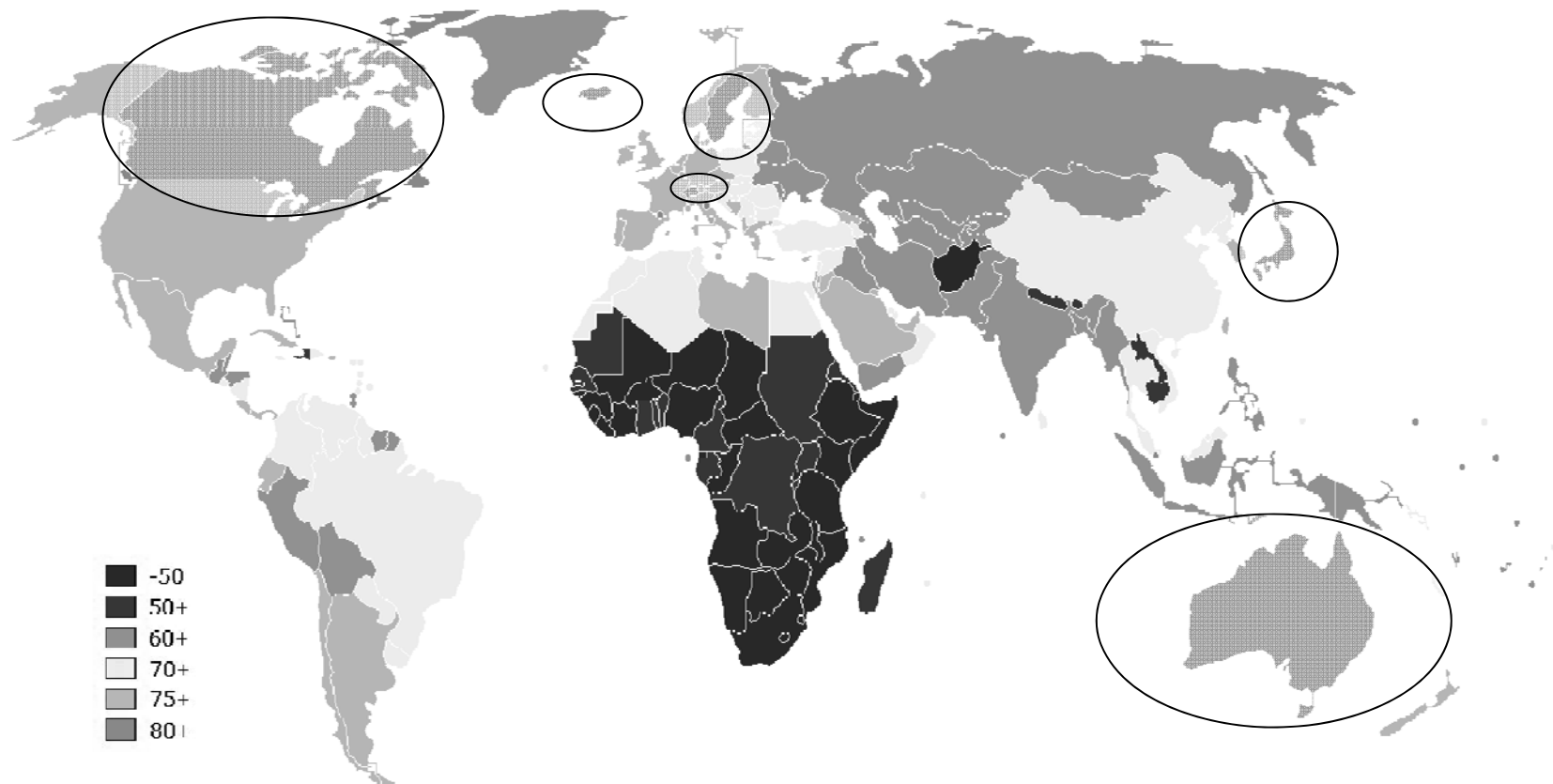
- Oldest Women Ever In Canada
  - Marie-Louise Febronie (Chasse) Meilleur
  - Quebec Canada
  - Aged 117 yrs old
  - She held the title of the oldest person in the world from 1997 - 1998
  
- Herman Smith-Johannsen
  - Norwegian-Canadian
  - One of the 1<sup>st</sup> people to introduce sport of cross-country skiing to N. America
  - Lived to 111!



# Life Expectancy World Map

- Africa

❖ Both HIV & ↑ infant mortality are decimating the continent





**Guess The 6 Countries w/**

**Greatest L.E. ??**

## Ranking of Countries With the Longest L.E.

U.S. Census Bureau, International Database 2010

1) Monaco

2) Macau

3) San Marino

4) Andorra

5) Japan

6) Guernsey

7) Singapore

8) Hong Kong

9) Australia

10) Canada

# **Ranking of Countries With the Longest L.E.**

**CIA World Factbook (2011)**

<https://www.cia.gov/library/publications/the-world-factbook/rankorder/2102rank.html>

1) Monaco 89.6

2) Macau 84.43

3) Japan 83.91

4) Singapore 83.75

5) San Marino 83.07

6) Andorra 82.5

7) Guernsey 82.24

8) Hong Kong 82.12

9) Australia 81.9

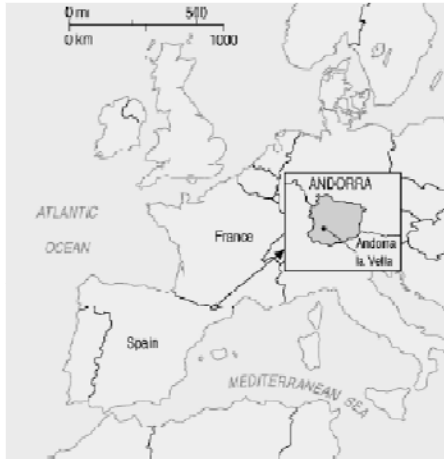
10) Italy 81.86

11) Liechtenstein 81.50

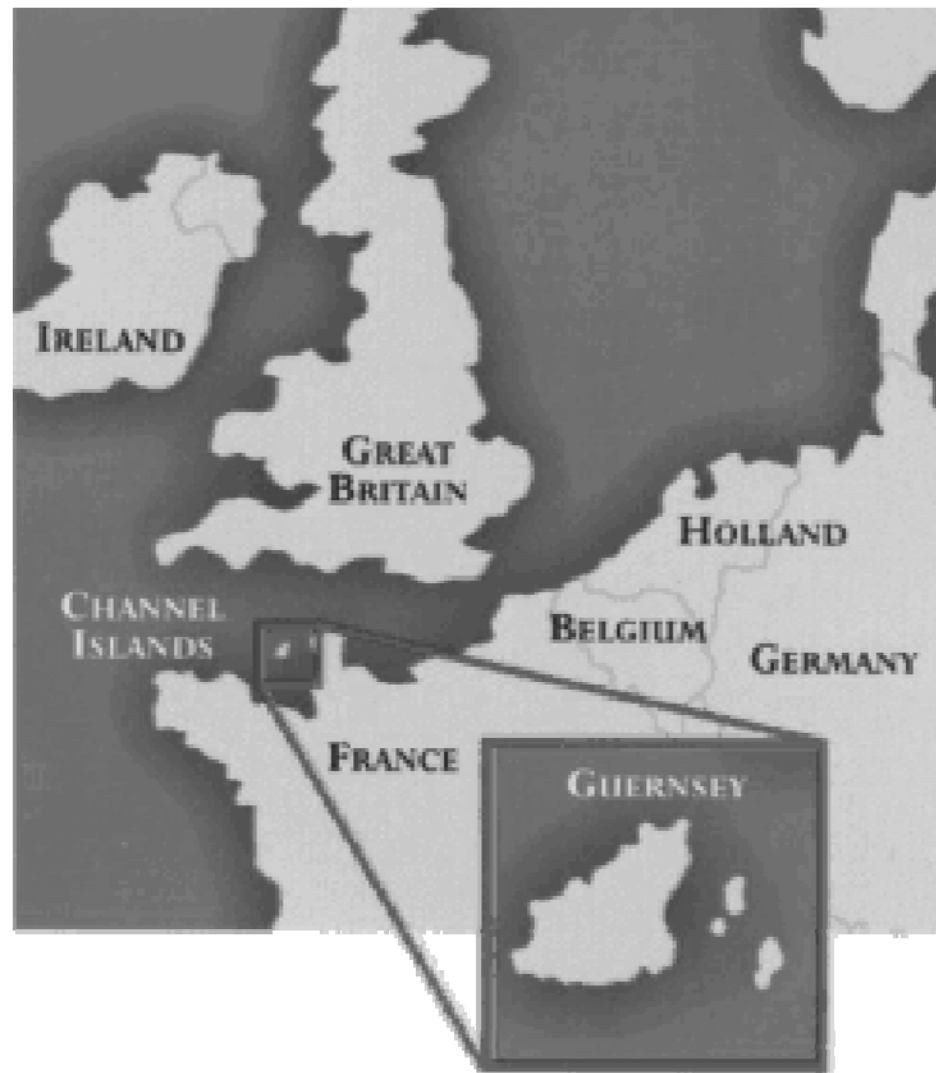
12) Canada 81.48

51) USA 78.49













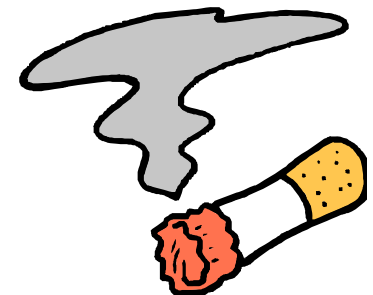
# The Quest For Immortality - Increasing Longevity

1. What makes us age?

a) Genetics



b) Free radicals



c) Glycation (Browning reaction)



# The Quest For Immortality - Increasing Longevity

1. What makes us age?

d) Excessive Calorie Consumption



e) Nutritional deficiencies



f) Stress

# The Quest For Immortality – Increasing Longevity

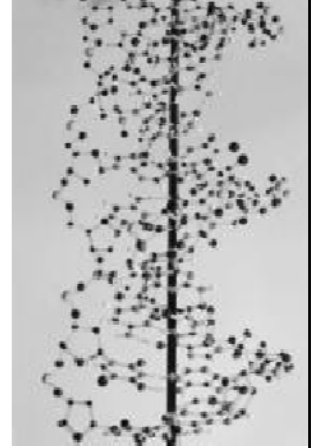
1. What makes us age?
  - g) Inactivity (Not Exercising)



# GENETICS



# Genetics

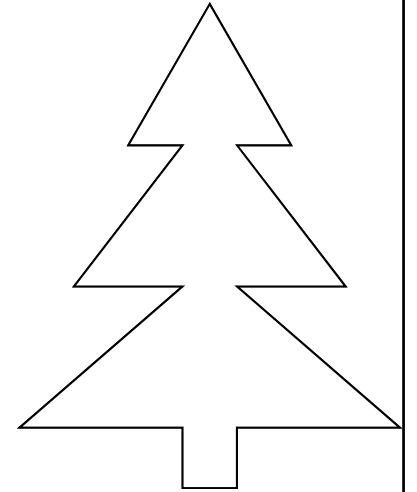


- Some may have you believe that if your genetic code has you destined for a shorter L.E. there's nothing to be done
- Not True !
- Certain factors can effect outcome:
  - Environment
  - Nutrition
  - Stress
- These factors can activate genes that control L.E. & in turn shorten it!
- Lets look @ graying hair as an example
  - extreme fear can actually trigger a gene that can grey your hair

# Genetics



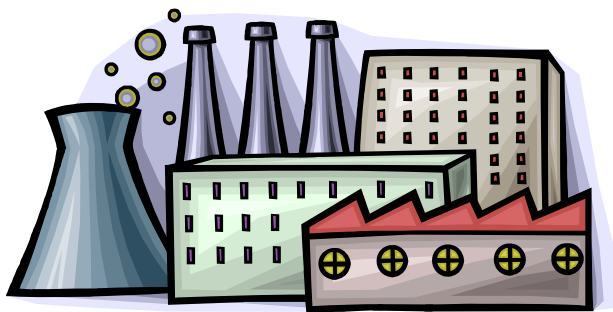
- Create your own Family Tree
- What will you find?
- May offer insight into genetic “weaknesses”



# FREE RADICALS

&

# Chemical Challenges



# What Are Free Radicals?



- Free radicals are atoms that are
  - Unstable & highly reactive
  - Damage our cells by stealing
  - Accumulate with age.



- Environmental factors can also create free radicals:
  - Pollution
  - Radiation
  - Cigarette smoke
  - Pesticides, etc...





# Free Radicals

## Dr. Denham Harman

- The Father of the Free Radical Theory Of Aging
- “Free radical damage is a major contributor to most age-related degenerative conditions”

## Free radicals contribute to:

- Cancer
- Heart disease
- Diabetes
- Alzheimer's
- MS
- Compromise every cell in the body!

# Buyer Beware !

EWG [www.ewg.org](http://www.ewg.org)





foodnews.org

# EWG's 2012 *Clean & Fifteen*

*Shoppers Guide to Pesticides in Produce™*

## Lowest in pesticides

**Asparagus**

**Avocado**

**Cabbage**

**Cantaloupe**

**Corn**

**Eggplant**

**Grapefruit**

**Kiwi**

**Mangoes**

**Mushrooms**

**Onions**

**Pineapples**

**Sweet Peas**

**Sweet Potatoes**

**Watermelon**

# What Chemicals Are In Us?

Table 4. Number of chemicals detected in the *Toxic Nation* study

Chemical Group	Total Number of Chemicals Tested For	Total Number of Chemicals Detected	Average Number of Chemicals Detected in a Volunteer
Heavy metals	19	18	17
PBDEs	5	5	3
PCBs	16	14	10
PFOS	1	1	1
Organochlorine pesticides	13	10	8
Organophosphate insecticide metabolites	6	5	4
VOCs	28	7	1
<b>Total</b>	<b>88</b>	<b>60</b>	<b>44</b>

Source: Environmental Defence

<http://www.environmentaldefence.ca/index.php>



**Excessive Free Radicals (FR) !**

**Exposure To Foreign Chemicals In Our:**

**Food**

**Water**

**Air**

**35, 000** chemicals in commercial use in Canada(1)

**2X as many in the US**

2,000 new chemicals registered each year(1)

**200 - 600** known chemicals contaminate our body(2)



# “7 Foods That Should Never Cross Your Lips”

By Anne Underwood <http://www.prevention.com/7foodsthatshouldnever/list/1.shtml>

## 1. Canned Tomatoes

a) BPA



## 2. Corn-Fed Beef

a) Grain feeding/hormones/antibiotics



## 3. Microwave Popcorn

a) Perfluorooctanoic acid in the bag lining



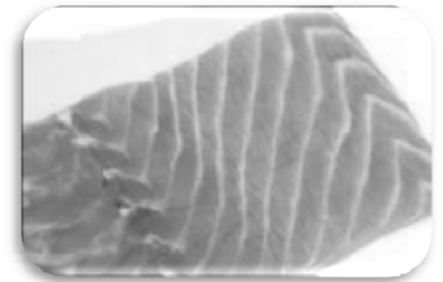
## 4. Nonorganic Potatoes

- a) Herbicides/pesticides/fungicides/sprout inhibitors



## 5. Farmed Salmon

- a) Soy/poultry litter/hydrolyzed chicken feathers/antibiotics



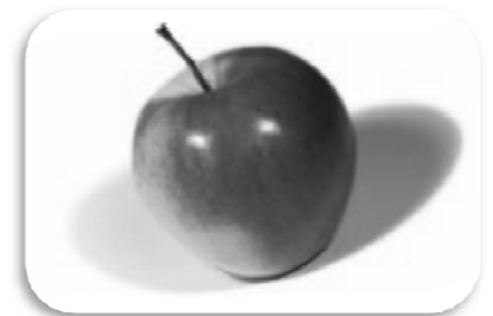
## **6. Milk Produced with Artificial Hormones**

a) rBGH/rBST/antibiotics



## **7. Conventional Apples**

a) Very heavily sprayed with pesticides





# How do we Protect ourselves from Free Radicals (F.R.) ?

- Reduce exposure too & production of F.R.
  - Air (Don't Smoke, Clean Air (HEPA), etc...)
  - Water (City water & hormones/meds., R.O. Water)
  - Food Supply (Organic, Ocean caught fish, etc...)



## Pharmaceuticals & Nutrients

- ❑ Drugs can affect nutritional status by altering nutrient absorption, metabolism, utilization or excretion<sup>1</sup>

## GMO Foods



- ❑ Health concerns
- ❑ Allergies, fertility, gut health, pathogenic probiotics

## Dietary Imbalances & Deficiencies!

- ❑ Fruits, veggies, good fats, fiber, clean protein
- ❑  Processed junk “foods”



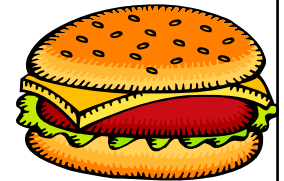
## EMF Radiation

- Cancer, Alzheimer's, Immune function
- <http://www.bioinitiative.org/>
- <http://www.electrosensitivesociety.com/>



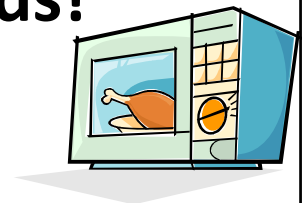
## Overly Acidic Diets !

- Immune impairment, cancer, osteoporosis, exercise performance effects



## Destructive Food Processing /Prepping Methods!

- Microwave** (broccoli & breast milk studies)
- Food irradiation** (myelin, lowers BV of some proteins)
- Pasteurizing**



# Consume antioxidant rich foods & Supplements

- What are some of the powerful antioxidants known to ↑ L.E. ?
  - **Vit C (still 1 of the kings)**
    - “Study found that vitamin C deficiency & depletion were common
  - **Resveratrol**
  - **NAC**
  - **Carotenoids (Beta-carotene in specific)**
  - **Selenium**
  - **Glutathione (& substances that can increase its production)**
  - **CoQ<sub>10</sub>**
  - **OPC**
  - **Quercetin**
  - **Ginkgo (animal studies = 11 human yr increase)**

# Glycation

**-A.K.A. “The Browning Rxn”-**

# The Browning Reaction

- Glycation
  - binding of a protein molecule to a glucose molecule (similar to browning food in the oven!)
  - These sugar damaged proteins are known as advanced glycation end products (“AGE”)
- The formation of AGEs happens in everyone and is a major factor in the aging process itself
- These damaged proteins may lead to premature signs of aging (wrinkles and brown spots)
- Glycated proteins produce 50 X more free radicals than non-glycated proteins

# The Browning Reaction

- How do proteins become glycated?
  - Eating ↑ temperature cooked foods (steak, toast)
  - Baking, roasting and broiling can form AGE
  - Boiling & steaming prevent them (Cooking with water prevents sugars from binding to proteins)
  - Consuming ↑ quantities of sugar causes this glycation process in the body

- A key factor in the formation of food-derived glycotoxins is temperature. Foods high in protein and fat (such as animal products like beef, pork, poultry, fish, seafood, and lamb) as well as foods high in fructose that are cooked, heated, or processed at high temperatures are loaded with glycotoxins. High-temperature cooking methods should be used sparingly—certainly not every day and only a few times a week if possible. Instead, preparing food at temperatures less than 250°F minimizes the formation of dietary glycotoxins. Such methods use liquids and lower cooking temperatures and include poaching, steaming, braising, stewing, and slow cooking (as in a crockpot cooker).



# The Browning Reaction

- **What does glycation do?**

- Destroys normal protein structures & causes irreversible organ damage
- Inflammatory proteins are created that
  - Mutate DNA
  - Degrade brain cells
  - Cause chronic inflammation which can:
    - Cancer
    - Atherosclerosis
    - Diabetes
    - Congestive heart failure
    - Alzheimer's disease
    - kidney impairment

# Supps That Reduce Glycation
































- Vitamin B1 Compounds (Benfotiamine, thiamine, and thiamine pyrophosphate)
  - Vitamin B6 Compounds (Pyridoxal-5-phosphate, pyridoxamine, B6)
  - Vitamin B2 Compounds (Riboflavin, Riboflavin-5-phosphate)
  - Glutathione (glutathione, acetyl-glutathione)
  - N-acetylcysteine
  - alpha-Lipoic acid
  - Taurine
  - Chromium
  - L-Carnitine (also N-acetyl-L-carnitine)
  - Carnosine
  - Plant extracts (curcumin, green tea, etc)
  - Culinary Herbs and Spices
    - The most potent inhibitors included extracts of cloves, ground Jamaican allspice, and cinnamon.
    - Potent herbs tested included sage, marjoram, tarragon, and rosemary
- Source: *J Med Food* 11 (2) 2008, 275–281

# Blood Sugar

- **To determine a healthy blood sugar level**
  - Get a glycated hemoglobin (HbA1c) test
  - This test indicates the average blood glucose concentration over the past 3 months
  - If glucose levels are high, more glycated hemoglobin is formed and remains in the blood
  - Glycated hemoglobin test results were found to be a better predictor of heart attack & risk of dying than cholesterol, blood pressure, or excess body weight (*BMJ 2001*)

# Glycemic Table

• High Glycemic Foods also found to ↑ cancer risk

LOW GLYCEMIC	MODERATE GLYCEMIC	HIGH GLYCEMIC
 WATERMELON	 CORN	 BREAD
 BROCCOLI	 POTATO CHIPS	 CORN FLAKES
 GRAPE	 BANANA	 CROISSANT
 CARROT	 FRENCH FRIES	 COOKIE
 CHERRY	 POTATO	 BAGEL
 PEANUT		 DONUT
 ORANGE		 PASTA
 WALNUT		 SUNDAE
 STRAWBERRY		 PIZZA
 POPCORN		 ICED TEA
 GRAPEFRUIT		 RICE
 ICE CREAM		
 RASPBERRY		
 HAZELNUT SPREAD		
 TOMATO		

# Wonder Bread – “I Wonder If It’s Bread”?



The image shows a screenshot of the Wonder Bread website. At the top, there is a navigation bar with the Wonder Bread logo (a cluster of four circles) and the word "wonder" in a stylized font. Below the logo, the navigation bar contains links for Home, History, Recipes, Nutrition, Wonder Balloon, Faq, and Media. A "Contact Us" button is located below the navigation bar. The main content area features a large heading "Welcome to Wonder Bread" followed by a paragraph of text: "It's no surprise Wonder® is America's favorite bread. So soft, so delicious, so fresh. For over 80 years, Wonder Bread has helped America build strong bodies. It provides essential vitamins and minerals—an important part of your family's healthy diet. So give 'em what they love . . . Wonder!™". To the right of the text is a black and white photograph of a young girl with curly hair, smiling and holding a slice of Wonder Bread. Below the text and photo, there are three product logos: "New Products" with "wonder kids", "White Bread Fans" (with "EGGS WHOLE BREAD" below it), "Whole Grain White", and "New Look" with "wonder CLASSIC".

Home History Recipes Nutrition Wonder Balloon Faq Media

Contact Us

## Welcome to Wonder Bread

It's no surprise Wonder® is America's favorite bread. So soft, so delicious, so fresh. For over 80 years, Wonder Bread has helped America build strong bodies. It provides essential vitamins and minerals—an important part of your family's healthy diet. So give 'em what they love . . . Wonder!™

New Products

wonder kids

wonder White Bread Fans EGGS WHOLE BREAD

wonder Whole Grain White

New Look

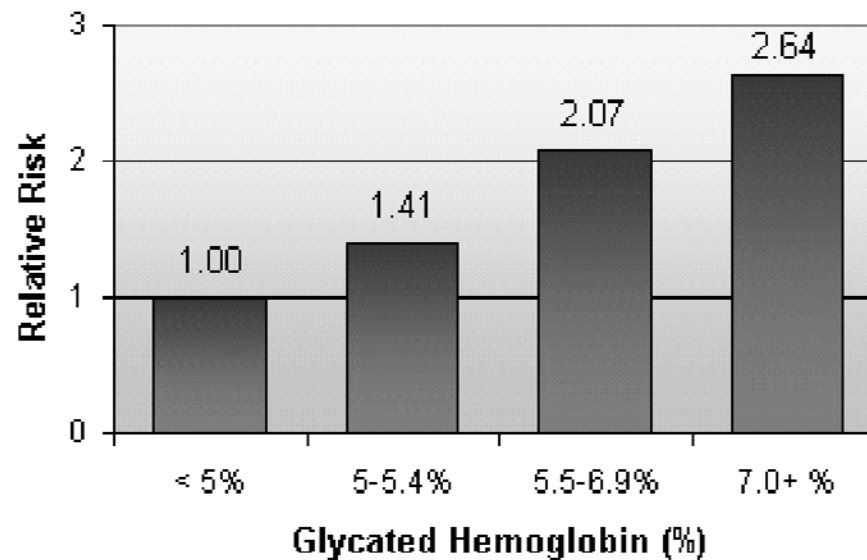
wonder CLASSIC



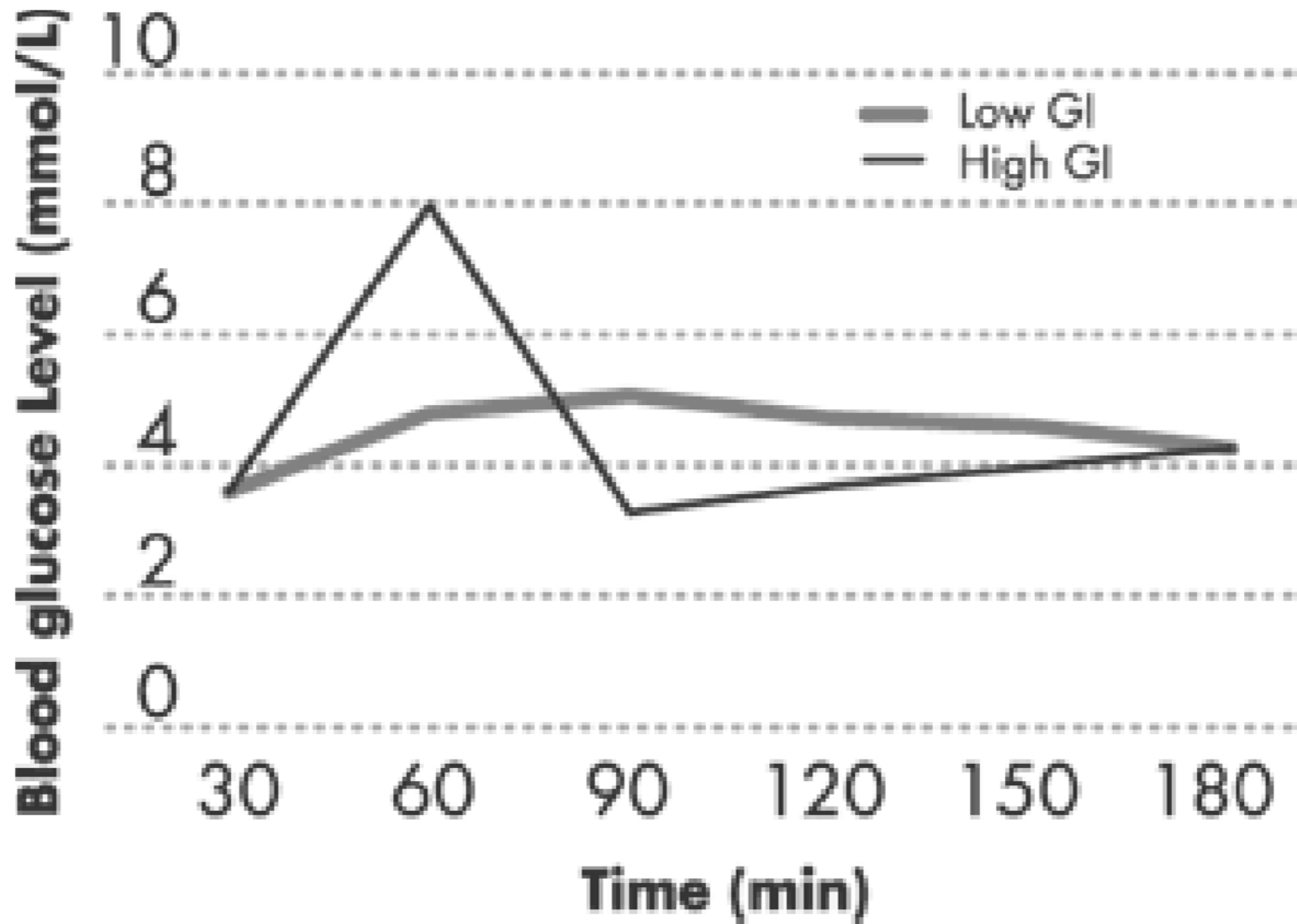
# Blood Sugar and mortality

- ↑ glycated hemoglobin level (5% or higher) ↑ risk of death from any cause
- By 40 - 107 % in non-diabetics
- Nearly 3X the risk of death in diabetics
- The risk for heart disease increases by three to five times as glycated hemoglobin rises.

**Blood Sugar and All Cause Mortality**

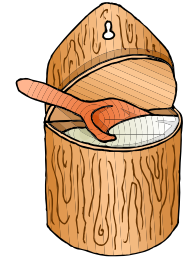


# Glycemic Impact



# We've become a "Carb Crazy" society

- Americans consume 150 - 170lbs of sugar/person/yr
- Average American drinks over 576 12oz servings of soft drinks per year
- The average teenaged boy drinks 868 soft drinks per year
- Can of cola contains 8 - 12 tsps of sugar
- Excessive sugars = Glycated Proteins





# The Browning Reaction

- How can one protect themselves from AGE?
  - Carnosine (1000 mg a day)
  - Alpha Lipoic Acid
  - Chromium
  - Reduce sugar consumption
- These may prevent but won't reverse the process!

# **Calorie Restriction**

**“Pig Out = Live Less”**

***Carnival Buffet Syndrome***

# Calorie Restriction

- **How can it ↑ L.E.**

- Improves DNA repair
- ↓ F.R. damage
- Lowers cholesterol
- Lowers blood sugar and insulin
- Prevents insulin resistance
- Protects against glycation
- Reduces inflammation
- Protects brain
- Supports immune function (DISCUSS FASTING)
- Lowers cancer risk
- Increases stress resistance

# Calorie Restriction

- How restricted?
  - 30% fewer calories than normal
- How much older
  - ↑ L.E. by 40% or more
  - 50 yrs worth of studies supporting this

# **Nutritional Deficiencies**

# Kids lunchboxes full of all the wrong foods

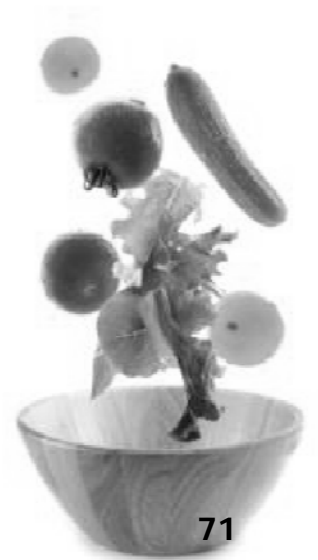
- Most popular food items in children's lunchboxes were:
  - **White bread sandwiches (87%)**
  - **Chips (71 %)**
  - **Cookies (60 %)**
  - **Chocolate bars (60 %)**
  - **Dairy items such as yoghurts (48 %)**
- Fewer than half the packed lunches contained a portion of fruit (Food Standards Agency 2003)



# Adults Diets Aren't Any Better

- **Only 22.7 % of adults consumed fruits & veggies at least five times/day**

(MedStar Research Institute 2002)



# **Present Day Food Supply Lower In**

- Vitamins**
- Minerals**
- Phytonutrients**
- In last century soils have seen a significant drop in minerals**



# Today's Fruits & Vegetables Lower In Nutrients

- ❑ Studies in US, UK & Canada comparing nutrient levels from 1930's to present have shown declining vitamin, mineral & phytochemical levels
- ❑ 2 Peaches in 1951 would have met a women's RDA for Vit A & today she would need to eat 53!

# Canadian Veggies Not What They Used To Be!

- **Calcium - 80% lower**
- **Vitamin A - 75% lower**
- **Vitamin C - 50% lower**
- **Riboflavin - 50% lower**
- **Thiamine – 30% lower**

Picard noted, "the biggest loser was broccoli, a food that epitomizes the dictates of healthy eating. All seven of its measurable nutrients declined, notably calcium, which fell 63 per cent, and iron which dropped 34 per cent. Broccoli is often cited as an excellent source of calcium and iron."



**Declining Nutritional Minerals In Farm & Range Soils Over The Last 100 Yrs**

<b>Continent</b>	<b>% Depleted Minerals over 100 Years</b>
North America	85%
South America	76%
Asia	76%
Africa	74%
Europe	72%
Australia	55%

**Earth Summit at Rio De Janeiro (June 1992)**

## Changes in the Mineral Content of Vegetables, Fruits & Meat (1940 -1991)

Year of Analysis	Mineral	Vegetables (27 Varieties)	Fruit (17 Varieties)	Meat (10 Cuts)
1940	<b>Sodium</b>			
1991	(Na)	Less 49%	Less 29%	Less 30%
1940	<b>Potassium</b>			
1991	(K)	Less 16%	Less 19%	Less 16%
1940	<b>Phosphorous</b>			
1991	(P)	Plus 9%	Plus 2%	Less 28%
1940	<b>Magnesium</b>			
1991	(Mg)	Less 24%	Less 16%	Less 10%
1940	<b>Calcium</b>			
1991	(Ca)	Less 46%	Less 16%	Less 41%
1940	<b>Iron</b>			
1991	(Fe)	Less 27%	Less 24%	Less 54%
1940	<b>Copper</b>			
1991	(Cu)	Less 76%	Less 20%	Less 24%

**Source:** Thomas D. A study on the mineral depletion of the foods available to us as a nation over the period 1940 to 1991. *Nutr Health* 2003; 17(2): 85-115.

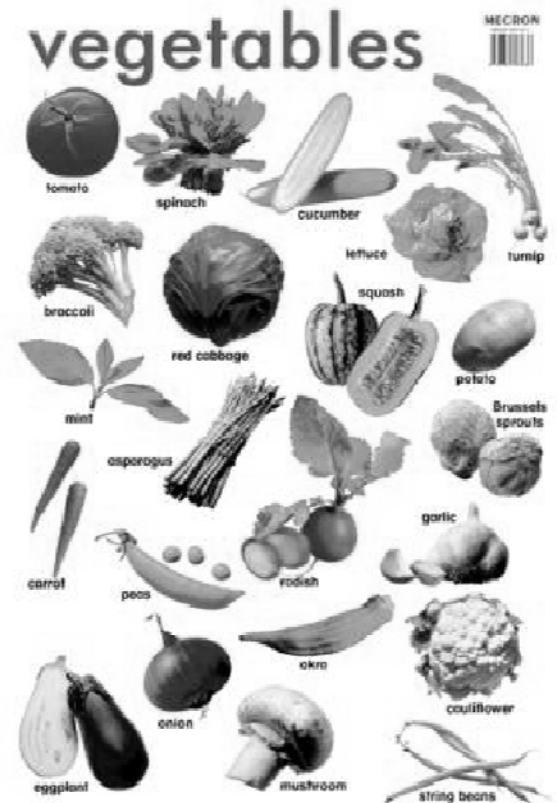
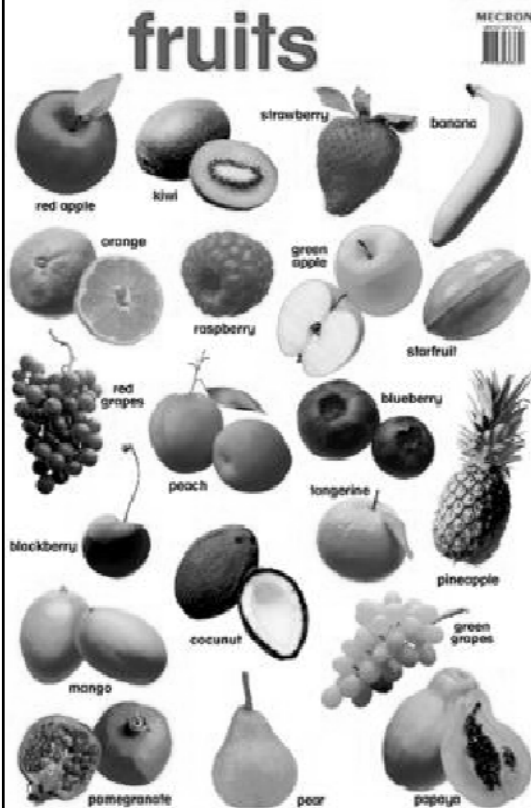
# Why The Drop In Nutrients?

- No crop rotation
- Use of chemical fertilizers
- Use of pesticides
- Monoculture farming
- Imported foods (Buy Local!)



# Eat More Greens & Fruits

Have VegeGreens & PhytoBerry if you're not going to eat the recommended number of fruits and veggies



# Unbalanced Acid/Alkaline Ratio

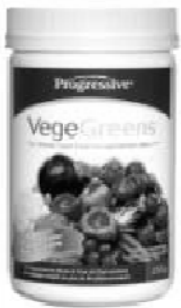
Our Diet Should consist of

70-80% alkaline & 20%-30% acid-forming foods



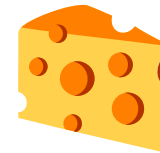
## Alkalizing

- Fruits
- Vegetables
- Spices
- Herbs
- Whole grains
- Meditation
- Relaxation
- PHYTO BERRY
- VEGE GREENS
- WHEY PROTEIN



## Acid Forming

- Sugar
- most Alcohols
- Table Salt
- Many Prescription Drugs
- Most Processed Foods
- Many Sweets
- Stress
- Overtraining
- MEAT



## **Why Do We Need Progressive Vege Greens ?**

- **Being Too Acidic Can Increase Risk Of:**
  - **Cancer**
  - **Osteoporosis (1 ½ million Canadians diagnosed with osteo)**
  - **Arthritis**
  - **Infection**
  - **↓ athletic performance/muscle**
- **Fruits, land vegetables, sea vegetables, & herbs are all extremely alkalizing.**



# Young Adults Not Meeting Their Daily Food Requirements



- 25-30% of infants/toddlers 9-24 old eat no fruit



- 20 - 25% don't eat vegetables



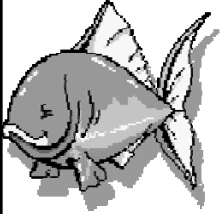
- French fries

– most commonly consumed veggie for infants & toddlers 15 -24 mo. old



- 46% of 7 to 8 month olds consumed some type of dessert, sweet, or sweetened beverage.

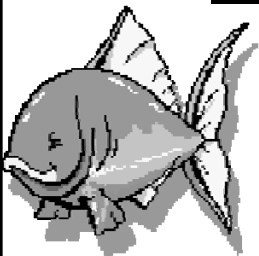




# EFA's - The Basics



- What are EFA's (Essential Fatty Acids)?
  - Essential for human life
  - CAN NOT be made by human body
  - Must come from diet
- 2 Types of EFA's
  - Omega-3 (a.k.a. Alpha-Linolenic Acid)
  - Omega-6 (a.k.a. Linoleic acid)





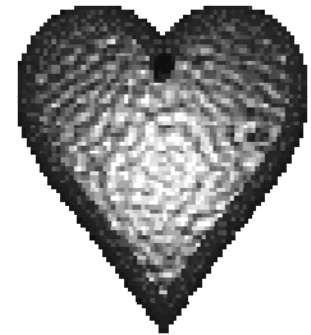
# EFA's - The Basics



- Of the 2 EFA's omega-3's are by far the most deficient in our diet!
- We may only consume 1/10<sup>th</sup> of what we need

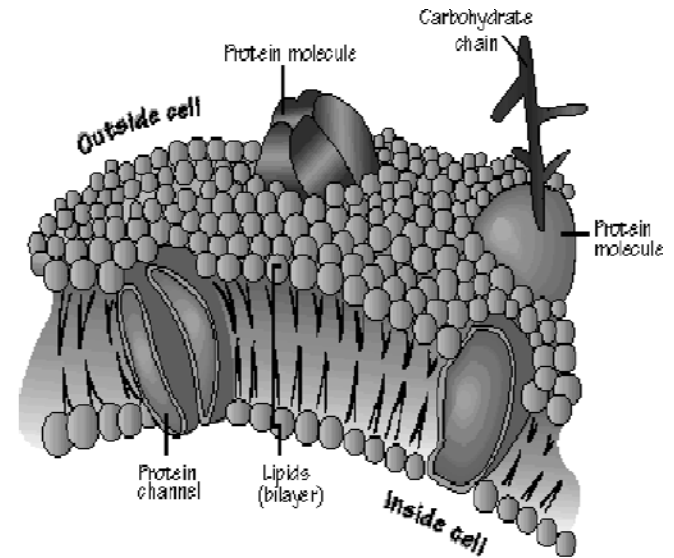
# What Are the Health Benefits of Fish Oil?

- Slows the aging process
- Cardiovascular System
- Nervous System / Depression




# What Are the Health Benefits of Fish Oil?

- Needed for Proper Cell Membrane Function
- Diabetes
- Immune System
- May Prevent Some Cancers & Improve Treatment



# Fish To Consider

- Fish Choices Used For Oil

– Sardines---→ 

– Anchovies-----→



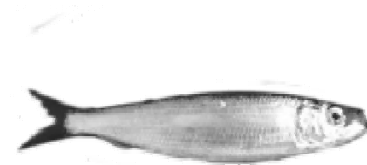
– Mackerel---→ 

– Krill-----→



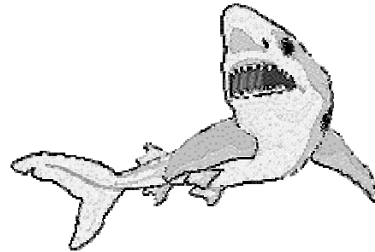
– Arctic Cod--→ 

– Herring-----→



# Fish with the greatest mercury levels

- Shark-----→

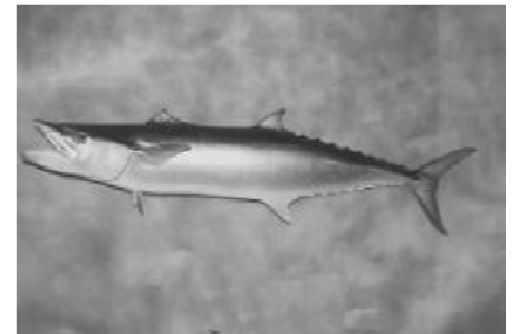


- Tuna (especially Albacore variety)-----→

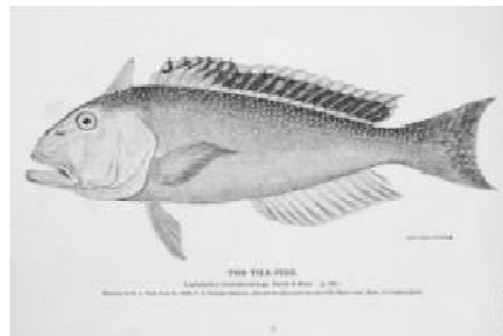


- Swordfish---→

- King Mackerel-----→



- Tilefish-----→



# Choose Fish Low in MERCURY

Mercury in fish can harm your family. Even small amounts of mercury can damage a brain that is starting to form or grow. Pregnant women and children under 6 should only eat fish low in mercury.

Use this chart to quickly identify which fish are low and which fish are high in mercury. For detailed Safe Eating Guidelines you can download a brochure from our website at: [www.state.me.us/dhs/etp/foa.htm](http://www.state.me.us/dhs/etp/foa.htm)

## Fish You Buy

Atlantic Salmon



Shellfish



Flatfish & Flounder



Hake, Haddock, Pollock, Cod



Canned 'Light' Tuna



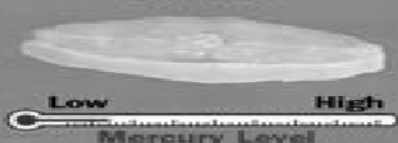
Canned 'White' Tuna



Tuna



Hallbut



Swordfish



Shark



## Fish You Catch

Atlantic Mackerel



Brook Trout



Landlocked Salmon



Striped Bass



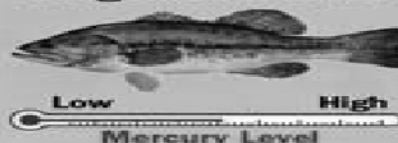
Brown Trout



Lake Trout



Largemouth Bass



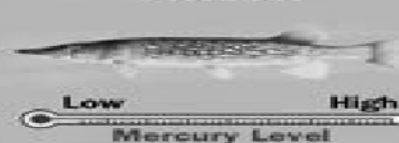
White Perch



Smallmouth Bass



Pickrel



**Fish is good for you -  
Eat fish low in mercury!**

Take this brochure for our Safe Eating Guidelines.



Bureau of Health  
Environmental Toxicology Program



# Stress

-Find Things That relieve Stress & Bring You Comfort-



**BAD**



**GOOD**

# Stress – Keeping Cortisol In Check

- When under stress your adrenals produce  $\uparrow$  cortisol

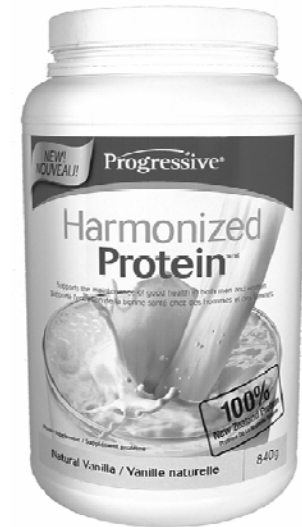
- Cortisol can
  - $\uparrow$  Heart Disease
  - $\uparrow$  Diabetes
  - $\uparrow$  Obesity
  - $\downarrow$  Immune Function
  - $\downarrow$  Brain Function



- All of these can significantly impact L.E. !
- You should have a high ratio of DHEA to Cortisol

# Stress Lowering Substances

- Glutamine  
(Brands: Precision)
- Whey  
(Brands: Precision / Progressive)
  - found to increase LE in animal study
- Relora
- Phosphatidylserine
- Rhodiola
- Fish Oils  
(Brand: Progressive)



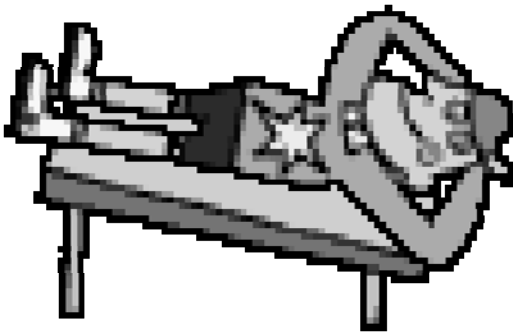
# Creatine & Ageing ?



- Brain Function
  - Protects brain from neurotoxins (brain toxins)
  - Being researched for potential protective effects against Alzheimer's
  - Improves short term memory
  - Improves blood and oxygen flow to the brain
- Supports Heart health
- Reduces muscle loss with age
- Can improve the quality of life of seniors

# Exercise

**-Use It Or Lose It-**



# Exercise, L.E. & Brain Power

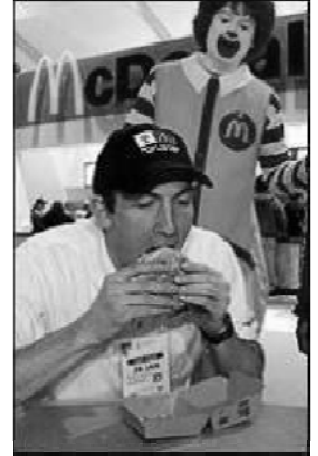
- Those who regularly worked out lost significantly less brain tissue as they aged
- Oklahoma State University found that sweating is beneficial for mental health
- Research shows that working out for just 1/2 hour a day can increase your chances of reaching age 90 by up to 31%

# So What's The Final Say ?

- Eat Healthy Balanced Foods
- Good Proteins
  - Smaller species of fish, lean meats, nuts, etc
  - If you're not getting enough than use whey & soy shakes (Interactive & Precision Nutrition make quality ones)
- Good Carbs
  - Low glycemic fruits, veggies that have a rainbow of colours
  - Fruits & veggies have some of the most powerful life extending benefits!
  - If you're falling short of your fruit and veggie goal have a green drink like Progressive Vege Greens
- Good Fats
  - Olive oil, fish oil, flax oil, nut oils
  - Eliminate Bad Fats (reduce animal fats, eliminate trans fats like margarines)
- Have 30 grams of dietary fiber / day

# So What's The Final Say ?

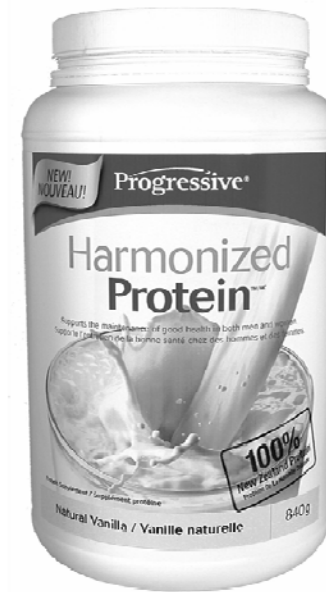
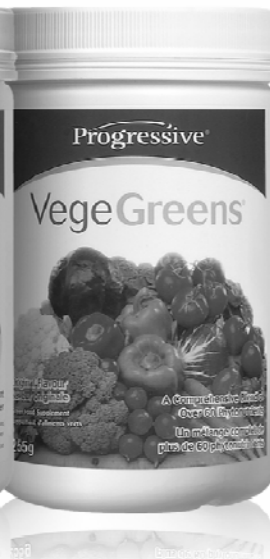
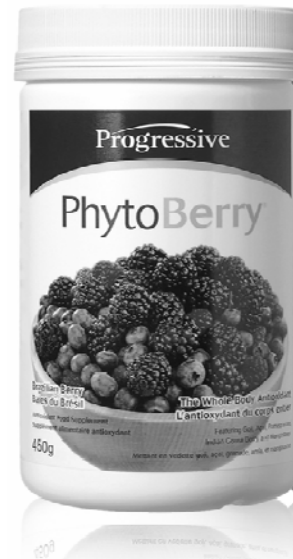
- Reduce your consumption of foods that are
  - Over processed
  - Fast foods
  - Microwaved
  - Allergenic (wheat, corn, dairy, etc.)
  - Loaded with artificial colours, flavours, & preservatives





# So What's The Final Say ?

- Supplement with
  - Multi's (Progressive Multivitamins)
  - Fish oil (Progressive Ultimate Fish Oil)
  - Green Food Powders (Progressive Vege Greens)
  - Antioxidant formulas (Progressive PhytoBerry & Vitamin C Complex)



# So What's The Final Say ?

- Reduce exposure to harmful environmental compounds
  - Filtered water & home air
  - Reduce the use of harmful household chemicals
  - Organic foods when possible
- Exercise
  - A minimum of 30 - 40 minutes a day
  - Do both cardio and some weight training
- Have A Positive Healthy Attitude

Do All Of These Things & You Will...

**Live Longer  
&  
Live Healthier!**

Created By:

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