

MODULE 1 – SELF EVALUATION QUESTIONNAIRE

Why We Age – and How to Slow it Down Dramatically

Good health practices such as not smoking, maintaining a normal weight, staying fit, drinking alcohol in moderation, getting a good 7-8 hours of restful sleep and managing our stress are pretty well known healthy habits.

What most people don't know how to do is to keep themselves free of chronic diseases which are 90-95% due to three "things" which we'll discuss in our first Module:

- 1- Oxidative stress
- 2- Inflammation
- 3- Glycation

If you think about it, chronic diseases are what are responsible for much of the acceleration of aging. We will cover more about "theory" in the Webinar.

We can measure the age of a person by looking at the length of their "telomeres" which is a fancy way to say the tips of their "genes."

As we age, telomeres shorten due to an increase in the enzyme telomerase. However just lowering telomerase levels and hence slowing telomere shortening without fixing the root causes will not prevent diseases and will probably not slow aging.

Furthermore, this might very well increase the risk of cancer... This is why we do NOT recommend telomerase products at this time. However we are always "up" on the latest research and will change this recommendation if the scientific evidence changes.

Mitochondria (the cells of respiration) produce less ATP (energy) and die off as we age. We will address this issue when we discuss "Energy" in the next Module.

INFLAMMATION is becoming more and more well-known and increasingly recognized as a significant cause of diseases and aging.

We're talking about "chronic inflammation," not the inflammation associated with an acute injury.

Chronic inflammation is caused by eating "wrong:" processed foods, fast food, starchy foods, high calorie meals and possibly gluten containing products (wheat).

I am eating one or two of the foods mentioned above more than once per week:

Yes No

I am eating three or more of the foods mentioned above more than once per week:

Yes No

Being overweight or obese is "intrinsicly" inflammatory.

I am at my ideal weight: I am over my ideal weight

Having abdominal fat in more proportion to overall body fat is more "inflammatory."

I do do not have a higher proportion of abdominal fat to overall body fat.

(Note that after the age of 30 several anti-inflammatory hormones begin to wane as well.)

Based on my answers above I believe I have LOW MODERATE HIGH levels of inflammation.

OXIDATIVE STRESS is why you see so many commercial touting the term "antioxidants."

It is due to "free radicals" (unstable molecules which steal electrons from the bases in your DNA which in turn are repaired with antioxidants as co-factors)

Those free radicals" are caused by environmental pollution, processed foods, water processing, ionizing radiation from sun and air travel, physical and mental stress and being overweight or obese.

It is also of course due to eating insufficient organic, non-GMO colorful fruits and vegetables.

Adequate consumption of high quality fruits and "veggies" is becoming harder and harder to accomplish due to busy schedules, lack of nutritional value of foods due to soil depletion and processing and more.

Please assess your degree(s) of the following: (If you are a smoker you have high Oxidative Stress by definition):

Fruits/vegetables:

0-5 servings/day: **LOW**

6-9 servings/day: *MODERATE*

12+ servings per day: (HIGH)

Sun/pollution/air travel/second-hand smoke: **LOW** *MEDIUM* **HIGH**

Physical/mental stress: **LOW** *MEDIUM* **HIGH**

Weight: **NORMAL** *OVERWEIGHT* **OBESE**

If you eat a **LOW** quantity of Fruits/Veggies, you likely have high Oxidative Stress:

This describes me:

If you eat a **MODERATE** quantity of Fruits/Veggies with 2 or more other **HIGH** parameters, you likely have high Oxidative Stress.

This describes me:

If you eat a **MODERATE** quantity of Fruits/Veggies with no other risk factors, you likely have Moderate Oxidative Stress.

This describes me:

If you have high risk factors with **ADEQUATE** intake of Fruits/Veggies, you likely have Moderate Oxidative Stress.

This describes me:

If you eat a **HIGH** amount of Fruits/Veggies with less than 2 other MODERATE parameters you likely are one of those rare Americans with low Oxidative Stress.

This describes me:

GLYCATION: Now here's a term that most DOCTORS haven't even heard!

This is a fancy way of saying what happens to cells (they get stiffer and age faster) when they no longer process glucose "correctly." This is known as "insulin resistance."

The level of "fasting blood sugar" at which point glycation starts and also when Diabetes begins has been adjusted downward each decade by the medical community.

We now have scientific proof that glycation occurs above fasting blood sugar levels of 90 mg/dL. There is even suggestion that it may begin as low as 83! As an aside, glycation speeds up oxidative damage to cells (see above topic).

You cannot "feel" glycation and a high blood sugar will only cause symptoms at ranges over 100, sometimes not until 120-130 mg/dL. The only way you can know whether or not you have this issue is by getting a copy of your last routine bloodwork from your doctor and looking at the number or by using a self-testing glucose kit, bought at a pharmacy.

Some "up to date" doctors will obtain an additional test called a Hgb-A1C when a glucose is a bit high. In this test, a result over 6% is deemed "too high", but it is probably too high when it is over 5.6%, even possibly over 5.3%.

If you are overweight or obese, you most likely have an issue with glycation.

I am overweight or obese at this time: Yes No

I have a fasting blood sugar near or over 90 mg/dL: Yes No Don't know

I have a fasting blood sugar over 83 mg/dL: Yes No Don't know

I have a Hgb-A-1-C over 6%: Yes No Don't know

I have a Hgb- A-1-C over 5.6%: Yes No Don't know

I have a Hgb- A-1-C over 5.3%: Yes No Don't know

Based on my responses above, I believe I have an issue with glycation:

Yes No Don't know NOTE: if you do NOT know, please have a fasting blood sugar done by your doctor or via a self-testing Pharmacy kit (some Pharmacies even actually DO testing, so ask!

Have this done prior to viewing the Webinar to get the most out of it and find the best Solutions for YOU!

HORMONES

An important part of Anti-aging medicine involves the replacement of hormones.

When metabolic defects are corrected and deficient hormones are replaced, we see the rate of telomere shortening dramatically slow down.

We will cover this topic in full in the Module dedicated to hormones. Meanwhile if you feel that you are approaching or going through menopause (females) or (andropause) please feel free to contact us, or one of our preferred providers listed on this website, for hormonal evaluation and potential replacement.

Note that this takes special training and without it, an Ob-Gyn, Urologist, Internist, or Family Practitioner is usually not qualified to make correct assessments and/or properly administer hormone replacement therapy.