

# Anti-Aging

In our high achievement conditioned society, more and more people want to “do something for their health and appearance” in their second half of life span to stay competitive in the labor market. They want to look and feel younger and keep on doing tasks that they used to easily do without any physical limitations.

Every day more men and women are undergoing cosmetic surgeries to fix their wrinkles and take the fat off, thus spending large amounts of money but only achieving temporary solutions. All these treatments fully ignore the internal natural revitalization on the cellular level. So the big question comes up: What is the best natural anti aging or rejuvenating protocol? Obviously the ideal treatment won't promise immortality, or cure of all diseases, but surely does combat aging, extend our life expectancy and markedly improve its quality without having to feel the limitations of chronic degenerative diseases like atherosclerosis, arthritis, Alzheimer's.

With continuing advances in medicine over the next 30 years, today's 76 million baby boomers can look forward to celebrating their 100th birthday in astoundingly good health. This has been the conclusion of the extensive investigative work of the “American Academy for Anti Aging Medicine” (A4M), an entity that has more than 7000 members consisting of physicians and scientists, fully dedicated to this theme.

## How do we age?

The following are several theories that explain the aging process:

- Increase in free radicals
- Hormonal imbalance
- Decrease in the size of the thymus gland
- Accumulation of toxic heavy metals
- Decrease in cellular division



## How can we measure aging mechanisms?

- Blood tests: allow measure of exact levels of intracellular antioxidants, hormones, natural killer cells, etc.
- Biological biomarkers: involve a battery of basic functions such as hearing, vision, touch, reactions, motor functions, cognitive functions, lung function, learning, memory and so on. The results will help determine the biological age and compare it to the chronological age.
- Challenge tests: usually help determine body loads of toxins, pesticides and toxic heavy metals like mercury, lead, aluminum, etc.

## What are the available anti aging protocols?

- 1) Hormone replacement therapy:

Hormones are vital for repairing and regulating our bodily functions. As we age, though, the body produces lower levels of hormones, which can result in disastrous effects, including the decline of self repair and self regulation. Anti aging replacement therapy includes different hormones like:

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|-----------------|----------------|--------------|
| Estrogen        | Progesterone   | Testosterone |
| DHEA            | Growth hormone | Melatonin    |
| Thyroid hormone |                |              |

2) Chelation therapy:

Is the baseline therapy to clean the blood vessels all over our bodies, hence:

Improves cerebral blood flow, restores memory, reverses macular degeneration, and prevents diabetic gangrene.

Reverses atherosclerosis by removing the calcified plaques and rendering the coronary arteries more elastic, thus preventing heart attacks.

Removes extra deposited calcium from joints thus preventing arthritis.

Extracts toxic heavy metals important for free radical formation, thus preventing neurological diseases like Parkinson's, Alzheimer's, Multiple Sclerosis, etc.

3) Regeneration therapy:

Is an ideal treatment that complements chelation therapy. It provides homeopathic natural non-toxic repair substances that will substitute the aging cells in different vital organs of the body thus helping them regain full functional capacity.

A typical preventative protocol, addresses the organs that start to show some failing signs after the age of forty. These usually include:

Nervous system and vision  
Immune and Endocrine system

Articulation system and joints  
Skin and muscular system.

Within 6 weeks of this treatment, you can increase your energy level, optimize all your body functions, increase your working capacity, look younger and improve your skin texture, and most importantly keep your immune system fully charged to prevent cancer and other degenerative diseases.

4) Vitamins, minerals, antioxidants, herbs, and immune modulators:

Supplementing our body with these substances will improve the functionality level of all our cells, address any oxidative stress, and maintain a vigilant strong immune system. Some of the most important ones are:

Vitamin C, A, E and B complex  
Calcium, magnesium, chromium, selenium, etc.  
Alpha lipoic acid  
Glutathione, Ginko  
Coenzyme Q10  
Echinacea, Garlic, Ginseng, Green tea, Saw palmetto  
Colostrum, transfer factor, AG Immune



So a synergetic combination of the above described protocols, personally tailored to each individual's needs, together with a life style change that includes exercise, caloric reduction, and smoking cessation will prove to be the ideal anti aging approach.