

# Healthy Aging

putting the right pieces together

by Margy Squires

**Good news. Bad news.** It's all a matter of perspective. In fact, there's a phenomenon known as *selective attention*, which simply means we see what we want to see and ignore the rest. For example, when a choice is put before us, we tend to choose the familiar or what we've previously found satisfying – no matter how many new choices there may be.

As we age, our focus tends to shift only slightly and typically in response to what our bodies tell us to pay attention to. Our muscles may ache with exercise. We're picky eaters and sleep less quietly. As humans, many of us resist change but change is the very thing we need to do to accommodate our "new" bodies and shift our selective attention to what may be better for us now.

**Bad News?** Knowing *what* body changes to expect is your first piece of the aging puzzle, especially if you've already lost a few! We just do not have the restorative power of youth to rebuild and refortify the daily wear and tear. Muscles may waste, meaning a loss of strength, agility and balance. Joint cushioning gets thinner. Cell turnover starts slowing down. The ability to produce the enzymes that catalyze digestion, reduce inflammation and defend your immunity decreases. Even your eyes can lose their focus agility, needing help from "reading" glasses. A lot of these changes occur in your 40s. Wow, does that sound like you're falling apart? If so, time to pick up the pieces and take action.

**Good News!** While you cannot stop time, researchers have found you can slow down its effect. The age related macular degeneration study gave evidence to this. The positive impact of antioxidants and omega-3 oils on this otherwise incurable and central vision blindness spares sight longer. CoQ10 slows the tremors and advance of Parkinson's. A simple multi-vitamin mineral can reduce your risk of developing heart disease and diabetes by as much as 45%. If your family medical history looks scary, know that you can modify that genetic piece of your health too.

 New science tells us the role of inflammatory damage in the disease process for your heart, eyes, cells, joints and connective tissues. Reducing markers of inflammation such as homocysteine and C-reactive protein in arthritis and heart disease for example speed healing. Drugs like Celebrex® and Aleve® inhibit the inflammatory COX-2 enzymes in arthritis but offer their own risks. There are safer alternatives to reduce inflammation, such as with omega-3 oils and systemic enzymes that target COX-2. Instead of

reaching for a quick fix with statins for cholesterol — which block the number one antioxidant and energy nutrient CoQ10 for the heart – opt for extracts like red yeast rice paired with a sensible diet/exercise plan.

 **Telomeres.** The tiny age markers on cells. When you're young, telomeres are longer so your body can grow into maturity. As long as you have telomere length, cells can replicate and repair, too. As we age, telomeres shorten and cells die. A natural process most of the time. Antioxidants are what help preserve cells from oxidative stress and yes, inflammation. Your bodies produce oxidation or free radicals just breathing so making sure you have an ample supply of these "age-fixers" is a good move. Antioxidants sacrifice themselves to protect you against damage and then amazingly most recycle. They also work together as a family to offer broader protection; for example, alpha lipoic acid helps recycle vitamins C and E. Resveratrol, a bioflavonoid antioxidant from grapes, seems to target telomeres specifically.

Organs age, too. The five vital organs human need for survival are the brain, heart, lungs, liver and kidneys. Since the brain is the command center for the rest of the body via the nervous system, it has special protective mechanisms (the blood brain barrier) which help keep it nourished without exposing it to unwanted toxins. Obviously, the heart is the pump for the bloodstream that sends oxygen and nutrients to itself and other part of the body. The lungs, kidneys and liver could be considered "filtering" organs as they help purify substances (environmental, foods and so on), neutralizing the "bad" and using the "beneficial" stuff. A good diet gets what your body needs in. Exercise and daily

*Continued*

## Healthy Aging *continued*

movement are pieces that help with proper circulation of oxygen, blood and flushing lymph tissues, plus keeps your muscles and joints “lubricating” and flexible.

Finally, a word on sugar. Uncontrolled sugar is one of the biggest health threats Americans face, putting you at a four-fold risk for heart disease. Inflammatory damage resulting from diabetes affects eyes, kidneys, nerves, heart, and blood vessels. As you can imagine, not a way to age healthy! Besides diet, alpha lipoic acid is an antioxidant that helps glucose metabolism. That’s why we’ve added it to our Multi-Gold™ complex, along with CoQ10. Research shows it’s the daily, *consistent* use of a multi-vitamin mineral a must for lowering your risk of age-related diseases.



In the second installment, you’ll learn more pieces: helpful tests that will show you where you are health-wise, what you need to focus your selective attention on and which nutrients target which body part to be your best health advocate. In the meantime, check out the *Get with the Program™ Aging Healthy* suggestions to make sure you’re covering the basic pieces for getting the “good stuff” in for optimal (anti-aging) wellness.

©TyH Publications (M. Squires)

*For informational purposes only and not intended to diagnose, cure, treat or prevent any medical condition.*

### Get with the Program™ **Aging Healthy** Basic 5 Daily Supplements\*

**Multi-Gold™**  
Advanced Vitamin-Mineral Complex



**Omega-3  
Fish or Flax Oil**  
1000 mg Minimum

**CoQ10**  
60-100 mg



**Fibro-Care™**  
300-450 mg



**Vitamin D3**  
2000 IU Minimum

\*Add other supplements based on your health goals.

*You can read about nutrients mentioned, telomeres and more in the TyH Online Health Library!*

## Health POINTS

Published in *Health Points*. This article is protected by copyright and may not be reproduced without written permission. For information on a subscription, please call TyH Publications, 1-800-801-1406 or write TyH Publications, 12005 N. Saguaro Blvd., Ste. 102, Fountain Hills, AZ 85268. E-mail editor@e-tyh.com. For information on TyH products, visit our website at [www.e-tyh.com](http://www.e-tyh.com)