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# Longevity Workshop **Your Health is Your Wealth**

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# What's your health concerns?

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→ How to become the  
CEO of your Health?

2

How to avoid common  
lifestyle illnesses?

3

Which diets work to lose  
weight permanently?

4

Which supplements  
should we take?

5

Which are the most  
beneficial foods for health?

# Take control of your health

- Form a partnership with your doctor – don't hand over control
- Read widely about your medical issues
- Ask for justification for diagnoses
- Ask about tests, treatments and alternatives
- Ask about non-allopathic approaches
- The annual health check may not be enough



# Screen for common lifestyle conditions

- **Menopause/Andropause:** E2, Progesterone, Testosterone, LH, FSH
- **Diabetes type 2:** Blood sugar, HBA1C, **Insulin**, (Adiponectin)
- **Dyslipidaemia:** Total cholesterol, LDL, HDL, triglycerides, **Lipoprotein A**, (Particle size, VLDL, LDL subtypes)
- **Cardiovascular risk:** (BP, **Homocysteine**, **usCRP**, **Thyroid antibodies**, (oxidized LDL)
- **Cancers:** Mammogram, PSA, FBC, **faecal occult blood**,
- **Gut, autoimmune disorders:** **LFT**, **Thyroid antibodies**, **CRP**
- **Hypothyroidism:** TSH, T4, **T3**, **reverse T3**
- **Genetic predispositions:** **DNA tests for SNPs**





# Successful weight loss programmes

- Focus on keeping the weight off
- Must test and treat underlying conditions
- Emphasizes lifestyle change (stress management and exercise)
- Incorporates busy demanding work schedules
- Wholesome foods rather than supplements
- Weekly monitoring of body composition
- Alert parameters in place
- No “one size fits all”



# Lifestyle, exercise, stress, management

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**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**

# Most useful supplements as we age

- **Bioidentical hormones**
- **Omega 3**
- **Alpha lipoic acid, chromium**
- **Plant sterols and antioxidants**
- **Multivitamins: Vitamin Bs, D, C, E**
- **CoQ10**
- **Carnitine and carnosine**
- **Magnesium glycinate**



# Bioidentical hormone replacement therapy

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- Menopause and andropause 35-55 years
- For relief of symptoms, bone health, cardiovascular protection, prevention of memory loss, growth and repair and many more (estrogen has over 400 functions in the body)
- Use only bioidentical hormones for female and males
- Estrogen E3 + E2 transdermal
- Progesterone oral / transdermal
- Testosterone transdermal

*Smith, P., What You Must Know About Women's Hormones. Garden City Park, NY: Square One Publishing, 2010.*

*Smith, P., What You Must Know About Memory Loss and How You Can Stop It. Garden City Park, NY: Square One Publishing, 2014.*



# Omega 3

- **Protects against heart disease**
- **Reduces cholesterol**
- **Regulates inflammation**
- **Beneficial in PMS, ADHD, obesity, macular degeneration, strokes, osteoporosis, organ transplants**
- **Anti-aging: Decreases the rate of telomere shortening**

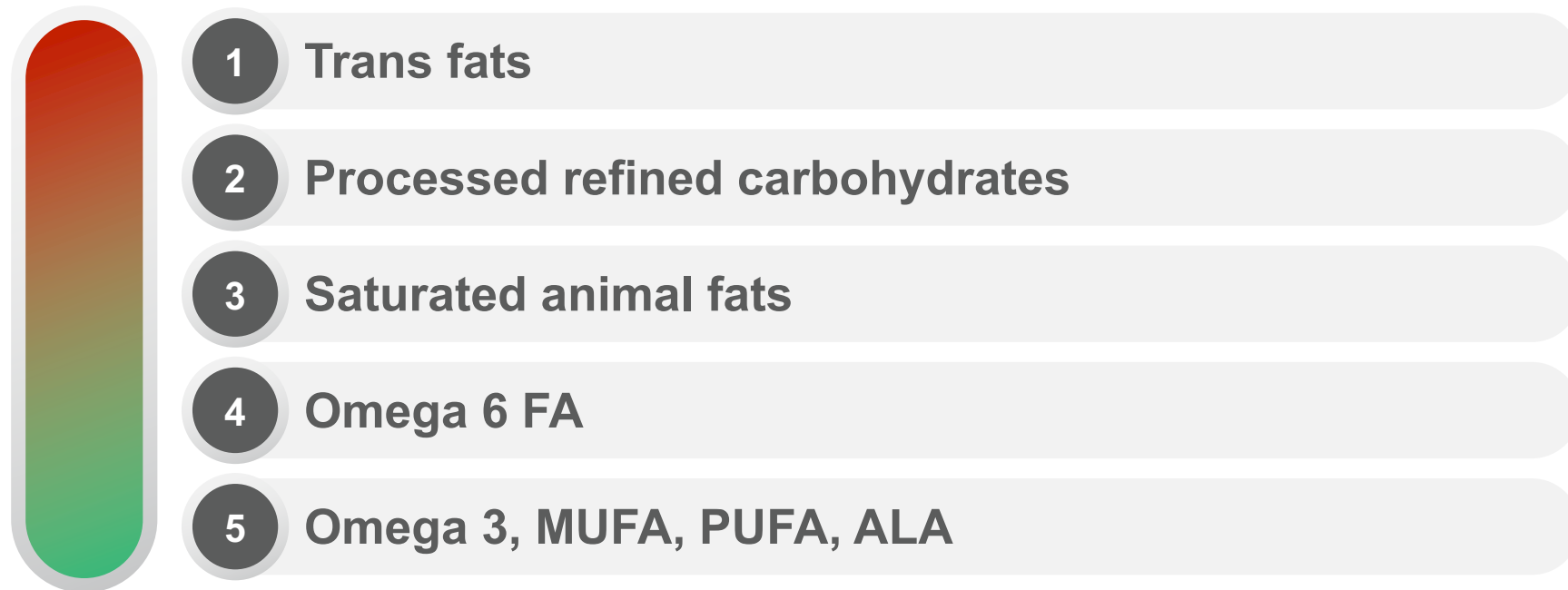
*Mechanisms of Aging and Disease & Lifespan Research. The Top 10 Life Extension Nutrients and Drugs Terry Grossman, 2014.*

*Park KS, Lim JW, Kim H. Inhibitory mechanism of omega-3 fatty acids in pancreatic inflammation and apoptosis. Ann N Y Acad Sci. 2009 Aug; 1171:421-7.*

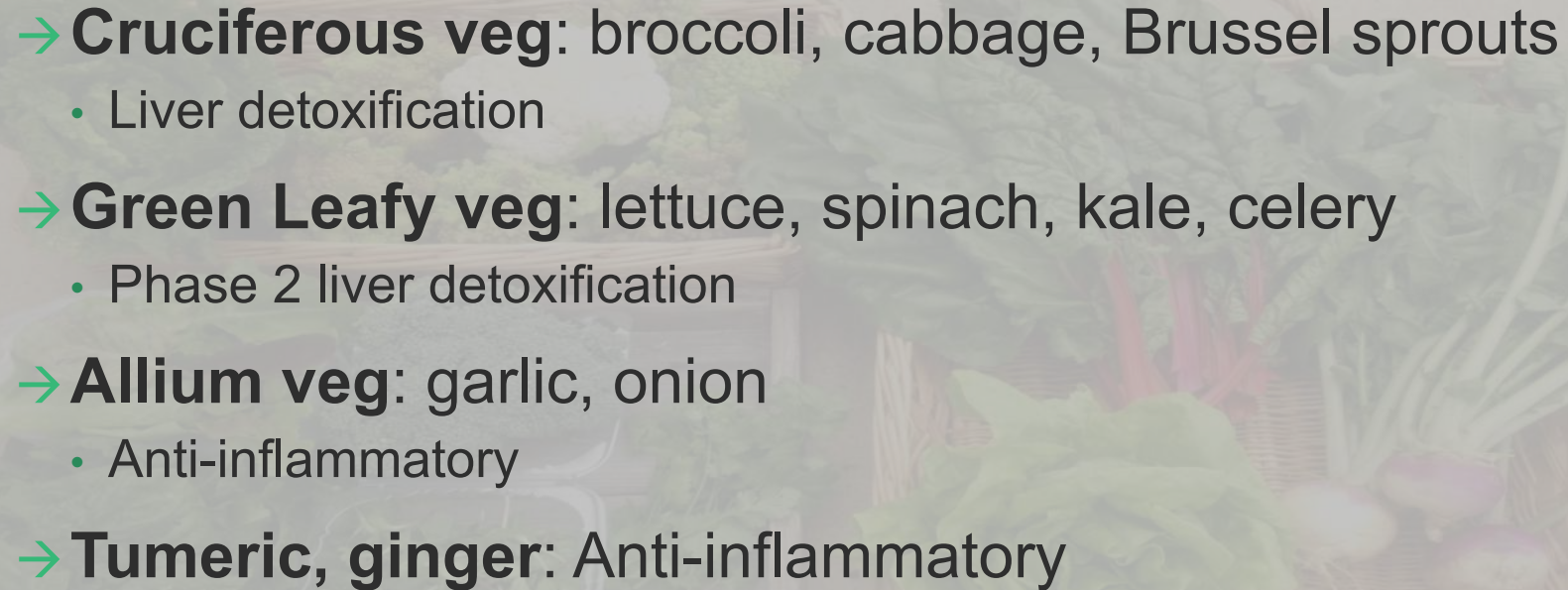
<http://www.nlm.nih.gov/medlineplus/druginfo/natural/993.html>

*Farzaneh-far r, lin j, epel es, harris ws, blackburn eh, whooley ma. Association of marine omega-3 fatty acid levels with telomeric aging in patients with coronary heart disease. Jama. 2010 january 20; 303(3):250.*

# Most to least harmful for CVD



# Most beneficial foods as we age

- 
- **Cruciferous veg:** broccoli, cabbage, Brussel sprouts
    - Liver detoxification
  - **Green Leafy veg:** lettuce, spinach, kale, celery
    - Phase 2 liver detoxification
  - **Allium veg:** garlic, onion
    - Anti-inflammatory
  - **Tumeric, ginger:** Anti-inflammatory

# Conclusion

- **Balanced lifestyle, including stress management, healthy eating and exercise, have a lasting impact on wellbeing**
- **Tests for early predictors of illnesses and treat**
- **Consume foods and supplements that support healthy aging**

With Thanks

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# Vitamin D benefits

- **Maintains bone strength**
- **Increases immunity**
- **Reduces cardiovascular disease**
- **Protects against cancers**
- **Protects against Parkinson's and Alzheimer's**
- **Treats Multiple Sclerosis**
- **Anti-Aging: Reduces mortality in the elderly, especially with calcium supplementation**

# Coenzyme Q10

- Increase energy production
- Antioxidant
- Reduces Congestive Cardiac Failure and hypertension, protects endothelium
- Reduces periodontal disease
- Protects against Cancers
- Protects against Parkinsons and alzheimers
- Anti-Aging: Reduces age-related DNA damage