

# *Designed Healthy Living*

## **Savoring the Senior Years**

Enjoying the life you dreamed about.

Looking forward to years of retirement, when time will slow down so more pleasures can be enjoyed, is the dream of many people or at least it used to be. Today we hear about more and more people not reaching their dreams or not having the health to enjoy them. Are there options that would allow seniors the chance to really live out their years with joy, pleasure, energy and vitality? I believe there is. The choices made in a person's younger years such as 20's and 30's will greatly impact their 50's, 60's, 70's and the choices made in their 40's, 50's and 60's will greatly impact their 70's, 80's and 90's. But even if we did not make the right choices in earlier years we can start today building new healthy cells. It is not too late to get started. This means we can make a difference every day in enjoying life to the fullest.

Our bodies are made of millions of cells. These cells instruct the body on how to carry out virtually every miraculous function it performs. As we age, cells die and become damaged thus increasing susceptibility to illness and disease. Building our immune system will in turn build every cell in our body to be on defense for us to prevent illness and disease from taking shape and therefore limiting our enjoyment of our dreams. Since we *can* make a difference we are going to learn three basic steps to building healthy cells, therefore a healthy immune system, at the beginning and during the senior years.

### **Step One – A Good Foundation**

Over 80% of all diseases are diet and lifestyle related. That is the good news because you control your own lifestyle and diet. No one forces this on you. You have heard the suggestions before but now it is time to pay attention to the details, your enjoyment of dreams depends on it. A diet high in raw fruits and vegetables along with a side of whole grains will be foundational to your building your immune system, which is the control system for your enjoyment. But new science is indicating that getting our daily dose of nutrients by food alone may be insufficient. For example to neutralize free radicals some scientists suggest that we consume two to three times the USDA's recommendations of vegetables and fruits. This is not practical for many of us. Dr. Bruce Ames, lead researcher from University of California Berkeley in 2002 stated: "More than fifty genetic diseases could be successfully treated with by megavitamins therapy and because aging involves biochemical deficiencies, megavitamins may help perk up an increasingly older population". That is where supplementation of vitamins, minerals and antioxidants come to the rescue.

The first part of a good foundation would be a multi-vitamin that is specifically formulated for those in their senior years. The megavitamins that the study was referring to, starts with a good multivitamin. In the same year as Dr. Ames' study

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the Harvard Medical School recommended everybody – regardless of age or health status - take a daily multivitamin. Dr. Dean Hamer, Chief of the Gene Structure and Regulation Section U.S. National Cancer Institute remarked that “An ounce of prevention is worth \$20,000 of pharmaceuticals.” This point was proven in a study where multivitamins given to healthy men and women aged 65 and over reports “Those who took the multivitamin/mineral showed significant improvement in short-term memory, problem solving ability, abstract thinking and attention.” Dr. Chandra, who from Memorial University in Newfoundland noted that men and women enhanced their capacities to live independently and without major disability when taking a multi-vitamin/mineral. Additionally the multivitamin/mineral supplement improved immunity. Infection related illness in those taking the supplement occurred at less than half the rate compared with those who took a placebo. Dr. Chandra also noted the cost effectiveness and simplicity of a nutritional supplement to prevent or delay illness and functional decline in the elderly. Dr. Chandra calculated that for every one US dollar spent on the supplement, twenty-eight US dollars would be saved in health care costs. This means our foundation of eating healthy and taking a multivitamin/mineral supplement will build a solid foundation for seniors to enjoy their golden years.

### **Step Two – Adding the Antioxidants**

Antioxidants provide the shield to protect our precious cells from being damaged. Our body makes some of its own antioxidants but others are needed in our diet and supplements. Here is a chart to show the different antioxidants and their benefits (role), the dosage suggested, deficiency symptoms and possible side effects.

Vitamin	Role	Dosage	Deficiency Symptoms	Side Effects
A	<ul style="list-style-type: none"> <li>• Needed for cells to reproduce properly</li> <li>• Required for vision</li> <li>• Promotes growth and maintenance of skin, bones and reproductive organs</li> <li>• Helps build resistance to respiratory infections</li> <li>• Boost immunity</li> <li>• Protects against cancer</li> <li>• Useful in treating acne and psoriasis</li> </ul>	RDA – 3,000 IU for men 2,300 IU for women	<ul style="list-style-type: none"> <li>• Night blindness</li> <li>• Loss of adaptation to the dark</li> <li>• Dry eye disease</li> <li>• Sty in the eye</li> <li>• Increased susceptibility to infection</li> <li>• Sinus and bronchial infections</li> <li>• Drying out of the skin</li> <li>• Loss of taste and smell</li> <li>• Leads to loss of appetite</li> </ul>	Over age 65 no more than 15,000 IU of vitamin A

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	<ul style="list-style-type: none"> <li>Promote healthy thyroid function</li> <li>Prevent basal cell carcinoma</li> </ul>		<ul style="list-style-type: none"> <li>Loss of vigor</li> <li>Defective teeth and gums</li> </ul>	
Beta Carotene	<p>Those with:</p> <ul style="list-style-type: none"> <li>Cystic Fibrosis</li> <li>Chronic Illness</li> <li>Intestinal mal-absorption</li> </ul> <p>Protects against:</p> <ul style="list-style-type: none"> <li>Various forms of cancer</li> <li>Enhances immune system</li> </ul>	<p>20,000 – 50,000 IU</p> <p>It is non-toxic, no RDA has been established</p>	<p>Beta-carotene is not an essential nutrient so it is not possible to develop a true deficiency.</p>	<p>May cause problems in people with liver and kidney disease although no solid studies have proven this.</p>
B Complex All 8 B vitamins	<ul style="list-style-type: none"> <li>Converts carbs into energy</li> <li>Promotes growth</li> <li>Aids digestion</li> <li>Essential for nerve tissues, muscle and heart</li> <li>Essential for transmission of certain nerve signals between the brain and the spinal cord</li> <li>Repels insects and mosquitos</li> <li>Lowers homocysteine levels treats chronic fatigue syndrome</li> <li>Useful in people with severe burns</li> <li>Chronic diarrhea</li> <li>Cirrhosis of the liver</li> <li>Cancer</li> </ul>	<p>A good B Complex with a minimum of 100% RDA for each one while some may have high levels.</p>	<ul style="list-style-type: none"> <li>Pernicious anemia</li> <li>Depression irritability</li> <li>Senile dementia</li> <li>Chronic fatigue</li> <li>Poor appetite</li> <li>Diabetes</li> <li>Thyroid disease</li> <li>Sores in corner of mouth</li> <li>Eczema</li> <li>Dry skin</li> <li>Muscular weakness</li> <li>Increase in cataract formation</li> <li>Lack of stamina</li> <li>Moodiness</li> <li>Irritability</li> <li>Recurring headaches</li> <li>Indigestion</li> </ul>	<p>Consult a doctor if taking anti-epileptic drugs</p>

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	<ul style="list-style-type: none"> <li>• Maintains a healthy nervous and digestive system</li> <li>• Essential for normal growth</li> <li>• Healthy skin</li> <li>• Lowers bad cholesterol and triglycerides levels</li> <li>• Raises good cholesterol</li> <li>• Weight reducing agent</li> <li>• Aid wound healing</li> </ul>		<ul style="list-style-type: none"> <li>• Bad breath</li> <li>• Respiratory infections</li> <li>• Muscle cramps</li> <li>• Adrenal exhaustion</li> <li>• Gout</li> <li>• Graying hair</li> <li>• Low blood sugar</li> <li>• Dermatitis</li> <li>• Tingling in hands and feet</li> <li>• Acne</li> <li>• Reduced resistance to infections</li> </ul>	
Vitamin C	<ul style="list-style-type: none"> <li>• Antioxidant</li> <li>• Lower risk of stroke</li> <li>• Formation and maintenance of collagen</li> <li>• Wound healing and burns</li> <li>• Absorption of iron and calcium</li> <li>• Resistance to infection</li> <li>• Raises good cholesterol</li> <li>• Relieve cold and flu</li> </ul>	1,000 – 2,000 mg. depending on need	<ul style="list-style-type: none"> <li>• Scurvy</li> <li>• Bruising easily</li> <li>• Tooth decay</li> <li>• Bleeding gums</li> <li>• Nosebleeds</li> <li>• Painful joints</li> <li>• Anemia</li> <li>• Poor wound healing</li> <li>• Lowered resistance to infection</li> <li>• Weakening of connective tissue</li> <li>• Easily fractured bones</li> <li>• Weakened arteries</li> <li>• Extreme muscle weakness</li> </ul>	No side effects, however large doses may reduce the effectiveness of the contraceptive pill.
Vitamin D	<ul style="list-style-type: none"> <li>• Enhances absorption of calcium</li> <li>• Necessary for thyroid function</li> </ul>	1,000 IU – 5,000 IU	New studies show everyone is now deficient in vitamin D and should have their blood levels tested.	New studies show no side effects.

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	<ul style="list-style-type: none"> <li>• Cell membrane fluidity</li> <li>• Prevention of cancer</li> <li>• Protects from heart disease</li> <li>• Protects from autoimmune arthritis</li> <li>•</li> </ul>			
Vitamin E	<ul style="list-style-type: none"> <li>• Powerful antioxidant</li> <li>• Slows rate of mental decline</li> <li>• Lower the risk of developing Alzheimer's</li> <li>• Reduces scarring from burns or surgery</li> <li>• Relieve menopausal symptoms</li> <li>• Increases stamina</li> <li>• Improves the action of insulin</li> </ul>	400 – 1,200 IU, only use the natural form: d-alpha tocopherol	<ul style="list-style-type: none"> <li>• Faulty fat absorption</li> <li>• Anemia in premature infants</li> <li>• Degeneration of the brain and spinal cord</li> <li>• Decrease in sex hormones</li> <li>• Higher risk of skin cancer</li> </ul>	Do not take with warfarin or aspirin.
Co Q 10	<ul style="list-style-type: none"> <li>• Powerful antioxidant needed in every cell of the body</li> <li>• Benefits:</li> <li>• Congestive heart failure</li> <li>• Angina</li> <li>• Cancer</li> <li>• Diabetes</li> <li>• Muscular dystrophy</li> <li>• Obesity</li> <li>• Slows progression of Parkinson's</li> <li>• Prevents aging skin</li> </ul>	Up to 300 mg daily. More if working with a professional.	<ul style="list-style-type: none"> <li>• None specified.</li> </ul>	Should be taken with cholesterol lowering drugs.
Ginkgo	<ul style="list-style-type: none"> <li>• Treats asthma, allergies and</li> </ul>	Average	<ul style="list-style-type: none"> <li>• None specified</li> </ul>	No toxicity. Not

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	<p>coughs</p> <ul style="list-style-type: none"> <li>• Stimulates circulation in the brain, ears and other parts of the body</li> <li>• Antioxidant</li> <li>• Boost memory</li> <li>• Improves attention and concentration</li> </ul>	dose is 40-60 mg.		for pregnant women.
Ginseng	<ul style="list-style-type: none"> <li>• Boost overall immune function</li> <li>• Protective effect on the body during radiation exposure</li> <li>• Enhance mental acuity and physical endurance</li> <li>• Helps liver detoxify harmful toxins</li> </ul>	An average dose is 100 mg.	<ul style="list-style-type: none"> <li>• None specified</li> </ul>	Do not take Siberian ginseng. Use Panax ginseng instead.
Res-veratrol	<ul style="list-style-type: none"> <li>• Anti-inflammatory</li> <li>• Prevents arteries from constricting</li> <li>• Decreases stickiness of blood platelets</li> <li>• Increases memory</li> <li>• Reduces fat cells</li> <li>• Boost energy and endurance in muscle cells</li> <li>• Improved coordination</li> <li>• Stroke prevention</li> <li>• Cardio protector</li> <li>• Anticancer effect</li> <li>• Brain protection</li> </ul>	Depends greatly on product and purity. If using Vivix™ the dose will be 100 mg. If not using Vivix then the dose will need to be decreased or upset	<ul style="list-style-type: none"> <li>• None specified</li> </ul>	None noted.

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	<ul style="list-style-type: none"><li>• Helps with diabetes</li><li>• Joint health</li><li>• Slows aging</li><li>• Protect and repair cellular DNA</li><li>• Antioxidant</li></ul>	stomach will occur.		
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### Step Three - Power Up with Protein

Most men enjoy a good steak served next to piping hot mashed potatoes but there are other proteins that may prove more beneficial especially going into the senior years. Two popular proteins are whey and soy. Although these proteins work differently in the body, when purchased from a reputable company the results will be noticed. The benefits range from more stamina, increased muscle tone, improved bone density, reduced risk of heart disease plus improved immune system. Adding a high quality protein powder to a morning or afternoon smoothie will go a long way to building healthy stamina and enjoying the life you've dreamed of. Also, in the senior years fewer calories are needed to maintain a healthy weight so these protein powders have fewer calories while not sacrificing the necessary protein each cell needs.

### Conclusion - Dream Again

We all have dreams or should have dreams. If you don't then I suggest beginning this venture by dreaming again. Without dreams or goals you may not have reason enough to want to build your health to one of pleasure. Adding the supplements mentioned along with a healthy diet will bring years to your life and life to your years. It is great to live a long life if you can enjoy your family and friends at the same time. Dream again while living.

Information compiled from:

*An Evidence Based Approach to Vitamin and Minerals*, Dr. Jane Higdon, 2003 Thieme New York.

*The New Anti-Aging Revolution*, Dr. Ronald Klatz & Dr. Robert Goldman, 2003 Basic Health Publications, NJ.

*The Real Vitamin & Mineral Book*, Dr. Shari Lieberman and Nancy Bruning, 2003 Penguin Group, New York.