



Antiaging The Essentials

Amped
Version

Eat Your Way To Health

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2021

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Note: This is not medical advice. On offer are OPTIONS, that have worked for others, regarding improved health, fitness and beauty.

Legalities

Disclaimer 2.0

- There's always a legal disclaimer when we discuss health and wellness, isn't there?
I hate having to do this, but it is a necessity.
- The information provided in this book is for educational purposes only so that you can make better and smarter decisions about your health and wellness.
- I am not a doctor, but I am sharing my story and all the scientific and alternative information I have accessed to help you learn from my experience and make changes in your own life if this resonates with you.
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Do our bodies age by design?

Urgh, who IS that old person looking back at me, in the mirror 😞

Surely, the body is designed to stand the test of time, at least for a hundred years or so, considering information that is handed down in folklore. We are preconditioned from young to believe that we have a pre-defined lifespan of say 60-90 years. Yet more and more people seem to look and act eternally young while others look beyond their years. Our biological age is affected by our physical, mental and spiritual journey through life. 😞😁

Yet we say: “Oh, to be young again!”

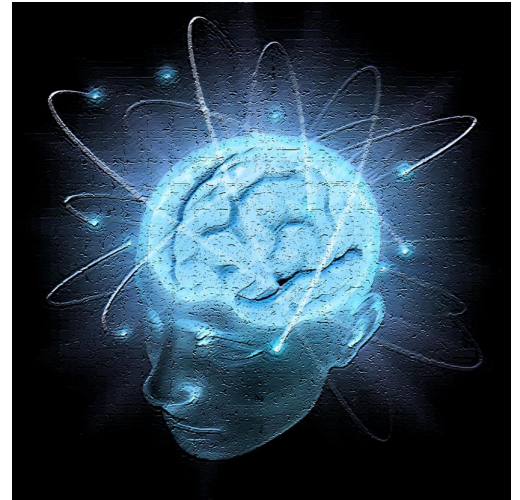
Many people accept aging as part of the human experience.

With the passage of time, having youthful characteristics such as mental and physical strength, flexibility, and independence takes effort. Ignoring belief systems from tradition or custom and holding high regard for each given stage of life. Our forefathers who lived closer to the soil used to revere, honor and celebrate each life stage, as with the change, come benefits and more ways of serving the tribe.

Degradation of the neuroendocrine system~

Neuroendocrinology is the branch of biology which studies the interaction between the nervous system and the endocrine system; i.e., how the brain regulates the hormonal activity in the body.

Wear out of the neurological and hormonal systems open our bodies up to disease.



Psst, let us go on an explorative journey of the amazing creation that is our body.

What factors cause ageing? Consider these: -

1. **Wear and tear:**

That is to say that our body parts get worn from daily use which can cause pain.

However, by changing the way we fuel our body, administering supplements and methods to regenerate, repair, and renew our bodies the prognosis can change.

This is not medical advice. On offer are OPTIONS, that have worked for others, regarding improved health, fitness and beauty.

Degradation Of The Neuroendocrine System

How the brain regulates the hormonal activity in the body



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The hypothalamus

Potential solution: by supporting the hypothalamus, pituitary, parathyroid and thyroid gland.

The **hypothalamus** is involved in different daily activities like eating or drinking; in the control of the body's temperature and energy maintenance; and in the process of memorizing and in stress control. It also modulates the endocrine system through its connections with the pituitary gland.

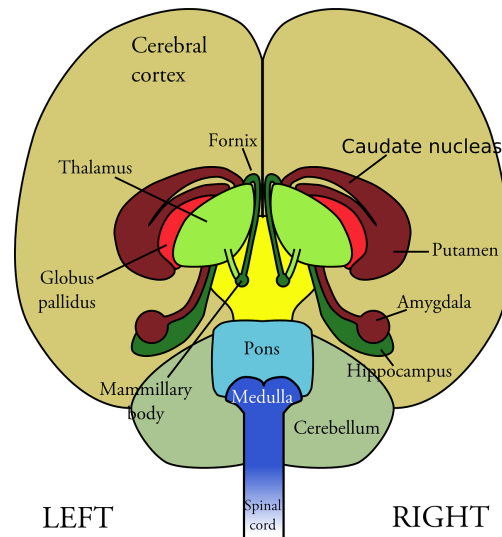
The Hypothalamus helps regulate:

- Appetite and weight
- Body temperature
- Childbirth
- Emotions, behavior, memory
- Growth
- Production of breast milk
- Salt and water balance
- Sex drive
- Sleep-wake cycle and the body clock

The pituitary, in turn, controls the:

- Adrenal glands
- Ovaries
- Testes

- Thyroid gland



What The Hypothalamus Does For You

Dr Izabella Wentz explains it as such “The hypothalamus is like the CEO of our body’s production of hormones. It scans messages from our environment and other endocrine glands, as well as checks the body’s overall hormonal status, before passing on the order for more hormones to the pituitary gland. The pituitary gland then acts as a project manager and will pull together individual workers (like the thyroid gland, the adrenal gland, and the gonads) to do their jobs. The pituitary will also make sure the workers have adequate resources to do their jobs by managing growth and repair, as well as electrolyte/water balance.”

1. Hypothalamic dysfunction is most commonly caused by surgery, traumatic brain injury, tumors, and radiation. And impacted by:

- Nutrition problems, such as eating disorders (anorexia) and extreme weight loss
- Blood vessel problems in the brain, such as aneurysm, pituitary apoplexy, subarachnoid hemorrhage
- Genetic disorders, such as **Prader-Willi syndrome**, familial diabetes insipidus, Kallmann syndrome
- Infections and swelling (inflammation) due to certain immune system diseases

Free Radicals

2. Inflammation - Toxin and parasite build up:

If like a backed-up sewer - the body fails to flush out waste and begins to shut down at a cellular level, we could experience fatigue, pain, loss of vitality.

Potential solution: by addressing a challenged Lymphatic System through supplements and exercise, particularly rebounding.

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Free radical damage~

Free radical oxidants build up in the body thereby damaging organs and DNA causing malfunction.

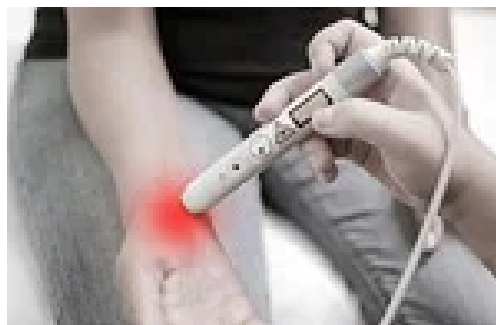
Potential solution: by administering appropriate anti-oxidants like Vitamins A, E and C.

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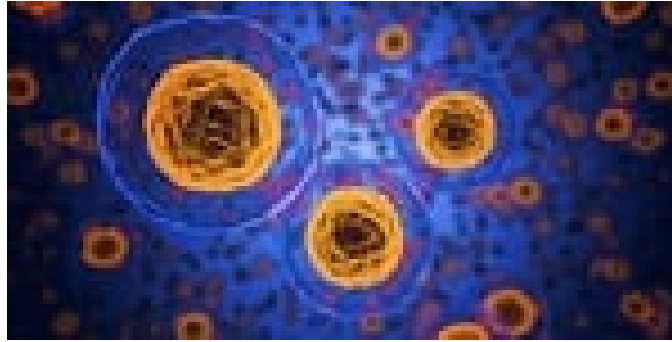
Glucose Toxicity~

A combination of waste build-up; malfunction of Glucose utilization and control; causing circulation and metabolic issues.

Potential solution: by addressing nutrition and administering supplements to address metabolism



Cellular Level



3. Telomere Theory:

Our body cells regenerate. We observe this by seeing the shedding in our skin. Theory suggests Telomeres lose their noncoding DNA sequences in the erosion that happens during DNA replication in each cell cycle, upon reaching the maximum number our bodies will begin to fail. Telomeres are the caps at the end of each strand of DNA that protect our chromosomes.

Potential solution: by healing through DNA and Stem Cell options.

We originated from a stem cell and then subsequently divided into millions of cells as we developed. This amazing process reverses as we suffer disease. Not all stem cells are embryonic, there are stem cells in umbilical cords and bone marrow.

4. Law of Entropy:

Within the universe the movement perpetually is from order to chaos. The entropy of an object is a measure of the amount of energy which is unavailable to do work. As work is obtained from ordered molecular motion, the amount of entropy is also a measure of the molecular disorder, or randomness, of a system.

Potential solution: by enthusiastically changing our mind (cause) instead of trying to change the 'effect' (result) i.e., Remediating from a place of creation as opposed to hacking away at the body challenges and symptoms. We should get our mind around the version of our body we want to achieve. Envisioning (see the soon to be manifested) what it will be like to inhabit a body operating at optimal levels. Whilst not comparing the current outlook with our expectations, which brings disappointment and makes us vulnerable to giving up our desire. Simply remain focused on the result we **intend**. In short, we need to choose / decide what we want and only once the decision is locked in place will the reality start shifting. Our *mindset* is the single biggest determining factor on how quickly we heal. Set fear aside.