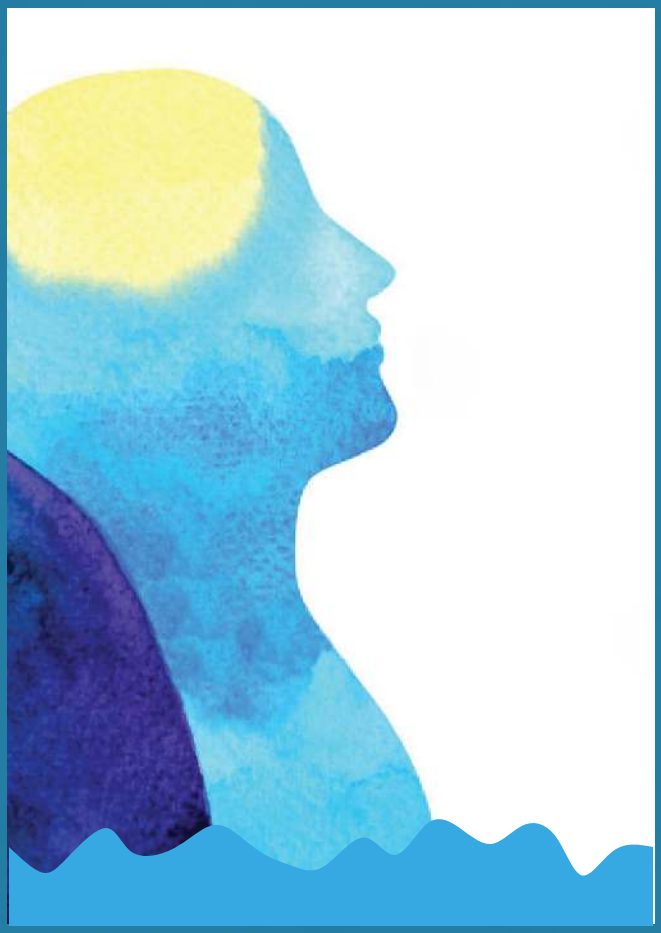
Food For Thought

What is Wellness?



Daniel Wentworth

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Disclaimer

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.
- I am sharing information based on my personal experience and the opinions and conclusions included are mine and mine alone.
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Food For Thought
What Is Wellness

Forward

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

Do our bodies age by design?

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.

Hey, 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.

Degradation of the neuroendocrine system~

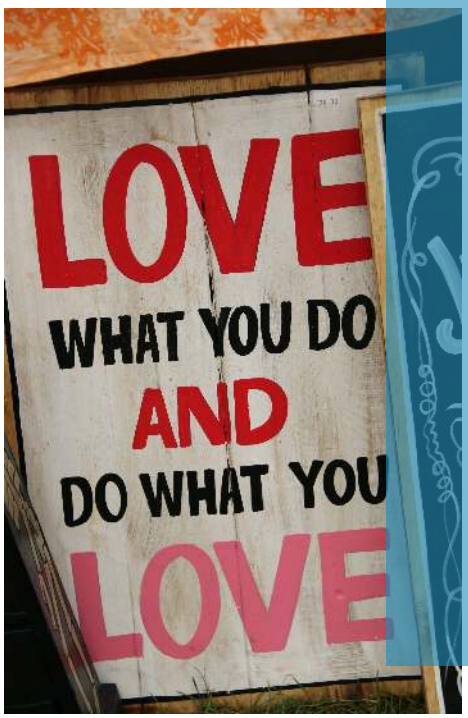
Neuroendocrinology is the branch of biology which studies the interaction between the nervous system and the endocrine system, i.e., how the brain regulates the hormonal activity in the body.

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

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

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.”

Wear out of the neurological and hormonal systems open our bodies up to disease. 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 and, Thyroid gland. 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 or water balance.

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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

1. 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.

Free radical damage~

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

Potential solution: by administering appropriate antioxidants like Vitamins A, E and C.

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

1. 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.