



# *Staying Young*

Inside

&

Out



*By Dr. Op Walker*

# ***HOW HEALTHY ARE YOU COMPARED TO OTHER PEOPLE YOUR AGE?***

- **Excellent**
- **Very Good**
- **Good**
- **Fair**
- **Bad**



**30 x More Likely To  
Die In The Next**

**Two Years**



# Let's Look At The Facts

- **+/- 40,000 Centenarians In U.S.A**
- **85% Females**                      **15% Males**

**Today's Life Expectancy :**

**Men 75 years**

**Women 80 years**

*“Living Longer Shouldn’t Be  
‘taking longer to die,’ But  
Rather Enjoying Every Moment  
Of A LONGER LIFE- And  
Taking Longer To Live !”*

**YOU Staying Young, Oz, Mehmet C. and Roizen,  
Michael F., Free Press, New York, 2007**

# ***LIVING LONGER WITH A QUALITY LIFE***

**Our **Rate** of Aging **DOUBLES**  
Every 8 Years!**

**We Have The Ability To  
Live 35% Longer Than  
Expected!**

**WE MUST SLOW DOWN THE  
RATE OF AGING!!**



# ***Super Foods***

## ***Cruciferous Vegetables***

- Broccoli
- Cabbage
- Collard Greens
- Kale
- Cauliflower
- Turnips
- Rutabagas
- Radishes

### **SULFORAPHANE**

- ↑ **Immune System**
- **Protection Against Cancer As We Age**
- **Body Systems Reverse To Younger State**



**Concord  
Grapes  
Stimulate  
cells in  
blood  
vessels to  
release  
nitric  
oxide.**

**Muscadines  
are high in  
polyphenols.**

- Antioxidant
- Heart Health
- Anti-Cancer

*Go !*  
**Concord**  
*Go!*  
**Muscadine**



## A Powerful Team !



**Go! Broccoli**

**Go! Tomatoes**

**Broccoli and  
tomatoes eaten  
together release  
increased health  
benefits!**



# HOW DO WE SLOW DOWN THE RATE OF AGING?

- **Restrict Calories**



- **Exercise**



# HOW DO WE SLOW DOWN THE RATE OF AGING...continued ?

## Quality Sleep



## Stress Reduction

**Genetics Loads  
The Gun, But  
Your Lifestyle  
Pulls The Trigger !**

# Controlling Your Genes

- Just ten minutes of **walking** turns on a **gene that decreases the rate of cancer growth!**



- **Resveratrol** (red wine ingredient) turns on a gene that slows or stops a dangerous inflammatory process that happens in your arteries!

# Aging Is Reversible

If You Perform A Good Habit For **3 Years**,  
The Effect On Your Body Is As If You've  
Done It Your **Entire Life!**

**Within Three Months Of Changing A  
Behavior, You Can Start To Measure A  
Difference *In Your Life Expectancy.***

# Restrict Calories



**Restrict  
Calories By  
15% Per Day**



**Serving Size= 8 oz. = 13 grams sugar**  
**20 oz. Bottle = 32.5 grams of sugar!**  
**125 calories per container !!!**



**X 6 per day**

**= 750 calories per**

**day extra! 1.5 lbs./wk**

**Weight gain!**



**REUTERS: CHICAGO,  
July 23, 2007**

**One or more sodas a  
day = 50% higher risk  
of METABOLIC  
SYNDROME**

***90% Increase Risk of Pancreatic Cancer***

- **30% increased risk of developing increased waist circumference**
- **31 % greater risk of becoming obese.**
- **25% increased risk of developing high triglycerides and high blood sugar**



## **Are Diet Sodas Any Safer?**

### **INITIAL STUDIES:**

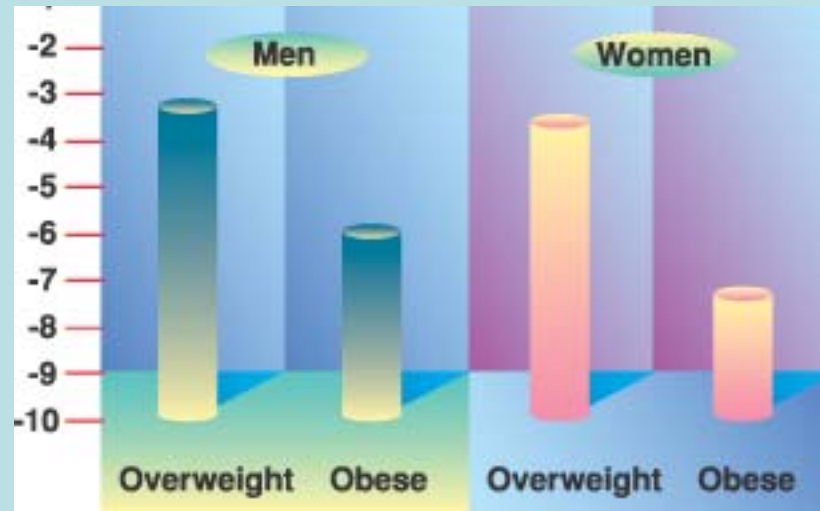
*People who drink diet sodas have similar dietary patterns as those who drink sodas sweetened with high fructose corn syrup.*

*REUTERS, July 23, 2007*

# *METABOLIC SYNDROME*

A Cluster Of Interrelated Clinical Symptom, Including Obesity, Insulin Resistance, High Blood Pressure and Abnormal Blood Lipids, Which Together Increase Cardiovascular Disease Risk Two – To Threefold;

## People who are obese or overweight also have a lower life expectancy:



A 40-year-old nonsmoking **male** who is **overweight will lose 3.1 years of life expectancy**; one who is **obese will lose 5.8 years**. A 40-year-old **overweight** nonsmoking **female** will **lose 3.3 years of life expectancy**; one who is **obese will lose 7.1 years**.

*(Peeters A, Barendregt JJ, Willekens F, Mackenbach JP, Al Mamun A, Bonneux L. Overweight and obesity by middle age are associated with a shortened lifespan. Ann Intern Med 2003; 138:24-32)*

THE  
ROBERT WOOD  
JOHNSON  
FOUNDATION

American Heart  
Association  
  
*Learn and Live.*

From the statistical sourcebook "A Nation at Risk: Obesity in the United States." To order, call 1-800-AHA-USA1 or email [inquiries@heart.org](mailto:inquiries@heart.org)



## Waist Size

### *Heart Disease Predictor*

**2,746 Volunteers**

**Age 18-72 [Waist sizes 25.6 to 59 inches]**

**Insulin Resistance Evident In Waist  
Sizes 39 Inches or Greater.**

# Danger Signals

- **Fasting plasma Glucose  $\geq 110$  mg/dl**
- **Hypertension  $\geq 130/85$  mm Hg**
- **Hypertriglyceridemia  $\geq 150$  mg/dl**
- **HDL Cholesterol-**
  - Men  $< 40$  mg/dl**
  - Women  $< 50$  mg/dl**

## Danger Signals

- **Abdominal Obesity- Waist Circumference:**

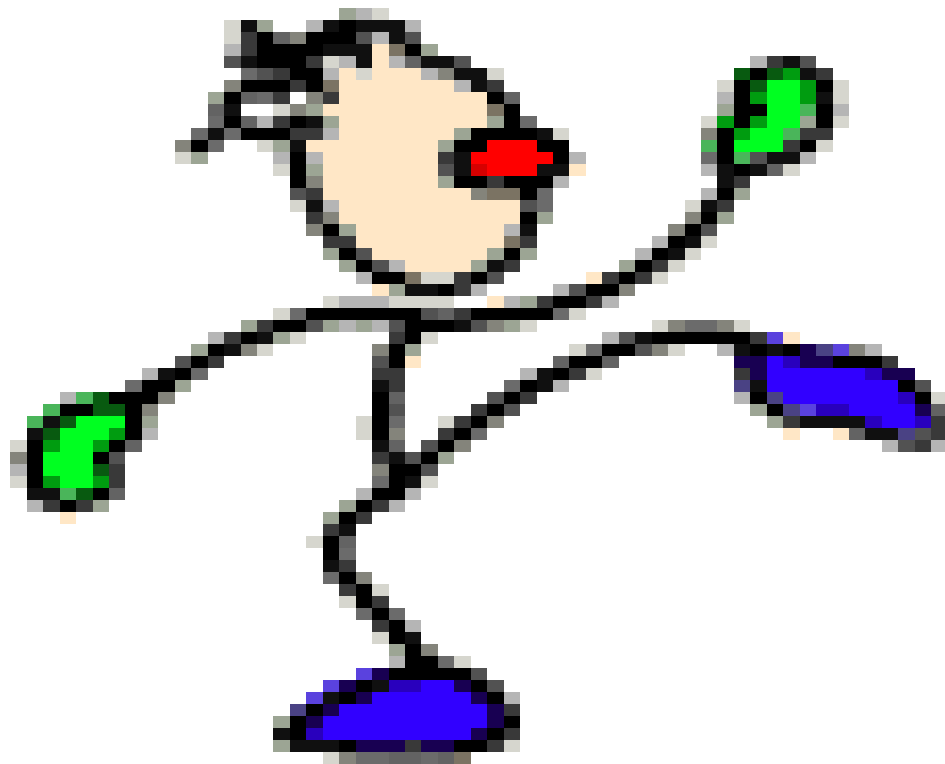
- **Men > 40"**

- **Women > 35"**

# *How To Help Your Insulin!*

- *Coffee dec. Insulin resistance*  
( *Dec. development of diabetes by 25%*)
- *Ginseng dec Insulin resistance*
- *Cinnamon dec. Insulin resistance*  
(*1/2 tsp/day Inc. Insulin activity by 50%*)
- *Chromium (200 mcg./day*

# ***EXERCISE !!***



**At least 30 minutes of moderate physical activity on most days of the week is the recommended minimum.**

However, nearly 23 percent of children and nearly 40 percent of adults get no free-time physical activity at all.

*(Physical activity levels among children aged 9-13 years – United States, 2002. MMWR 2003;52[33]:785-8) and (National Center for Health Statistics. National Health Interview Survey, 1999-2001)*



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# ***BOOST* Your Energy**

*University of Georgia Study:*

**20 minutes aerobic activity 3x per week = 20% increase in energy!**

**Low-Intensity activities such as  
leisurely walking faired best!**

**Low-Intensity Group**

**65% drop in tiredness**

**Higher-Intensity Group**

**49% drop in tiredness**

**10,000 steps is the recommended daily step goal for a healthy adult.**

**<5,000 = sedentary**

**5,000 - 7,499 low active**

**7,500 - 9,999 somewhat active**

**≥10,000 active**

**≥12,500 highly active**



# *QUALITY SLEEP*



**Sleep does not need to be 8 hours in a row!**

# *What's Keeping You **Awake**?*



*70% to 80% of Sleep Disorders May Be **Stress** Related*

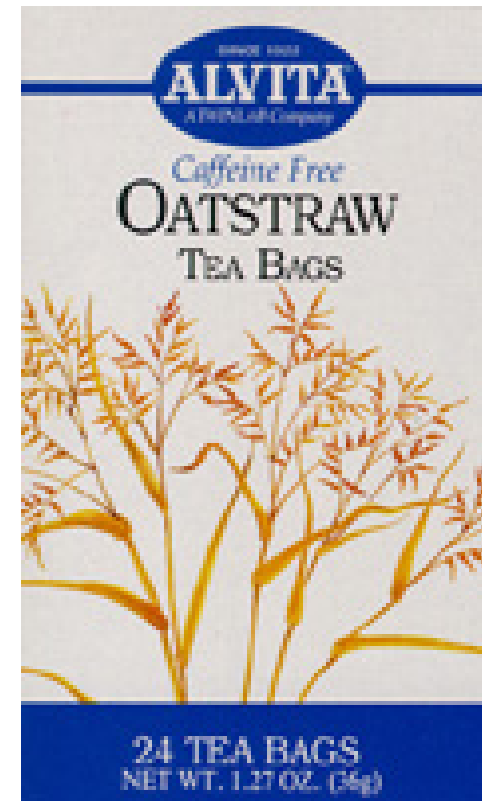
# OATS

Oat Bran



1. Anti-anxiety
2. Reduces excitation
3. Reduces stress
4. Promotes sleep

*Oatstraw*



# CALCIUM & MAGNESIUM

**Calcium** has a sedative effect on the body. Best if obtained from **food**.

**Calcium-rich foods include:**

- Cottage cheese
- Broccoli
- Canned Salmon
- Yogurt
- Milk

• **Magnesium is a sleep inducer.**

**Magnesium-rich foods include:**

- Kelp
- Wheat bran
- Almonds
- Cashews
- Brewer's Yeast
- Blackstrap Molasses



# Multivitamins

## *Sleepy Vitamins*

- *Vitamin E*
- *B Vitamins*

*Take a good  
Multivitamin!*



# HERB BATH

- Fill a muslin bag with:
  - ✓ chamomile
  - ✓ linden flowers
  - ✓ lavender

*hang the bag from the faucet so that the **hot** water runs through it.*



# Herbal Teas



## Infusions:

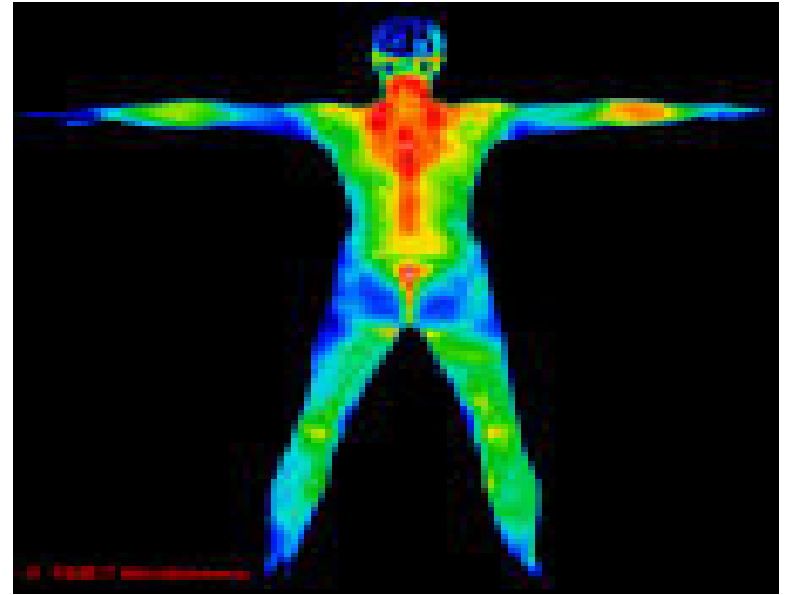
**Place herb powder, roots, stems or leaves in boiling water for 5 to 10 minutes.**

**Strain if necessary and consume.**

# MELATONIN

*Melatonin controls, among other functions, the 'sleep/wake' cycle, known as the circadian rhythm.*

**Melatonin** is produced only during darkness.  
*(production is inhibited by light. Even dim light at night can significantly reduce the synthesis of melatonin, thus resulting in insomnia).*



***Between 7 a.m. - 9 a.m.***



***Set your biological clock each day by standing in the sunlight for 15 minutes each morning.***



**Low vitamin D = higher risk of death**

**In a new study, those with low vitamin D levels 17.8 ng/mL or below were 26% more likely to die than those with higher vitamin D levels.**

**( independent of other factors).**

# **VITAMIN D DEFICIENCY**

**As as many as 36% of Americans are vitamin D deficient.**

**40% of infants and toddlers tested below the optimal blood threshold for vitamin D.**

**Sources: National Center for Health Statistics; *Archives of Pediatrics and Adolescent Medicine*.**

## **What To Take And Why**

**Vit. E 200 I.U.      Heart & Anti-Cancer**

**Co Q -10              Heart Health**

**Selenium 100 mcg    Anti-Cancer**

**Vit. C 500mg.        Anti-Cancer**

**Zinc 30 mg.            Healing Factor**

## *What To Take And Why*

**Fish Oil 1200 mg**

**Heart Health**

**Biotin 1000 mg.**

**Hair Health**

**Grape Seed Extract**

**Hair Health**

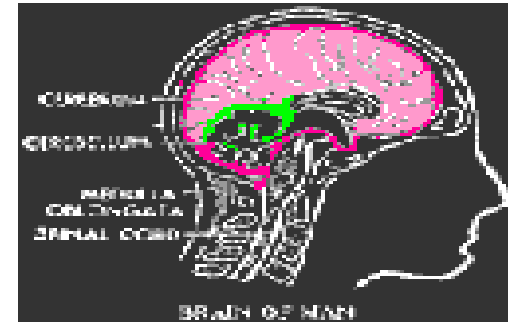
**Magnesium**

**Cell Health**

# ***BRAIN POWER***



- **Memory loss starts at age 16 and is common by age 40.**



- **Hand-eye coordination declines after age 25.**



# **A Younger Mind**

**Your Brain Loses 10% Of Its Weight  
Between The Ages Of 20 & 90.**

**By Age 65, 1/10<sup>th</sup> Of Our Brain Cells  
Are Gone.**

***Rate Of Loss Is Higher In The Frontal  
Brain Region) [ problem solving,  
multiple tasks... ]***

**Research suggests that inhaling these three aromas **at the time of learning** a new task can *enhance recall when you're exposed to the scent at a later time:***

**Rosemary**



**Roses**



**Mint**



# Brain Pills

- Vitamin B<sub>6</sub>
- Vitamin B<sub>12</sub>
- Folic Acid 800 mcg

**Reduces  
Homocysteine  
Levels In Your  
Body!**

Increased levels of homocysteine  
doubles risk of Alzheimers

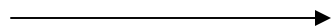
- **B-Complex**- Without B Vitamins, your neurotransmitters don't work efficiently.

# DIET

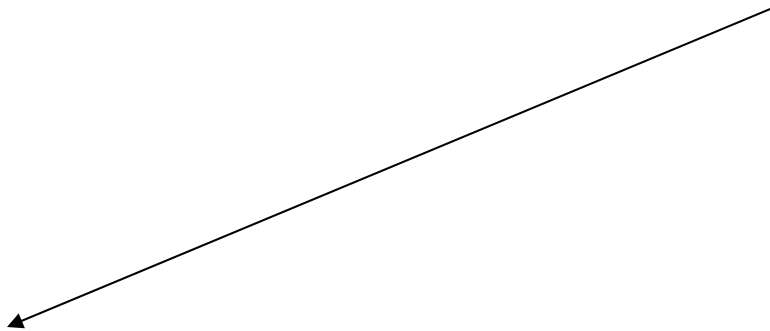
Target: Low levels of **METHIONINE**

Methionine is found in *Red Meats*,  
*Milk and Milk Products*

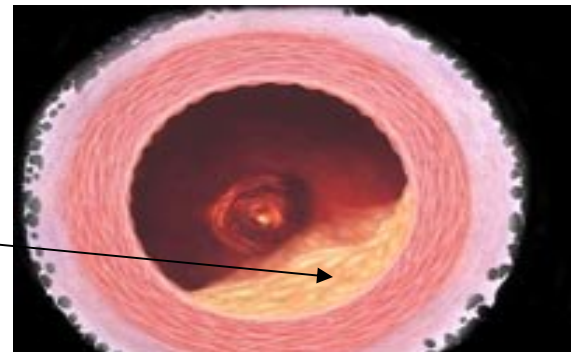
**Methionine**



**Homocysteine**  
[free radical]



**Oxidized Cholesterol**





# Bananas *and* Brain Power

## **Brain Power**

**200 students experimented by eating bananas at breakfast, break, and lunch in a bid to boost their brain power.**

**They concluded that the chemicals in the bananas assisted learning by making pupils more alert.**

## Brain Pills

- **Aspirin – two (2) baby aspirins daily.**  
**( 40% decrease in arterial aging, a major cause of memory loss ).**
- **Vitamin E - 3 ounces of nuts/seeds daily.**

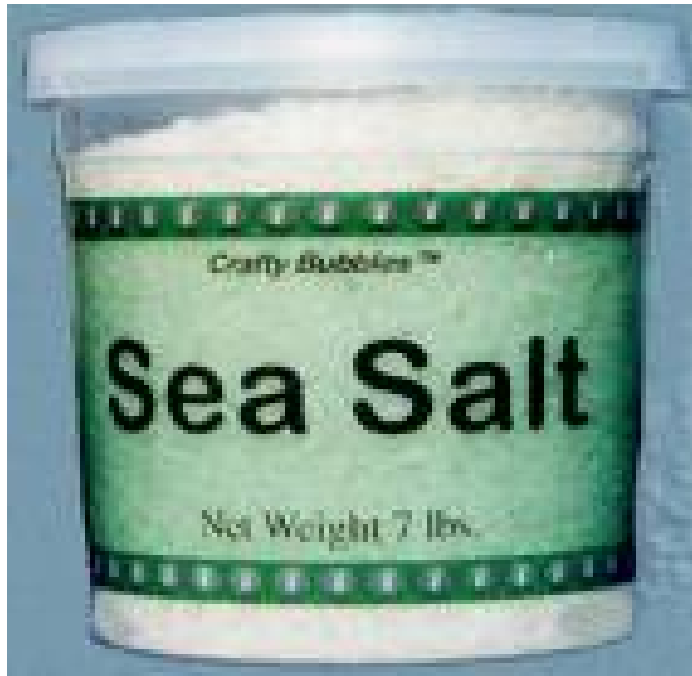


## ***FACTORS DECREASING MEMORY***

- Artificial Colors  
and Flavors*
- Artificial  
Sweeteners*

*Aluminum in  
Cookware, nondairy  
creamers and  
antiperspirants*

Sodium Aluminum Silicate



Use **sea salt** instead of regular table salt to avoid the **aluminum** utilized in processing table salt.



*Benadryl and  
other  
antihistamines  
Decrease Memory!*

*Sugar decreases memory- Alzheimer's  
is known as Diabetes III*

# Testing Your Brain

- Have someone give you three (3) objects to remember.
- Five (5) minutes later, try to recall the three objects in the order given.

*If you have trouble recalling any of the objects, something is wrong with your short term memory.*

# ***Exercises That Reduce Dementia***

Square Dancing



Ballroom Dancing



**A brain chemical that plays a significant role in memory is**

**BDNF- (brain derived neurotrophic factor)**

**Increased by:**

- **Exercise**
- **Restricting Calories**
- **Being in Love**
- **Eating curcumin (turmeric component)**
- **Eating spinach (tryptophan content)**

# **BDNF- (brain derived neurotrophic factor)**

## **Decreased by:**

- **Saturated Fats (should not exceed 15 to 20 grams per day). [ 7%-10% of total cal.]**
- **Refined sugars**

# Increase Cognitive Function

- Antioxidants ( carotenoids, flavonoids)
- Lycopene and Quercetin  
tomatoes, pink grapefruit, watermelon,  
green vegetables, red apples, onions,  
cranberries, blueberries.
- Mustard (instead of mayonnaise )



A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. **Walnuts** may influence the human brain's serotonin levels.

# NUT CASE



**Almonds**



**Cashews**



**Hazel Nuts [Filberts]**



# **NUTS! HOW MANY?**

**1 OUNCE** *per day* **5 DAYS A WEEK**

Cleveland Clinic

**1 oz. of nuts =**

- **24 Almonds**
- **18 Cashews**
- **12 Hazelnuts**
- **8 Brazil nuts**
- **35 Peanuts**
- **15 pecan halves**

# Don't want to count **nuts** in public...?

***Eat two (2)  
tablespoonfuls of  
**nuts** daily x 5  
days per week!***



# Vegetables

- Slow cognitive decline even more than fruits!
- Eating two (2) servings of vegetables daily decreases the decline in thinking by 35 % over six years.



# STRESS

**STRESS** is a major factor in decreased mind power!



**Cucumber Oil has been shown to reduce stress.**

# CELERY



Anti-anxiety

Anti-hypertension

Anti-hysteria

***An anxious mind  
seldom makes  
correct decisions!***



# Turmeric

## Found In Indian Foods

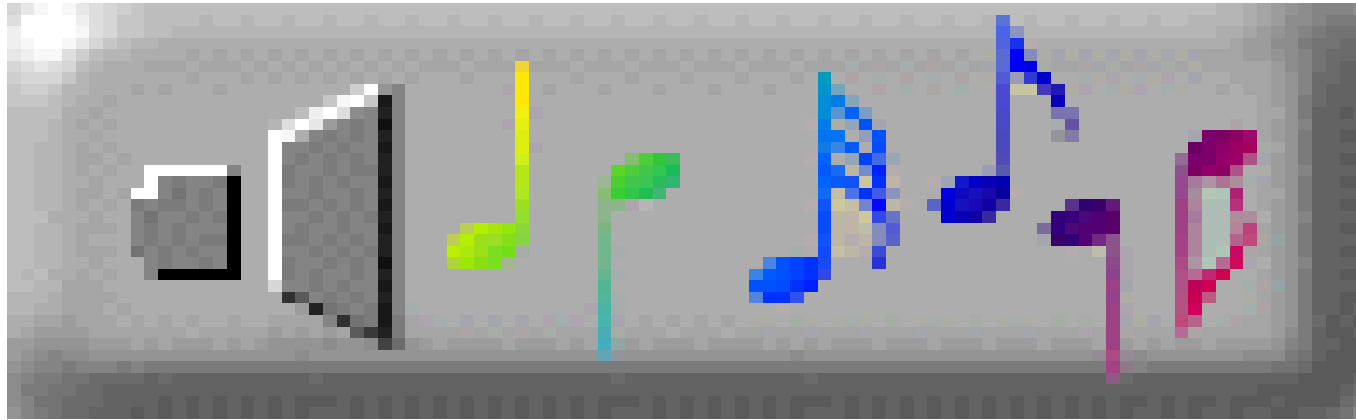
*Reduces Activity of E4  
Gene ( correlated with a  
higher incidence of  
Alzheimer's)*

*India has a relatively low  
incidence of Alzheimer's.*

# REDUCING *STRESS*



# ***STRESS* REDUCTION**



**Work At It!**  
***You will have  
a healthier  
mind!***



**>60 % of Illness Is Caused  
By Stress**

**Approx. 95% of all Illness  
Is Caused By: A  
*Combination Of Stress, A  
Poor Diet and Lack of  
Exercise***

***Excess sugar in the diet:***

**Concentration Difficulties**

**Increases Fatigue**

**Increases Depression**

**Depresses Immune System**

**Makes Stress Worse**



**Pets**



*can be*

**de-stressors**



**Plants**

**can be**

**de-stressors**

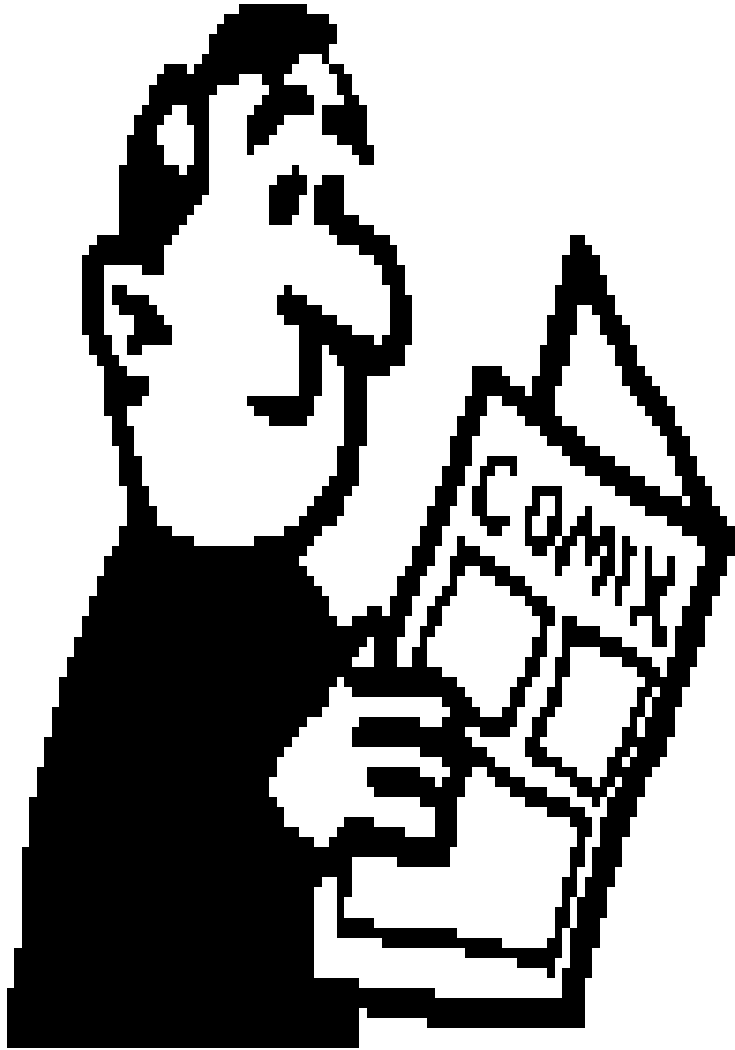


# LAUGH *and* LIVE !

13<sup>th</sup> Century French Surgeon:

*“ Let the surgeon take care to regulate the whole patient’s life for **JOB** and **happiness**, allowing his relatives and special friends to **CHEER** him, and by having **SOMEONE TELL HIM JOKES.**”*





*Laughter*  
*can add*  
*8 years*  
*to your life*

## *LAUGH & SING*

*Laughing increases Killer Cells that destroy tumors and viruses!*

*Singing increases our immune system, increases endorphins and dopamine (the feel good hormone)!*

***Stanford School of Medicine Study:***



**Average Kindergarten  
Student laughs *300 times a  
day!***

**Average adult laughs *17  
times a day.***

***“ We don’t stop laughing  
because we grow old.”***

***“We grow old because we  
STOP LAUGHING!”***

People are much more likely to laugh in *social settings* than when they are alone!



# Laughter Effects on Health

- Rids us of **Stress**
- Rids us of **Anger**
- Rids us of **Tension**
- Rids us of **Anxiety**
- Rids us of **Grief**
- Rids us of **Depression**

# Laughter Effects on Health

- Releases **ENDORPHINS** (pain relievers)
- Boosts **Immune System**
- Healthy **Blood Vessels**
- Heart Attack **Prevention**

# *Aging Factors Of Refined Sugar*

Food Ency.  
2004



***When tissues and organs are overloaded with excess sugar, they get inflamed and age more rapidly.***

# Aging Mechanisms

Three (3) measures of aging:

- 1) Solubility of collagen
- 2) Cross-linking of collagen
- 3) Fluorescence of collagen

Fructose consumption  
increases each of the above.

# ***Anti-Aging***

- **Decrease caloric Intake by 15% or more**
- **Resveratrol in Red Wine**
- **Apples (quercetin)**
- **Onions**
- **Decrease sugar intake**
- **Drink plenty of good water**
- **Dark Chocolate**
- **Concord Grape Juice**
- **Exercise**
- **Exposure to heat**

# ***Foods That Regulate **Blood** Sugar (Glucose)***

**Reference Source: *Physician's Desk Reference For Herbal  
Medicine, 3<sup>rd</sup>. Edition***

- **Alfalfa**
- **Dandelion**
- **Oats**
- **Onions**
- Beans**
- Garlic**
- Olives**
- Rice**

The natural sweetener, **Stevia**, has some glucose control attributes.

# *Environmental Factors*



**Pollutants**



# Traffic Boosts **Heart Attack** Risk



**8% of heart attacks blamed on traffic exposure!**

New England Journal of Medicine, Oct. 2004

People prone to a **heart** attack face triple their usual risk as a result of traffic.

Microscopic particles in the air hurt the **heart** and the **blood vessels**.

The effect is 'immediate' within one hour!

**Air out your house as often as possible...even in summer heat and winter cold !**



## DRY- CLEANED CLOTHING



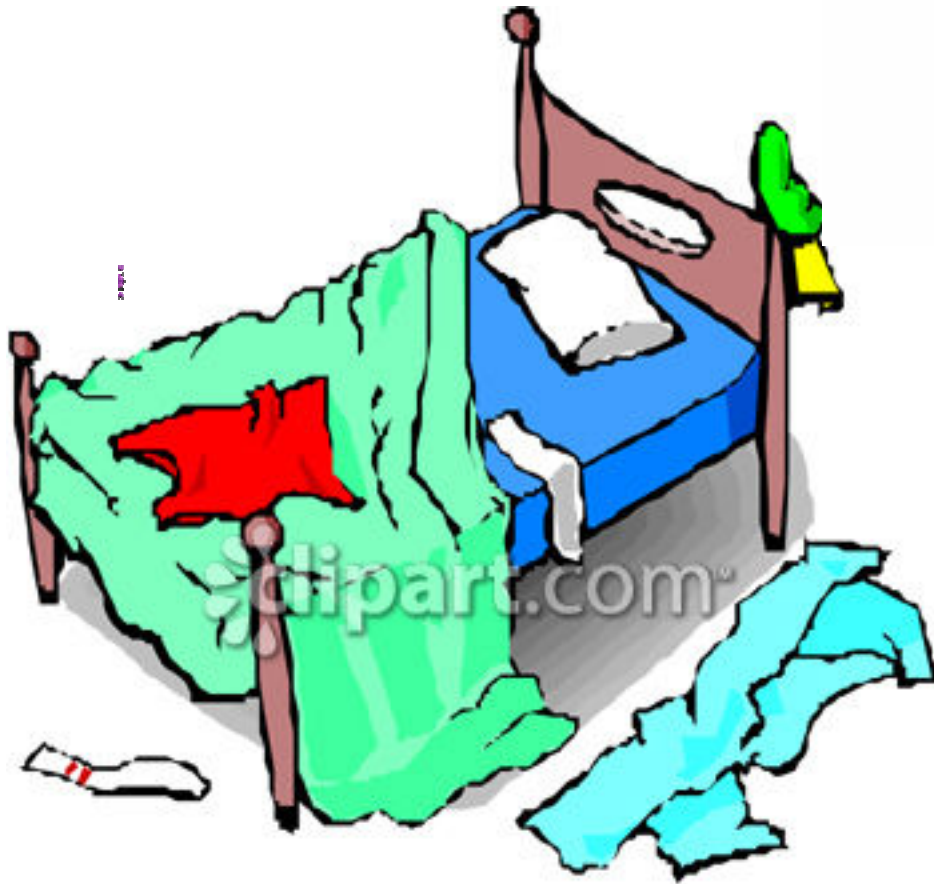
- **Remove clothes from plastic wrap**
- **Air them on the porch in open air**

**Chemicals linked to kidney & nervous system damage, and cancer!**



**Moth balls contain **naphthalene** or **p-dichlorobenzene** (known carcinogens) ! [ Use Cedar Chips ]**

# BEDROOM



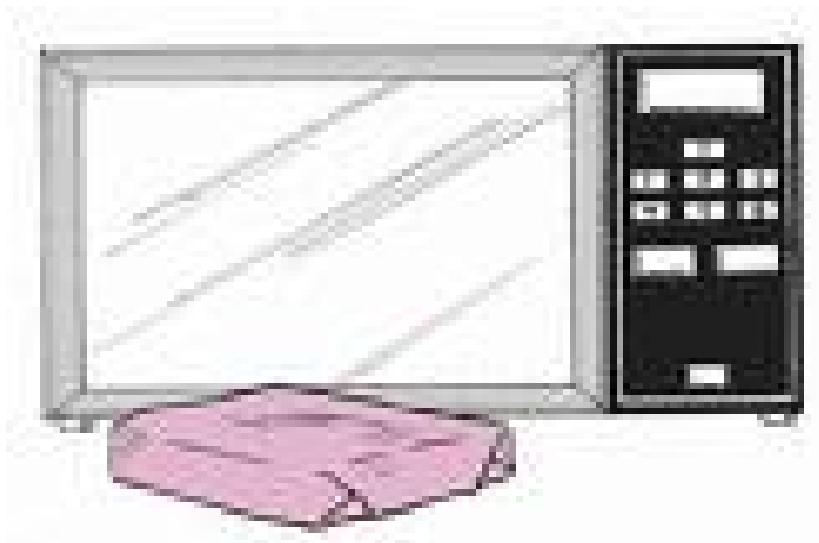
**Dust Mite  
excrement can  
lead to asthma**

**1 pound per year in  
pillows!**



**You can obtain 1 – micron pore sheets and pillowcases that filter the air in to keep the microdust from the organisms out!**

# Do Not Microwave Plastics



***Small amounts of plastic get in your food!***



**Plastic Plate**

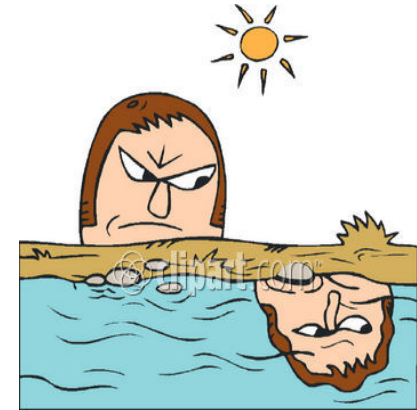
# *Mad & Ready To Change*

- Must be motivated to change your ways:

Love



Anger



Competition



Fear





*Never Too  
Late To  
Change.*

# Potato Dangers...cont.

## Potato dust:

1. High in bacteria
2. High in fungi counts

## Respiratory and general symptoms

[in one study, 46% of the farmers checked had respiratory problems as a result of breathing potato dust]

If you're pregnant, eating a peanut butter sandwich or other nut products or nuts every day could raise your baby's risk of having asthma, a new [Dutch study](#) suggests. Researchers asked 4,146 pregnant women about what they ate and then monitored the health of their children up to age 8. At the end of the study, the scientists had complete

dietary and medical information for 2,832 kids and their mothers. Compared to the children of women who rarely ate nuts or nut products while pregnant, those whose mothers ate them every day were 47% more likely to develop asthma, The Guardian newspaper [reports](#). USA Today July 16, 2008

Obese women who carry a lot of their excess weight in their belly have an increased risk of developing [pancreatic cancer](#), suggests a [study](#) of nearly 140,000 postmenopausal women who'd participated in the [Women's Health Initiative](#). Previous research had linked abdominal obesity in men to a higher risk of the disease, Reuters [reports](#).

# Potato Dangers

Potatoes have been  
Attributed to the  
Illness and perhaps  
Death of individuals:

- Solanine (green color)
- Potato dust

