

ANTI-AGING/LONGEVITY



Adding Years to Our Lives and Life to Our Years

One of the most popular areas of medicine today is anti-aging medicine, or as it is often referred to, functional medicine. Anti-aging/functional medicine attempts to keep individuals healthy and functioning regardless of their age. Most of us want to live as long as we possibly can. However, do we want to add years to our life, or life to our years? Life is an accumulation of thousands of events and decisions. The small decisions that we make every hour of every day can impact the quality of our life for years to come. As Americans, we plan for so many occurrences in life. But few of us plan for our inevitable aging.

So how do we assess how well we are aging? Many researchers are looking at the length of our telomeres, the strands at the end of chromosomes, to correlate our chronological age with our biological age. Others are looking at our genetics and the role our genes play in our aging. Still others are looking at how well our bodies function metabolically, in such areas as methylation. In fact, methylation capability is becoming one of the most recognized approaches to measuring overall health. From the brain to the cardiovascular system, from detoxification capabilities to energy production, the accessibility of methyl donor groups is essential to health and preventing premature aging. Because multiple roadblocks to healthy methylation may exist, our product, **Methylation Basics**, provides the most active and bioavailable forms of the necessary ingredients to support the overall methylation process.

The list of supplements that can be called upon to support anti-aging can vary greatly depending upon the authority. But the overall goal of any anti-aging supplement is the prevention of disease and the maintenance of overall health. Preventing a medical condition is far easier than treating one. Anti-aging/functional medicine attempts to prevent underlying causes of aging, and thereby, alleviate or reduce age-related problems.

Omega-3 essential fatty acids, such as **Omega-3 High Potency with D**, are a must for anti-aging. These fatty acids act as anti-inflammatory agents in our body, thereby protecting our joints, brain, skin, respiratory tract, intestinal tract, and helping to support proper cell wall structure. **Memory Plus** is a unique formulation of botanicals, amino acids, circulatory aides, antioxidants and accessory nutrients to help support optimal cognitive function and memory. Finally, the nutrient combination found in **Hair, Skin and Nails** provides the daily nutrients needed to encourage a beautiful outside by nutritionally protecting our insides from the ravages of time.



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