

## MODULE 1 – SOLUTIONS HANDOUT

### 3 Reasons Why We Age and Get Diseases: How to Help Your Odds

#### WEBINAR SUMMARY:

In Webinar 1, we talked about the three aging and disease factors we can most easily repair, namely:

- 1) Oxidative stress
- 2) Inflammation
- 3) Glycation

#### 1. OXIDATIVE STRESS

This should be looked at as a "reverse" phenomenon, since *the fewer* anti-oxidant rich fruits and veggies you consume, *the more* oxidative stress you will have.

You will be worse off if: you fly a lot, are in the sun a lot, live in "a city," (and are therefore exposed to considerable pollution), and eat processed foods.

If the "answer" to these issues were to simply eat 12+ servings of colorful fruits and veggies per day... it would be so easy to fix Oxidative stress. But, Dr. Crawford says that after years of telling her patients to make these simple changes in their eating habits, she realized that even she couldn't do it herself!

Vitamins are one answer but, to be honest, most brands don't contain sufficient nutrients; especially antioxidants and are not NSF-certified for content and purity. That's why Dr. Crawford only

recommends [Pharmanex Lifepak®](#) brands. This is an example of their basic anti-aging supplement which is less costly on a monthly drop-ship schedule. Dosing instructions are written on each variation of supplement, and tend to be: one packet, twice daily, with meals. Unfortunately, another option -juicing- is quite impractical: it's time consuming, it's incredibly expensive and it can taste inconsistent, to say the least. For those of you who like to "drink your vitamins", we have another tasty alternative for you.

<b><i>AWS Red SuperFood™ and AWS Green SuperFood™</i></b>	
<b>Precautions Warnings</b>	<p><b>AWS Green SuperFood™ is not 100 % gluten free, however it contains so little that we recommend it to all with the exception below (manufacturer can't call it gluten free due to FDA regulations):</b></p> <p><b>While it is tolerated by most people and allowed in our gluten-free eating plan, for people with CELIAC DISEASE, we recommend 2 scoops of the AWS Red SuperFood™ instead of the AWS Green SuperFood™.</b></p>
<b>Benefits</b>	Eliminate oxidative stress.
<b>Additional Benefits</b>	Enjoy better health, weight control and skin appearance.
<b>Dosage</b>	The easiest, least expensive, and most convenient "fix" is to consume your AWS Red and Green Superfood™ drink once a day for low to medium oxidative stress, or twice daily for medium to high oxidative stress (which you identified in your questionnaire). Alternatives including mixing and matching with Lifepak® products.
<b>Additional Remarks</b>	<p>How does this work?</p> <p>Take the shaker cup you received with your subscription to AgeWellSolutions, and prepare your morning cup (I personally find it much more convenient to do this the night before):</p> <ul style="list-style-type: none"> <li>• One scoop of red powder</li> <li>• One scoop of green powder</li> <li>• One TBSP of juice for taste</li> <li>• Filtered water up to the brim line</li> <li>• Shake well, and put in the refrigerator</li> </ul> <p>It will be nice and cold for you to drink with supplements the next morning. If (according to your questionnaire), you should take a second drink later, make it right after you consume drink #1, pop it in the refrigerator, and you'll be ready to go later in the day.</p> <p>Many people, and I am one of them, find this all-natural, non-GMO, organic, ground up fruits/veggies drink, refreshing, tasty and energizing.</p>

Every other product below can be found in our e-store, categorized the way "you might think."

## 2. INFLAMMATION:

We are referring to chronic inflammation here, which is something we usually just "don't feel" until an inflammatory disease "gets us".

The causes of chronic inflammation are:

- Being overweight
- Eating processed foods, fast foods, and starchy foods
- Drinking straight fruit juice, and foods containing sugar
- Leaky gut: More to come on this later
- Toxins: More to come on this later

The bottom line is that the worse you eat and the more you weigh, the more inflamed you will be. And the chicken-egg story, here, is the more INFLAMED you are, the more WEIGHT you gain and the harder it is to lose. As a result, you keep putting on the pounds which makes you MORE INFLAMED. Infuriating isn't it?

In addition, as you age past 30, the hormones which are anti-inflammatory decrease with each decade, which is a cause of inflammation in and of itself.

If you are not currently on hormone replacement therapy, and if you have not already factored in your age to determine if you have a low, medium or high level of inflammation, add a level for every 10-15 years past the age of 30.

To measure total body inflammation, we, Functional Medicine M.D.'s, use a **serum fasting insulin** level as the best Bio-Marker other than the commonly used CRP level (2-4 IU/ml being ideal but quite rare, with the average American testing out at levels of 15 to 30 IU/ml or higher).

A **CRP** measurement, which is another reliable Bio-Marker of inflammation but more heart or even autoimmune specific at higher levels, is also frequently used (1 mg/L or less is ideal but up to 2 mg/L is currently "acceptable").

When we treat these levels, we are always "guesstimating" how much supplementation we need. Unlike pharmaceuticals, there is no such thing as "too much," because there is no such thing as "too little" inflammation!

What follows is a list of the common natural anti-inflammatories, and doses for the average person.

However, first and foremost, please study and continue to review *your* copy of *your* new eating plan, which is called **the Anti-inflammatory, Anti-Aging diet**, found as an additional handout to this module. You are getting the latest version: the one I give to my private practice patients.

The more you know and understand the ramifications of inflammation, glycation and oxidative stress, the easier it is to become (and remain) motivated to implement those changes your diet.

Although we will review the weight-loss related aspects of this diet during Module 4: "Mid-life weight gain-how to reverse it and stop it for good", the basics are easy if you simply implement one new major change each month, and realize that you ARE allowed 1-2 "cheat treats" each week.

Just changing your diet to gradually "eat this way" and eliminating oxidative stress, inflammation and glycation will cause you to start losing weight without doing anything else!

If everyone ate a perfect diet, didn't lose hormones with age, and had minimal body fat, we wouldn't need anti-inflammatory supplements, but because few people eat a perfect diet, everyone loses hormones with age, and body fat can be inconsistent, the fact is that we all need anti-inflammatory supplements. Check with your doctor if you have any questions and of course email "Dr. Kim" at any time.

Following are the natural products we highly recommend:

<b><i>C3 Curcumin or (for more active curcuminoid activity) Cumetra™</i></b>	
<b>Precautions Warnings</b>	<b>Do NOT take if you have an active peptic ulcer.</b>
<b>Benefits</b>	Curcumin lowers insulin and CRP levels, and therefore, inflammation in general.
<b>Additional Benefits</b>	<p>ALSO decreases Beta-amyloid formation, which is the abnormal protein formed in the brains of people with Alzheimer's disease. This process begins 20-30 years prior to diagnosis!!</p> <p>It also inhibits AGE's (Advanced Glycation End products), which, to refresh your memory, are the abnormal protein-glucose bonds when blood sugar is too high, a process that ages your cells prematurely.</p> <p>Also helps relieve degenerative arthritis.</p>
<b>Dosage</b>	- Take 2-4 caps with breakfast and dinner (2 for low, 3 for medium, 4 for high).
<b>Additional Remarks</b>	Because Curcumin is derived from the spice Turmeric, this is why it is thought that the Indian population in Asia has fewer inflammatory diseases and less Alzheimer's than populations in other countries.

## ***EGCg, Decaf Green Tea***

<b>Precautions Warnings</b>	<b>NEVER exceed 4 caps per day as it might interfere with the absorption of some essential minerals.</b>
<b>Benefits</b>	If you know you have an elevated CRP, you will want to add this supplement to your regimen. Plus it lowers insulin = total body inflammation.
<b>Additional Benefits</b>	If you just want decreased inflammation and protection from several cancers as well as some protection from heart disease, EGCg Decaf Green Tea is a great supplement.
<b>Dosage</b>	<ul style="list-style-type: none"><li>- Take one capsule (250 mg) at breakfast and one at dinner, but if it's easier, you CAN take 2 with your morning or evening supplements.</li><li>- However you will have a more consistently high metabolic rate if it's taken throughout the day and NOTE it can be taken 4x daily for more of a metabolic burn if weight loss is a goal.</li></ul>
<b>Additional Remarks</b>	Also as a bonus, it does increase your metabolic rate, so weight loss/maintenance is easier, AND it also helps periodontal disease, as long as you also take care of your oxidative stress.

## ***Inflammalleve™***

<b>Precautions warnings</b>	<b>None.</b>
<b>Benefits</b>	This packs some power for those with medium to high levels of inflammation and should be added to the above supplements.
<b>Additional Benefits</b>	Also helps relieve degenerative arthritis.
<b>Dosage</b>	Take 2 caps, 2x daily, with breakfast and dinner.
<b>Additional Remarks</b>	None.

## ***UltraOmega DHA: fish oil (first of 2 choices)***

<b>Precautions Warnings</b>	<b>Do NOT take if you are on blood thinners such as Coumadin, it is fine however with aspirin or Plavix. Do not take if you are allergic to fish.</b>
<b>Benefits</b>	Reduces inflammation and contains higher DHA to EPA oils.
<b>Additional Benefits</b>	Everyone over 30 years of age should be on fish oils. No one truly eats enough servings of wild caught fish, which are great for many things, including reducing inflammation and high triglycerides as well as "brain protection" from Alzheimer's.
<b>Dosage</b>	- Take 2 caps, 2x daily, with breakfast and dinner.
<b>Additional Remarks</b>	Recent studies show fish oils protect the brain from some of the noxious effects of alcohol.

If you have had problems with fish oil capsules, then we recommend a delicious alternative:

## ***UltraOmega Lemon Smoothie: 2<sup>nd</sup> choice (Tasty!)***

<b>Precautions Warnings</b>	<b>Do NOT take if you are on blood thinners such as Coumadin, it is fine however with aspirin or Plavix. Do not take if you are allergic to fish.</b>
<b>Benefits</b>	Reduces inflammation.
<b>Additional Benefits</b>	Everyone over 30 years of age should be on fish oils. No one truly eats enough servings of wild caught fish, which are great for many things, including reducing inflammation and high triglycerides as well as "brain protection" from Alzheimer's.
<b>Dosage</b>	- Take 2 tsp, 2x daily, with breakfast and dinner.
<b>Additional Remarks</b>	Recent studies show fish oils protect the brain from some of the noxious effects of alcohol.

### 3. GLYCATION

This is the fancy term to describe what happens to your cells when exposed to elevated (not even diabetic) blood sugar levels.

Basically, they (your cells) become stiff, less effective and "act older" metabolically speaking, with a higher likelihood to mutate. Most, if not all of the medical community (except Functional Medicine doctors), simply wait until a diagnosis of Diabetes is made, and then the issue is addressed with a prescription pharmaceutical.

During this module, we have not delved into the physiology of insulin resistance, but this is important information to know if you are trying to lose weight. We will be giving you all of that information during Module 4: "Mid-life weight gain-how to reverse it and stop it for good". If you would like that information NOW just go to the Module 4 Solutions section and look for the "Additional handout" called "Good carbs, bad carbs and insulin resistance".

Getting back to the topic of when to treat blood sugar and with what, WE know better than to wait until someone has a diagnosis of diabetes, so first let's review the numbers:

- A fasting blood sugar of 85+, or being obese, means you are definitely insulin resistant (IR)
- A fasting blood sugar of 80, or being overweight (over-fat), means you are probably insulin resistant (IR)
- A fasting blood sugar of 76+ means you might be IR
- All of these values can be measured by your doctor, or with a home glucose testing kit and sometimes by the Pharmacies themselves.
- A percentage of red cells that are "glycosylated" is called Hgb-A1c. A value of 5.6% = I.R., while 5.3% might = I.R.
- It's always best to get blood sugars down to the ideal range of fasting, which is 75 mg/dL.
- First, you need to follow the Anti-aging-Anti-inflammatory diet plan, especially when it comes to processed foods, fast foods, starchy foods and sugar. Then you can look at the supplements available to lower both blood sugar and Hgb-A-1c.

(By the way there have been recent studies linking the non-diabetic, but very insulin resistant blood sugar of 100 or more with a much higher incidence of dementia!).

## ***Chromium Complex***

<b>Precautions Warnings</b>	<b>Do NOT take more than the recommended dose, as it will interfere with mineral absorption.</b>
<b>Benefits</b>	Lowers blood sugar therefore lowering glycation.
<b>Additional Benefits</b>	Added benefits besides lowering blood sugar are a natural appetite and cravings suppression.
<b>Dosage</b>	- Take 2 to 3 caps (300mg) 2x daily, with breakfast and dinner.
<b>Additional Remarks</b>	This is the most effective form of chromium for lowering blood sugar (nicotinate).

## ***Lipoic Acid Complex***

<b>Precautions Warnings</b>	<b>DO NOT exceed the recommended dosage as it might interfere with thyroid function. If you are taking thyroid replacement hormone, this Warning does not apply to you.</b>
<b>Benefits</b>	Lowers blood sugar.
<b>Additional Benefits</b>	Prevents collagen cross-linking in the skin so you'll have decreased wrinkles and lines, and helps to prevent macular degeneration. Also inhibits AGEs....advanced glycation end products.
<b>Dosage</b>	- Take 1 cap (300mg) 3x daily, or 2 caps in the morning and 2 caps in the evening.
<b>Additional Remarks</b>	None.

Two great integratives listed next in our store for lowering blood sugar include **Berberine** and **Glucomod™**. For details, just visit the "glucose lowering" section of the e-store and see dosing instructions on those particular products.

## Acetyl-L-Carnitine

<b>Precautions Warnings</b>	<b>None, really other than taking it past 3 PM might interfere with sleep initiation. This is rare.</b>
<b>Benefits</b>	Lowers blood sugar.
<b>Additional Benefits</b>	Boosts energy, protects our brains from cognitive loss, and aids in developing muscle mass.
<b>Dosage</b>	- Take 6 caps (800mg each) each morning, or for afternoon drowsiness, take 3 in the morning and 3 at lunchtime.
<b>Additional Remarks</b>	Is one of the first "integrative supplements" used in mild cognitive loss. It is also brain-protective to take this prior to drinking alcoholic beverages.

## Carnosine Complex

<b>Precautions Warnings</b>	<b>None.</b>
<b>Benefits</b>	Lowers blood sugar.
<b>Additional Benefits</b>	Also aids in brain protection as above and muscle mass as above. In addition this also inhibits AGEs.
<b>Dosage</b>	- Take 4 caps (450mg) each morning.
<b>Additional Remarks</b>	None.

## FIBER

Fiber is a must! Most Americans eat less than 10 grams of fiber when they should consume more like 30-35 grams. We will cover this more thoroughly in the forthcoming Module 10 Webinar: "**Perfect GI Tract Health,**" but for now here are our two recommendations:

### ***Chocolate Mint Fiber Bars***

<b>Precautions Warnings</b>	<b>Don't over-do! More than one daily might cause GI cramping.</b>
<b>Benefits</b>	These truly yummy bars made "paleo" (no high heat, etc.) contain only 140 calories, 1 gram of sugar, and 14 grams of fiber!
<b>Additional Benefits</b>	Here's something for that sweet tooth too! AND obvious GI tract benefits which will be explained in Module 9.
<b>Dosage</b>	- Eat one bar daily as a snack.
<b>Additional Remarks</b>	If you just hate chocolate mint, then we guess you were not a Girl Scout and we recommend the next Solution: <b>DailyFiber Plus.</b>

### ***DailyFiber Plus***

<b>Precautions Warnings</b>	<b>Don't exceed recommended dose as that might cause GI cramping.</b>
<b>Benefits</b>	Lowers blood sugar.
<b>Additional Benefits</b>	GI tract regularity, Pre-biotic fiber and some detoxification action
<b>Dosage</b>	- Take 2-3 tsps. in water daily. Often added to reds/greens drink. Start with one tsp if your fiber intake is low.
<b>Additional Remarks</b>	This contains 12 different types of fiber and is taken as a drink.

*So...here is your first set of SOLUTIONS to decrease Oxidative Stress, Inflammation and Glycation, major causes of disease and aging!*

*Please don't hesitate to contact Dr. Kim if you have any questions.*

***Best Wishes for your Life and Health,***

***Kim Crawford, M.D.,*** and the [drkimsagewellsolutions.com](http://drkimsagewellsolutions.com) team.