

The Art of Aging

Your chronological age (calculated in terms of the passage of time), and your biological age (related to biology or living organism) do not have to occur at the same rate. The secret to slowing down our biological aging, the aging of our bodies- is to control our metabolism and inflammation. The single greatest way to keep inflammation in check is to maintain your healthy blood sugar levels.

When one wants to keep their blood sugar in check, they must start by reducing their carbohydrate intake. Especially processed foods, wheat grains, sugar, and artificial sweeteners. These foods trigger a reaction called Glycation—the biological process where sugar binds to a protein and certain fats, resulting in deformed molecules that function poorly. These sugar proteins that are so damaging to our bodies are technically called Advanced Glycation End products, or AGE's—which just so happens to spell exactly what these proteins do to our bodies. These AGEs are your precursors to diseases such as obesity, diabetes, Alzheimer's (now being called type III diabetes), cardiovascular disease, ADD, ADHD, and so many (if not most) autonomic disorders that are on the rise today. Even stress and depression fits right in with other inflammatory disorders as these tend to have higher levels of inflammatory blood markers.

To reduce your risk of developing these disabling, and extremely costly—to both our society and our health care system—better known as our “sick care system” (which is the single greatest contributor to sky high health care cost in America) start today with reducing your glucose and insulin levels close to or below 80. Glucose levels allowed to stay elevated at 90 or higher will eventually lead to sugar handling problems/issues, like insulin resistance, Type II diabetes, prediabetic, advanced rate of aging, shortened life span, and all the diseases that come with it.