**Optimizing Your Health at Any Age**

There is a paradigm shift occurring now! It is interesting to watch and I believe it is unstoppable! People are taking charge of their health like never before. They are able to access information never before available. They no longer feel submissive and needful in following every recommendation that is meted out by their medical professional. It is acceptable to ask questions! And, there are now more annual visits to alternative practitioners than to traditional physicians.

What have we learned by this?! For one, we no longer have to sit by and let the ravages of time overtake our bodies with degenerative diseases that turn us old before our time. We are knowledgeable in lifestyle choices that keep us healthy. We know the intimate secrets of different food plans, exercises, and emotional and spiritual paths. And, we have access to healthful technology that could only be dreamed of a few short years ago.

We will start in the optimization of middle age. In middle age, one feels the changes that accompany years of stressful life burdens, loss of our youthful hormones, and the cognitive changes that begin to show in an alarming number of adults. Our spouse or ourselves may have lost our “pizzazz”, interpret that as you may. There are more aches and pains, and we begin the downward trends so societally common in our vision. As our reproductive years come to an end, we see more and more issues associated with our bladders , breast tissue and prostates.

Does this need to be!!?? I contend not! What can be done in working toward optimization? I stress to my patients, let’s seek to remain optimized as we progress through our life. Let’s not accept that all of the degeneration is inevitable. And how to do this?

I want to share some helpful information about five areas of great importance: Brain and cognition, muscle, hormonal optimization, eye health, and cardiovascular health. I am going to share some secrets that most likely have not been told to you before.

A large number of patients complain of failing memory, and foggy-brain. This is so common that I am truly amazed. Almost everyone fears the possibility of Alzheimer’s disease. I will share immediate items to start the brain working again. This includes hydration, cellular nutrition, optimized thyroid function, and toxin removal.

Your brain is electrical and it needs the hydrating effect of water to carry out its work. Over sixty percent of the weight of the dry brain is DHA (Docosahexaenoic acid,) commonly found in fish oil. Without this valuable oil the cell membranes do not function well. Nutrients and hormones find it harder to get in and toxins are harder to get out. The brain will not work well if your adrenal glands and thyroid are not working. These are major producers of energy in the body. Our busy and often stressed lifestyles wear on our adrenals, which in turn causes the thyroid to slow down. Supporting the function of these two tissues, with correct nutrient, glandular or botanicals often provides remarkable cognitive improvement. Lastly, the brain may be a repository for toxins, especially heavy metals. When this is present, proper detoxification will yield amazing results. Lastly, there are specific nutrients that are usually deficient that are very supportive of brain health.

Our eyes bring us so much joy. Imagine not being able to see the green rolling hills that we so richly are located within. Or not seeing the faces of loved ones. What sorrow for a painter no longer able to see well. And yet, very successful support programs for the return of eye health exist. One tool used for this is microcurrent and color therapy. Would a six-line change in your vision test be impressive!? These are the average results that one alternative support program supplies.

We probably do not think much about our muscles while they are working well. As we age a condition of sarcopenia, or loss of muscle mass often occurs. There is an underlying genetic component for how fast this occurs. When the reality sets in that we are losing our strength and are no longer able to climb the stairs or lift much of anything, this now becomes a concern. Recently, scientific investigators have discovered that our muscles have a very important job in signaling other tissues. If this signaling is absent, we face consequences far beyond the loss of muscle mass. One brilliant clinician that I know, Dr. Jeffrey Moss, has been the only one that has successfully developed a powder that slows or even stops this process.

Are you aware that over fifty percent of the time, the first clue that you have cardiovascular disease is sudden death?!! That’s right, sudden death. Not much you can do after that occurs. But there are many non-traditional support alternatives that exist. The testing that is typically done is almost basic compared to what is actually available. The advanced testing is not costly, and it allows for the prediction of future ‘events’ in a much more reliable fashion. Have you ever used a $1.00 test strip to see how your Nitric Oxide is doing? Nitric Oxide is a remarkably important molecule that helps our blood vessels stay relaxed, as well as over a dozen other functions. If this is low, you may be at serious risk. Why not check it out!

Lastly, we all are aware of how our male and female hormones start to decline as we age. In addition to lifestyle changes, gentle and knowledgeable testing and support of our hormone production will help our bones, our heart, our brains and well just about every tissue. Why not seek out the alternative approach to support these pathways? Often it is easier than one thinks!

I am able to only share briefly here. At my future public talks and workshops, I will share deeper and more specific ideas. The thought of bringing blessings and optimization to you is greatly heartwarming.