



Learn How Inflammation Is The Chief Cause of Aging and The Four Nutrients You Must Have To Beat It!

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Did you know that chronic silent inflammation is the cause of numerous debilitating diseases including heart disease, cancer, arthritis and Alzheimer's? Chronic inflammation is also thought to be directly associated with aging... including the visible signs and other conditions that shorten the quality of life.

In the wellness and anti-aging industry as well as functional medicine, doctors are now treating inflammation as a way of delaying and even potentially reversing the aging process. Don't you agree that if you can live, look and feel healthier longer thus extending the quality of your life that that will be a good thing? Now would be a good time to take steps toward that end.

What Is Inflammation?



Inflammation is your body's response to stressful situations from outside influences or inside influences... as in what you ingest. What you eat is one of the chief causes of inflammation as your body responds to substances you put into it on a daily basis. There is a saying that you are as healthy as your last meal. If you live a stressful lifestyle, inflammation will result from your body's reaction to your stressful situations. When you exercise too much, your body will react. If you have a cold or flu, that fever you need inflammation to fight the viruses.

Your body needs inflammation to fight off certain viruses or bacteria but when your body remains in a constant inflamed state, that's when it turns into aging and chronic disease. Sure, if you get sick, you experience inflammation and then it subsides, it's not harmful and actually helpful. But, diet and lifestyle that lead to a constant inflammatory response is what you want to avoid.

What Causes Chronic Inflammation?

Your diet is one of the chief causes of Chronic Inflammation. Diets high in sugars, starches and alcohol which are turned into sugars quickly are some of the big reasons so many Americans suffer from Chronic Inflammation. Drinking too many sodas, eating too much white bread, and not eating enough green fiber filled vegetables all lead to pre-mature aging.

Other causes of Chronic Inflammation include food allergies or sensitivities where the body reacts. Environmental factors such as air pollution, out-gassed solvents from that new carpet or fresh coat



of paint or toxic metals in your water or food supply can also have a negative effect on you.

What Effects Does Inflammation Have On Your Body and Your Life Span?

- Arthritis
- High Blood Pressure
- Diabetes
- Bronchitis
- Asthma
- Visible Signs of Aging – Wrinkles
- Osteoporosis
- Heart Disease
- Autoimmune diseases like SLE, Hashimoto's
- Migraine Headache
- Susceptibility to Infections
- Chronic Pain
- Cancer and many more

What it all boils down to is chronic inflammation seems to be the **BIGGEST** common factor in premature aging and the onset of chronic diseases. And, it's brought on by a combination of factors including stress, lifestyle and diet. What we definitely know is sugar and starches in your diet keep your body in a constant state of inflammation. When you compound this with a lack of other



inflammation lowering foods such as a diet that doesn't have enough nutrients, you're off and running to early aging.

Here's what makes it worse. As you age, your doctors prescribe medicines to fight your chronic diseases such as high blood pressure and stomach problems. What they give you are Gastro-Intestinal Reflux Disease (GERD) fighting medicines that deplete your body of important nutrients like Magnesium. As you age, you end up taking bags of pills instead of combating the root cause of aging. It's a downhill spiral that leads to pill after pill to fight the side effects of other pills.

To combat the effects of both aging and the medications most doctors are prescribing, there are four nutrients that can make a huge difference. The first on my top four list is Magnesium. Next is Vitamin D followed by Coenzyme Q10 and Omega 3 fatty acids. These four nutrients can be supplemented, but you have to be careful not to buy from cheap sources. See how these four vital nutrients keep you healthy and why you **MUST** keep them at optimum levels.

Magnesium:

You need magnesium for over 400 functions in the body, bone growth, for your teeth and it is critical to your metabolic rate. It is essential for energy production, for nerve impulses, for muscle contraction and relaxation and to normalize your heart rate. It also helps regulate other needed nutrients such as calcium, potassium, zinc and vitamin D.



Because the body doesn't make magnesium, people must get their supply from food. When we take antacids and proton pump inhibitors, your body may suffer mineral deficiencies including vitamin B, vitamin C, calcium, iron and magnesium because of reduced ability to absorb these nutrients. Yes you need your stomach acid to absorb them. And, the older you get, the more these deficiencies begin to affect the body and the aging process.

Long-term use of these stomach drugs is known to accelerate the aging of your cells which leads to chronic diseases including osteoporosis, hypertension, cardiovascular disease and even certain cancers. Unfortunately, as you age, your body's ability to absorb and store magnesium decreases. Because it is so important to your health, the combination of stomach drugs, lack of magnesium in your diet, reduced ability of your body to absorb it, you must solve your magnesium deficiency or face early onset of chronic diseases.

If you're still relatively healthy, eating green leafy greens and vegetables such as spinach kelp, squash, mustard greens, seeds and nuts may give you enough magnesium to keep you healthy. But as you age, taking a supplement is your best bet. So, if you're taking medicine for GERD, if you're over 40, you should be supplementing your magnesium. But, always consult with a medical doctor prior to taking magnesium or any supplement. There are interactions and taking magnesium with failing kidneys has been said to be harmful, but that may not be completely accurate. Your kidneys and all tissues in your body function much better in an alkali environment and minerals especially magnesium help alkalize your body not alkali water!



Omega 3 Fatty Acids:

Omega 3 Fatty Acids found in fish and other are believed to reduce inflammation throughout your body. Because inflammation damages your blood vessels, arteries and can lead to, high blood pressure, heart disease, eating a diet rich in Omega 3's as part of a healthy diet can potentially extend your life.

Omega 3's have been said to decrease triglycerides, reduce blood pressure, blood clotting and reduce overall heart failure risk. Many doctors recommend eating fish or other sources of Omega 3's at least 2 times a week to help lower inflammation but it's important to remember that not all fish or seafood is rich in Omega 3's.

Salmon, mackerel, herring, sardines, trout and tuna are considered fatty fish and are loaded with Omega 3's. Just make sure they are wild caught and not farmed. And, because many sources of these fish are compromised with Mercury and even radiation, people are turning to other land based sources of Omega 3's such as flaxseed oil, walnuts, soybeans, chia seeds and spinach. However your body will need to do some extra work to convert the plant based omega 3 into the form the body uses and may achieve only a 10% conversion at best. Stay away from farmed fish.

If you want to get a healthy dose of Omega 3's but you're concerned about toxins, choosing the right supplement is very important. Buying cheap Omega 3's off the shelf in a grocery store may be more harmful than helpful because you don't know the source and quality of the ingredients. That's why you should consult with your doctor to find a healthy, high quality Omega 3 supplement.



Vitamin D:

Numerous studies have pointed to Vitamin D deficiency as a risk factor for heart attacks. In fact, in a huge study by the National Registry of Myocardial Infarction, heart attacks surged by 53% during winter months. Vitamin D does a lot for your body including regulating blood pressure in the kidneys and blood sugar in the pancreas. It helps prevent abnormal cells from multiplying in both breast and colon tissues. It does a huge job for the human body.

Vitamin D has also been known to be associated with the treatment of diabetes, cancer osteoarthritis and other immune system disorders. But, recent developments point to Vitamin D deficiency leading to high blood pressure, poor insulin sensitivity, inflammation and a contributing factor in the development of heart disease. People with low kidney function have been known to have low levels of Vitamin D and treatment of the deficiency has shown to reduce the incidence of cardiovascular disease as well.

Because sunlight is a major source for vitamin D absorption, many people find themselves Vitamin D deficient. Our skin is loaded with latent pre-vitamin D but requires sunlight to activate and fewer people are spending time outside in the sunlight. Due to work schedules, fear of sun exposure, sedentary lifestyles and indoor activities, Vitamin D deficiency has become quite an epidemic. Some people who spend a lot of time in the sun may also have problems completing the conversion. In my practice I have seen two well bronzed ranchers with vitamin D3 levels as low as 7 and 14. Optimal level is 70-85, and lab range 30-100.



Few sources of food contain sufficient quantities of Vitamin D to meet daily requirements, so many products contain some Vitamin D. However, vegetarians and people who are unable to access these food sources are highly susceptible to Vitamin D deficiency. Though milk is fortified with vitamin D it may not be the best source as it is a huge source of food allergies too. The elderly, people with darker skin and obese people also are more susceptible for various reasons, so it's important for most people to supplement their Vitamin D on a daily basis.

You should consult with your doctor before beginning any supplements and get assessed to see what dose is right for you.

Coenzyme Q10 (CoQ10):

COQ10 is the antioxidant your heart is looking for. It helps keep LDL cholesterol in a normal oxidative state which keeps it from sticking to the vessel walls. It's effects help circulation and functioning of the heart muscle. It is needed by your mitochondria, the energy generating furnace in the cell, to produce energy ATP. It's been known to lower the number and severity of migraine headaches as well and helps to lower inflammation.

Many studies have shown that low levels of CoQ10 are associated with a variety of diseases including cardiovascular problems... especially high blood pressure. If you're taking statin drugs for cholesterol, understand those statins are also blocking CoQ10 synthesis. And, low CoQ10 levels have similar symptoms as statin drug side effects including fatigue and both joint and muscle aches.



Foods rich in CoQ10 include fish and other meats, soybean, sesame and canola. But, getting enough to combat health conditions and prescribed meds mean if you're at risk, you should be supplementing. Many prescription medications deplete the bodies supply of COQ10. As I've said before, you should be assessed by a professional doctor who understands inflammation and the effects of nutrient deficiency prior to determining how much CoQ10 is needed on a daily basis.

BEAT INFLAMMATION and AGING?

Now that you understand how inflammation leads to chronic diseases and potentially early death, you have taken the first step in living life longer, healthier and fuller. If you would like to know more about how you can beat inflammation, visit my website and I'll give you a FREE 1 Month membership (no credit card required) to my LifeXtension University: [Dr. O LIFE eXtension University One Month FREE](#)

My online university has dozens of video trainings to help you understand the effects of inflammation, the inefficiencies of traditional medicine, and what you can do to fight off the effects of aging and chronic diseases. Just click the link above and claim your FREE membership.