

# How to use preventive medicines to oppose the diseases of the aging process

Aging occurs as a result of a number of pathological metabolic changes that are to some extent controllable using existing technologies. Here are some of the underlying controllable causes of the diseases of aging, & what preventive nutraceuticals & bio-identical hormones can help to oppose them:



## 1. Chronic inflammation

**Curcumin** inhibits inflammatory markers such as CRP, TXA<sub>2</sub>, TNF- $\alpha$  & NF-Kappa B. These damage brain cells, arterial walls & heart valves. Heart attack, stroke & Alzheimer's disease have been linked to chronic inflammation. *Take 1 capsule twice daily.*



## 2. Glycation

**Aminoguanidine** blocks glycation, a process where protein molecules bind to glucose molecules within the body, to form non-functioning structures. It is known that diabetics age prematurely, but even non-diabetics suffer from glycation. Glycation is most evident in senile dementia, arterial stiffness & degenerative diseases of the eye. *Take 1 capsule twice daily.*



## 3. Methylation deficit

**TMG (trimethylglycine)** supplies methyl groups, for an enzyme process known as methylation, essential for DNA maintenance. Aging retards methylation, causing DNA damage that can manifest as cancer, liver damage, & brain cell degeneration. *Take 1 capsule twice daily.*



## 4. Mitochondrial energy depletion

**Acetyl-L-Carnitine (ALC)** is essential for mitochondrial function. Mitochondrial energy depletion can result in congestive heart failure, muscle weakness, fatigue & neurological disease. *Take 1 capsule twice daily.*



## 5. Bio-identical hormone decline

Bio-identical hormones such as **Melatonin, DHEA, Testosterone, Estradiol, Progesterone, Growth Hormone & Thyroid hormones** synchronise the trillions of cells in the body. Aging results in a deficiency of these hormones, contributing to age-related pathologies including depression, insomnia, osteoporosis, coronary artery disease, immune malfunction, mental decline & loss of libido. *Bio-identical hormones & prescribing information are available through the Compounding Pharmacy of South Africa (ph 011 4630310).*



## 6. Cortisol & adrenaline excess

**Stress Damage Control™** contains plant extracts of Rhodiola & Ashwagandha which suppress excessive cortisol & adrenaline released as a result of chronic stress. Cortisol & adrenaline are directly cardio- & neuro-toxic, whilst also causing elevated blood-pressure. Cortisol suppresses growth hormone, & opposes the immune enhancing & anti-cancer effects of DHEA. It also increases body-fat percentage & promotes insulin resistance. *Take 1 capsule twice daily.*



## 7. Insulin resistance

**Alpha-Lipoic Acid & Chromium Polynicotinate** improve insulin sensitivity, thereby helping to prevent insulin resistance, metabolic syndrome & diabetes. Insulin resistance results in ever-increasing levels of insulin which promotes heart & blood vessel diseases, many cancers, obesity, kidney disease & dementia. *Take 1 capsule of each twice daily.*



## 8. Excess calcification

**Vitamin D3 & Vitamin K** keep calcium where it belongs: in the bones & out of the blood vessels & cellular structures. Aging disrupts calcium transport, resulting in excess calcium infiltration into cells of the brain, heart valves & arteries (causing arteriosclerosis). *Take 1 tablet of each daily.*



## 9. Fatty acid imbalance

**SoOil™** supplies EPA & DHA omega 3's & GLA-omega 6 fatty acids. Aging results in a reduced ability to convert fatty acid precursors into EPA, DHA & GLA, resulting in irregular heartbeat, fatigue, hyper-coagulation, dry skin, inflammation, cancers & immune malfunction. *Take 2 capsules after supper.*



## 10. DNA mutation

**Resveratrol & Grape seed** help to prevent aging cells from losing their DNA gene repairing mechanisms. When DNA is left unrepaired, the result is genetic damage that increases the risk of cancer cell proliferation. *Take 1 capsule twice daily.*



## 11. Immune dysfunction

**Quercetin**, helps prevent excessive levels of cytokines, produced in tandem with the aging process. Cytokines increase the risk of autoimmune diseases such as rheumatoid arthritis. *Take 1 capsule twice daily.*



## 12. Circulatory deficit

**Vinpocetine** helps prevent age-related impairment of blood supply to the brain, eye & skin. Many eye-diseases such as cataracts, macular degeneration & glaucoma are caused by poor circulation. Strokes are associated with circulatory deficits to the brain. The skin of all aged people shows the effects of lack of nutrient-rich blood to the upper layers. *Take 1 tablet twice daily.*



## 13. Digestive Enzyme Deficit

**Enzyme Prebiotic Probiotic™** supplies digestive enzymes to prevent chronic indigestion. The aging pancreas often fails to secrete enough digestive enzymes, while the aging liver does not secrete enough bile acids. *Take 1-2 capsules with each meal.*



## 14. Oxidative stress

**Advanced Cellular Anti-oxidant™** neutralises all 12 classes of free radicals that have been implicated in most diseases associated with aging. Few people take the proper combination of antioxidant supplements to adequately compensate for age-induced loss of endogenous antioxidants such as SOD, glutathione & catalase. *Take 1 capsule twice daily.*

Available from pharmaceutical wholesalers: **UPD, Alpha-Pharm, or directly from Solal Technologies.**

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