

Three Important Anti-Aging Supplements To Consider After Age 35

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Introduction

It may be hard to believe, but after age 40 our bodies are actually designed to undergo decline, decay and degeneration setting us up for crippling degenerative arthritis, osteoporotic fractures, angina, heart disease, congestive heart failure, powerful infections, dementia and Alzheimer’s disease, macular degeneration, cataracts, and cancer. Although a healthy diet and exercise program play an important role in disease prevention these practices alone cannot slow down or reverse, to an optimal degree, the changes that lead to degenerative diseases. However, anti-aging research has revealed that targeted nutritional supplements can combat important aspects of age-related degeneration, helping to keep us highly functional and disease-free as we age.

As such, Many anti-aging experts, including myself, recommend taking a daily high potency multivitamin and mineral supplement that’s antioxidant-enriched, contains a B-50 complex and at least 400-500 mg of elemental calcium; an essential fatty acid supplement- EFA (borage seed, flaxseed and fish oil combination); and two tablespoons of flaxseed powder, during all of adult life to optimize health and reduce risk of disease. And after age 40, I also recommend three foundation anti-aging supplement combinations to help counter-the body’s aging clock



Three Foundation Anti-aging, Supplements

1. CoQ10 and Hawthorn - Coenzyme Q10 (CoQ10) is a vitamin-like substance found in every cell of the body that enables your cells to convert food into energy. Our bodies make optimal amounts of CoQ10 up to age 20. Thereafter, there is a decline in CoQ10 levels that sets the stage for accelerating aging, heart disease, dementia, a weakening of the immune system and heightened risk of cancer, Parkinson's disease, congestive heart failure and high blood pressure, as we age.

I personally recommend supplementation with a combination of CoQ10 and Hawthorn after age 40, as components of the hawthorn herb also enhance cellular energy production. From age 30-60, supplementation with 30 mg CoQ10 and 37.5 mg of Hawthorn (standardized to 5% flavonoid content) is a prudent preventive strategy. After age 60 one should considering doubling this dosage.

2. Immune and Detoxification Combination - A strong immune system is key in preventing cancer and reducing susceptibility to infection by viruses, bacteria and other micro-organisms. As we age our immune and detoxification systems become weaker and more sluggish. Yet, the ability to neutralize toxins and other contaminants through detoxification is vital to long term survival and optimal health.

Studies suggest that to maintain and boost the immune and detoxification systems a daily combination of a high potency multi-vitamin supplement along with a supplement combining 100 mg astragalus, 30 mg reishi mushroom extract, 150 mg milk thistle and 25 mg indole-3-carbinol, taken twice a day, should be considered as means to boost and support your body's immune and detoxification systems.

3. Joint Support Nutrients - Glucosamine is a raw material your body needs to make joint cartilage. By age 35-40 the body loses its ability to manufacture optimal amounts of glucosamine. In turn, this encourages cartilage erosion to occur in our joints with subsequent development of osteoarthritis. Since the early 1980's, more than 300 scientific studies and over 20 double-blind clinical trials have shown that a glucosamine sulfate supplementation can improve osteoarthritic symptoms; halt cartilage destruction; and regenerate new cartilage.

After age 40 I suggest you take a supplement containing 500 mg of glucosamine sulfate, in a combination with at least 100 mg of MSM (methyl-sulfonyl-methane) and the anti-inflammatory and cartilage support ingredients - Quercetin and Bromelain Enzymes.



Key lifestyle strategies

Studies strongly indicate that you can optimize your health and reduce disease risk by paying close attention to your diet and regular exercise. In addition, taking a high potency multivitamin and mineral; an EFA supplement; as well as flaxseed powder daily during your entire adult life, is highly advisable. After age 40 you should also consider taking the three targeted anti-aging/disease prevention supplement combinations outlined in this article to give your body the best chance to remain highly functional and disease-free for as long as possible.

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