

Older Adults and Healthy Aging

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Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.

This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.

These are general nutritional recommendations for older adults, and people interested in aging in as healthy a way as possible. It includes the basic nutrients for everyone from teen to adult.

Nutrient	Product	Q/Day
A good multi vitamin mineral supplement*	Ultra Vites or	2
	Ultra Preventive w/Spirulina	4
High Essential Fatty Acids	Ultra Omega-Linic	4-8
Vitamin E mixed tocopherols	Vitamin E 400	1
Coconut oil for the brain	Ultra Monolaurin	1-4 scoops
Anti Oxidant support	Radical Resilience	2 AM, 2 PM

* Use a multi without iron unless there is a known need for iron

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HEALTHY AGING RECOMMENDATIONS

My healthy aging recommendations, listed in order of importance, include nutrients for normal, well adults. I recommend the use of non-pharmacological levels of nutrients to maintain the body at levels of health found in a young organism. Check out the following recommendations:

1. Basic Nutritional supplementation (Ultra Omega-Linic, Ultra Vites)
2. Exercise - This has a positive effect on your mental functions as well as health preservation .
3. Weight loss if appropriate
4. Amino Acids to stimulate Human Growth Hormone if needed
5. Protein if indicated
6. Antioxidant support (Radical Resilience)

START WITH A GOOD MULTI

To support the many biochemical reactions constantly taking place at the cellular level it is important to provide a good multi vitamin mineral formulation. Products such as **Ultra Vites** and **Ultra Preventive** provide a high level of all of the B vitamins. They are especially high in Folic acid and B12, which help with cognitive function. They also have 1000 IU Vitamin D3, which is often deficient. With the likelihood that digestive processes decrease with age, it is even more important to cover all the nutritional essentials.

Ultra-Preventive also contains Spirulina, a super food in its own right.

ADD THE MISSING INGREDIENT IN ANTI-AGING FORMULAS

After a good multi, **Ultra Omega-Linic** is the most important supplement in a healthy aging nutritional program. It contains the *preformed*, long chain polyunsaturated essential fatty acids (EFAs)

- eicosapentaenoic acid (EPA)
- docosahexaenoic acid (DHA),
- gamma linolenic acid (GLA)
- stearidonic acid (SDA).

Everyone who eats a typical western diet is deficient in these EFAs. Lack of them leads to premature atherosclerosis, heart disease, arthritis and many other diseases common in an aging population.

Ultra Monolaurin. Recent studies have tied the use of coconut oil to better brain function (our Monolaurin is a 90% pure distillate of coconut oil). The aging brain may lose the ability to utilize glucose for energy. But the medium chain fatty acids in monolaurin convert readily into ketones, which the brain does use for energy. Medium chain fatty acids (MCFAs) have been shown to benefit those with Alzheimer's and Senile Dementia.. Ultra Monolaurin provides the additional benefit of protecting against a number of bacterial and viral and fungal (candida) infections.

Another product for your consideration is **Radical Resilience.** Even though oxygen and its reactions are essential for life, oxidative free radical damage is considered one of the major causes of aging.

You may rebuild your energy, your health and your strength by adding this synergistic blend of herbs to my recommended basic nutrients. Radical Resilience is an Nrf2 system activator.

Radical Resilience uses the following herbs which have evidence-based properties:

- Milk Thistle: Antioxidant, anti-cancer, anti-aging, hepatoprotective, cytoprotective
- Bacopa: Cognitive enhancing, antioxidant, antidepressant
- Turmeric: Antioxidant, hepatoprotective, anti-cancer, anti-inflammatory, thrombolytic, gastroprotective, neuroprotective
- Melissa (Lemon Balm): Antioxidant, antigenotoxic, antimutagenic, anxiolytic, cognitive enhancing
- Maca is an antioxidant. It is adrenal supporting, anti-stress, hormone balancing, supports libido, anti-hyperplastic, anti-tumor

Bone Health:

Nutrient	Product	Quant/Day
Calcium and Magnesium 1:1 ratio	Calcium D chelate	3
	Ultra Magnesium Chelate (250 mg)	1-2
Vitamin D3 & Vitamin K	Vitamin D3 5000 or Vitamins D3 & K	1

Osteoporosis, which affects both men and women, is another condition common in an aging population. People who don't get enough of the essential fatty acids EPA and GLA (as are in Opti-PUFA) are more likely to have bone loss than those with normal levels of these essential fatty acids. Three (3) **Calcium D chelate** per day provide the minimum calcium required in a bioavailable form. Ultra Magnesium chelate in a 1:1 ratio to Calcium aids in the prevention of Osteoporosis.

Aging skin and lack of sun exposure leads to Vitamin D deficiency. Vitamin D3 can be measured by a simple blood test. Besides its benefits for bone health, the lack of Vitamin D leads to an increased incidence of upper respiratory viral infections, including influenza.

At least 1000 IU Vitamin D daily, as in my multi formulations, is necessary. This is because many people use sun screen to excess, while others lack any significant exposure to direct sunlight. In addition, older skin is not very efficient at converting sunlight to Vitamin D. There is total lack of production of vitamin D in the winter in northern latitudes for everybody. In these latitudes (draw a line from Los Angeles to Charlotte, NC) from fall to spring, or if there is a need for Vitamin D for a health reason, it should be supplemented at an additional 5000 IU per day (total 6000 IU). I recommend **Vitamins D3 + K**. If you are using blood thinners use **Vitamin D3 5000** (without Vitamin K). Vitamin D deficiency contributes to such problems as chronic pain, high Blood Pressure, cancer and many other chronic diseases.

Arginine and/or Lysine to stimulate hGh:

Nutrient	Product	Q/Day
L-Arginine	L-Arginine	2 grams
and/or L-Lysine (use more if herpes flare)	L-Lysine	2 grams

Human growth hormone (hGh) naturally decreases with age. The natural spikes in growth hormone occur around 7 AM, 4 PM and at bedtime. If you are experiencing excessive fatigue, L-Arginine can be supplemented in the morning and/or afternoon at 2 grams. If 2 grams are taken before exercise, it reduces recovery time. Two (2) grams L-Arginine taken at bedtime produces a deep, natural sleep. If arginine produces a flare in type I or II herpes, match it gram for gram with L-Lysine (a weaker growth hormone stimulator).

Pain Relief, Lack of Sleep and Depression

Nutrient	Product	Quan/day
essential fatty acids	Ultra Omega-Linic	4-8
MSM Lotion	Opti-MSM Lotion Plus	As Needed

Pain is a major problem for most of us at one time or another. It becomes an increasing problem as we age. It is a common reason for lack of exercise and lack of sleep. As stated above, exercise is a major factor in healthy aging. I have a number of nutritional recommendations for pain relief in my Musculoskeletal Pain protocol. One of the major benefits of Ultra Omega-Linic comes from its anti inflammatory response. It also helps preserve joint integrity. Most people see a marked decrease in musculoskeletal pain when they use it. My Musculoskeletal Pain protocol has recommendations for sleep and depression.

Topical application of my Opti-MSM Lotion Plus quickly and effectively relieves musculoskeletal and other types of pain. We use it for kitchen burns and bug bites. Patients have reported an improvement in skin conditions - including the disappearance of stretch marks. Scarred skin fades and becomes more flexible.

OTHER NUTRIENTS THAT PROMOTE HEALTHY AGING

Nutrient	Product	Q/Day
important nutrients (often deficient)	Choline Inositol	1-2
OPCs and other antioxidants	Inflamease	2, 3 times/day
Spirulina	Spirulina Plus Green drink	1 tbsp
	or Spirulina Capsules	2-6
Alpha Lipoic acid, Cinnamon and GTF Chromium	Ultra DM Complex	1-2
Ginko	Ginko	1
Vitamin C (timed release)	Vitamin C 500	4-10
Bioflavonoids	Rutin	1
Consider a digestive aid with meals	Enzymes Plus	3

Choline and Inositol were once considered important vitamins, but it has been found that in the younger individual they were almost always adequate. However, in the aging population they are frequently deficient. They are considered essential nutrients because the body cannot make enough of them for optimal function. Some hormones in the brain depend on inositol to aid with proper function. These hormones promote a sense of well being and happiness. Choline is used to produce acetyl choline, which is involved in neural transmission.

Consider the antioxidant and antiinflammatory benefits of **Inflamease**, which contains proanthocyanidins from whole grape extract (with Resveritol). This helps control pain.

A good source of Protein is also important in an aging population because the diet is often inadequate, the protein needs are often high, and older people either don't get adequate amounts of protein, or have difficulty digesting it. Consider **Spirulina Plus** Green drink or **Spirulina** Capsules. Spirulina is a source of protein from blue green algae. It supplies peptides and polypeptides, and it contains all of the essential amino acids. In addition the green drink contains probiotics, zeaxanthin and other phytonutrients.

Ultra DM Complex is a special formula of 3 ingredients: Alpha Lipoic Acid, Cinnamon and GTF Chromium. This products specifically targets diabetes and insulin resistance.

Benefits of Ultra DM Complex

Alpha lipoic acid is best known for its antioxidant properties. It scavenges reactive oxygen and nitrogen species and regenerates other antioxidants. It chelates and removes heavy metals, which reduces oxidative damage. It induces glutathione synthesis. It causes increased uptake and utilization of glucose in the cell and has been showed to effectively increase the utilization of glucose at the cellular lever in Insulin resistance and insulin dependant diabetics. Alpha Lipoic Acid offers significant protection with ischemic reperfusion injury. Another benefit is that it reduces total cholesterol and increases HDL cholesterol. The dose is rate limiting and its effect does not increase with dosage increase beyond 300 mg twice daily.

Cinnamon studies show that cinnamon has the ability to stabilize blood sugar levels.

Chromium potentiates the effect of insulin.

Vitamin C 500 support is very important to maintain health. **Rutin** is a flavonol glycoside comprised of Quercetin and rutinose. Almost all of its actions are due to the release of Quercetin when it reaches the colon. It has antiinflammatory, anti-allergy and immunomodulating activity. Rutin is useful in the management of venous edema and capillary fragility. It also reduces the cytotoxicity of oxidized LDL cholesterol.

Ginkgo increases blood flow to the brain, increases metabolic efficiency, regulates neuro transmitters, and boosts oxygen levels in the brain. These effects improve short and long term memory, increase reaction time, and improve mental clarity. It is also supportive in treating impotence and infertility in males.

SKIN

What it does	Product	Benefit
skin care	DermaCalm Lotion	head to toe support for your skin
soap free	Calm Body Wash	natural ingredients for your bath
pH balanced	Hydrating Body Lotion	moisturizes and softens all day long
mild shampoo made for kids and sensitive adults	Tangerine Vanilla Shampoo	it smells great - in addition to its softening and detangling effects.

As we age skin problems are an increasing concern. Advertising focuses on making wrinkles go away. But there are other concerns as well. Increased bruising and skin tears are most noticeable. These problems have been helped by avoiding soaps and shampoos with harsh chemicals. Use products like **Calm Body Wash**, which contains natural cleansing agents. You should also use nutrient-rich and pH balanced lotions, such as **Hydrating Body Lotion**.

Remember, your skin is one of the largest organs of our body. Since a lot of absorption takes place thru the skin, it does matter that these products are made with natural (rather than toxic or synthetic) ingredients. **Dermacalm Lotion** has been formulated to provide head-to-toe nourishment through the skin.

In Summary:

Aging carries with it many problems. The goal of this paper is to present a variety of nutritional suggestions that minimize the problems

While various health conditions are not limited to the older population, they are more likely to complicate the aging process.

For more recommendatins see my other protocols: Osteoporosis, Macular Degeneration, Heart Health, Homocysteine Elevation, High Blood Pressure, High Cholesterol and Diabetes.

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