

***Secrets for YOU to Live Younger –
without breaking your bank or your back***

by Dr. Lindsey Berkson



29 common questions about slowing down the big A (Aging)

*Above pics are Berkson in her 60's
Wouldn't you want to know what she's doing?*

Dr. B's journey holds answers for YOU.

- Do you dream of having the energy and looks you had in your 20s, with the wisdom you've learned since then, but you're too exhausted, in too much pain, or too confused to pull this off?
- Are you afraid of outliving your cognition, not just your money?
- Do you hate spending time in waiting rooms only to see practitioners who don't really listen to what you have to say or don't have natural effective answers for what you came in for?
- Do you try new diets or spend money on vitamins only to find they don't help your issues or leave you feeling worse?

- Do you want to know how to develop a powerful *resilience quotient*, so no matter what shows up, you come out better on the other side?
- You've come to the right eBook!

Hi, my name is Dr. D. Lindsey Berkson.

I lectured in Chicago a few years ago with Dr. Eldred Taylor, a well-respected gynecologist specializing in hormone therapies. We were speaking to a group of 50 or so internists, family practice and OBGYN doctors on female health.

Dr. Taylor pointed at me from the podium. He bragged about my age and added, "See, this is what happens when you've been on bioidentical hormones for years!"

At the break, I was surrounded by a covey of 40- to 50-year-old female doctors. Like the famous scene in the movie, *When Harry Met Sally*, they said, "We want what you're having! We want to look like you when we're THAT old!"

I have an ensemble of comedic stories based on amazed reactions when folks learn how old I am after seeing how young I look.

They often think, "She's lucky. She must have inherited great genes." But nothing could be further from the truth. I've lost 7-1/2 organs (the half is for half my thyroid), 18 lymph nodes, and been through 16 surgeries, a number of them requiring serious down time and recovery.

There were years in my life when I couldn't get out of bed. My personal health history is so complex, I've been through so much, that many experts, doctors from regular medicine as well as functional medicine docs, have said that I should never expect to be truly well again. I was diagnosed with a rare breast cancer, with kidney cancer, lost an adrenal gland, had severe recurrent adrenal fatigue, had inflammatory bowel disease, and on and on. They would suggest I try to accept the fact that I wasn't a well woman and that I should surrender to "aging gracefully."

But here I am, looking, and more importantly, feeling better than I did even in my 20s. I know for a fact that the “body is designed to heal.” You may be seriously ill, you may have been told you’ll have to learn to live with whatever has shown up. But I have learned that if you can figure out what’s wrong with you at the most foundational level, most of the time you can fix it.

Your body is a rejuvenating machine, even in your nineties. But you have to identify the exact elements that are part of the perfect storm that made you ill or have left you feeling older. Then you need to address these issues to clear your physiologic slate to get you well again. This can happen no matter the diagnosis or your age!

This is not New Age fluff. This is physiologic reality. I’ve witnessed this over and over again in my practice with thousands of patients. And it’s my own story.

But, it wasn’t an easy road getting here. It’s been a string of battles with lots of fallout. But if you, aided with a smart thinking health team, can figure out what’s wrong with you, most wrongs can be righted. There’s never a 100% guarantee you’ll fix everything 100%. But knowing what is keeping you stuck, and having expert information to get unstuck, helps you achieve unstoppable health in many incredible and effective ways.

Let me explain by sharing some of my story. If you want to, you can skip about me, and go to about YOU, starting with question number one.

Berkson’s Backstory: I had serious issues, starting in childhood. I suffered with severe bouts of fatigue and long drawn-out illnesses that no one could explain. My menstruation began at 10 years of age, with severe chronic problems like hideous pain and bleeding, right from the start. My first surgery was when I was eighteen years old. I’d get well from one issue and one surgery only to have another health issue rear its head. Then there’d be yet another surgery or another procedure. Again and again.

For many people, getting a serious illness is a call to change. They stop downing sugar or being Velcroed to the couch. They take up a healthier diet, exercise, swallow vitamins, and usually get well.

It's been the opposite for me. I was doing everything right but consistently getting sicker.

My mom was a serious athlete. She was state champion in Illinois in tennis and fencing and ran the equivalent of full marathons till she was 79 years old. So I got the memo early on that exercise was a daily must. Those who know me know I work out regularly, often daily, and I even got up early to hit the gym before every surgery.

I heard a lecture by Helen and Scott Nearing (the back-to-the-land gurus that I ended up living with and who taught me organic gardening) say that "you are what you eat." I was seventeen. That made sense. This started my life-long focus and habit of raising my own food, milking my own goats, and consuming a wide swath of organic veggies. No sugar. No processed junk.

Still, I didn't get well. And kept getting worse.

Tumors kept showing up. Doctors kept cutting out the organs with the tumors. My mentor at Tulane where I was a hormone scholar at an estrogen-driven think tank started to introduce me at symposiums as the woman who kept losing more and more of herself, but kept looking better and better.

Why was all this happening to me? No one knew.

Not until I began researching and writing *Hormone Deception*, one of the first breakthrough books on environmental pollutants that can deceive and hijack our own hormones, did I learn something amazing.

I had read a few articles that suggested that pollutants in our air and water, and in the daily products we use from cosmetics to foods, could mimic hormones, especially estrogen. I was immediately drawn to the enormous impact this might have on human health and disease and knew I had to write a book. As I pitched the idea, most publishers

considered the concept that our environment was assaulting us was too far out and a doomsday scenario for a book. Finally, Judith McCarthy at McGraw-Hill believed in me and we cut a deal.

The book took six years to research and write, as the field of the environment getting *in* on our health was brand new back then. During that intense time of taking part in numerous scientific symposiums and interviewing top scientists for hundreds of hours, something gnawed at me. Most of the diseases that experimental animals developed when exposed to toxic endocrine-disrupting compounds were exactly the same health issues I'd been experiencing all my life.

That seemed eerie.

Then, I read about a well-respected researcher in Finland, Professor Risto Santii, who spent his career studying the effects of a powerful cancer-causing estrogen drug on the male reproductive tract and prostate cancer—the most powerful estrogen ever invented, called diethylstilbestrol. It's known by its famous acronym, DES. It was eventually banned in 1971, but sadly only after it was given to millions of pregnant women for 36 years.

After Dr. Santii's father's death in 1993, his mother was going through old letters and found records of which drugs she had taken while pregnant. She sent them to Dr. Santii. It was a fickle finger of fate that it turned out he was a DES son, a victim of the phenomena that was his career focus.

His innovative research had clearly shown that animals experimentally exposed to DES in the womb had a much higher risk of getting cancers of the male genitalia when they grew up to be adults. He ran out and got tested. To his shock, he discovered he had prostate cancer, even though he was relatively young.

When we are in the womb, our fetal cells are wide open to what they might yet be. They are “undifferentiated.” Undifferentiated cells have not yet committed to their job descriptions of being a heart, brain, or digestive tract. They are nonspecific. In this state, they are not yet organized, and thus very *vulnerable*. Especially to toxins that gain entry

into them from the mother's bloodstream. Especially if she is exposed to chemicals that act like hormones.

Here I was writing a book on pollutants that through exposure during pregnancy can affect that unborn child throughout its adult life. The main model compound to understand this "fetal-origin of adult disease" is DES. I had most of the serious health issues that the animals and humans exposed to DES in the womb had, demonstrated in replicated scientific and epidemiologic studies.

I called the hospital where I was born. It was so long ago, the records were stored on microfilm. I got them just months before they were slated to be shredded.

I waited for the results.

The birth records arrived in a flat brown envelope. I opened it with shaking hands. There it was in black and white. My mother had been given DES, both through pills and by injection, throughout the most vulnerable time of all: the first trimester of pregnancy. This window of exposure is recognized as the most sensitive time for a fetus to be exposed to any toxin or drug, let alone a drug that acts like a super carcinogen and dangerous synthetic hormone.

Here I was writing a book on endocrine disruptors, of which DES was the main molecule being used to understand this phenomena, and I was a DES daughter!

It became clear that this drug caused many serious diseases in DES daughters (and some sons), including infertility, cancers, endometriosis, insulin resistance, a higher risk of many issues from type 2 diabetes to obesity, and on and on. The link of exposure was so well established that suing the 365 companies that sold this medication to pregnant women for decades only meant negotiating a reimbursement schedule. No true litigation was necessary; it was a cause-and-effect fact.

Here I was writing this book, noting my health history read like rodents in the studies, and noting how this researcher had become a victim of his main research focus. That's when I felt a lump in my breast.

I have been diagnosed with cancer twice. Lost an adrenal gland. Went into adrenal failure. Had more illnesses specific to DES in-utero exposure. But I have beat them all. I've suffered, but soared.

If a doctor tells you there are no answers for you. It means he or she has no answers for you. It doesn't mean answers aren't out there somewhere. You just haven't found a health team that can help you identify them . . . yet.

I have experienced the full circle of health care. Yes, there are some times when you have to throw in the towel, life is terminal for us all. But there are many times when we do this prematurely and miss out on what could have been ours for the taking if we had been armed with more critical information so we could go about it more wisely.

I have been a doctor, researcher, scientist, and best-selling author. But being a patient has been my most influential curriculum.

We have to take our health and our future into our own hands.
I know this to be true.
I have lived it.

Come with me and let me answer some questions to help you do your aging differently.

Let me help you turn back the clock and live younger.

1. **Can you really slow down aging? Yes!**

Aging picks up speed as we move through time. We age faster in our 70s than in our 60s and faster in our later 30s than in our early 30s.

That's how aging typically unfolds. Deep inside our molecular nooks and crannies, we start to age in our late 20s, so this information applies to most of us. This happens because hormones are at the highest levels they will ever be in our mid-20s. They start to lower in our later 20s

silently behind the scenes, without you realizing it, and you start to age at the cellular level.

This process has been set in physiologic stone. Until now.

In the last few decades, science has blown aging's cover. There are now widely recognized evidence-based technologies that have been shown to slow down many of the diseases and disorders that are linked to the processes we call aging.

Examples abound. There is the discovery of a brand new vitamin, the first new vitamin in over half a century, that improves memory and can reverse cognitive decline to varying degrees. Two scientific human clinical trials on PQQ, the nickname for pyrroloquinoline quinone, show that this vitamin can prevent, or sometimes reverse, cognitive decline caused by aging and oxidative stress. And its benefits occur with stunning rapidity.

Human research has shown that brain protection with PQQ occurs by either consuming foods that naturally contain large amounts of it, or by taking it as a supplement, or taking it in combination with synergistic nutrients. You can take a PQQ supplement daily (10 mg) and begin consuming high PQQ foods, and notice improvement in memory, focus, spatial cues, and even stress reduction within 1-4 days. This is anti-aging medicine in action.

Various herbs and even medications lengthen the end tips of chromosomes, called telomeres. In general, it is thought that the longer our telomeres, the longer and well lived our lives. Diet, nutrients, specific herbs, and lifestyle can affect telomeres for good or for bad. But we have wiggle room here as we are talking about lifestyle choices over which we have a large degree of control.

Hormones, when tested and found to be dysregulated, then replaced with biologically identical hormones and rebalanced inside the body, have also been shown to slow down and sometimes reverse some specifics of aging. They boost brain power, memory, heart, lung, and gut health, and even make us look much more attractive for many more years.

Hormones are biological Gemini's. They are two-faced, sometimes acting nice, other times naughty. Food and nutrients affect this good/bad behavior of hormones. Healthy food keeps hormones balanced and safe on their journey throughout the body and as they are excreted southerly. In contrast, junk food and anemic nutrient choices, snatch and scratch hormones down punk pathways, which put your health more at risk, especially as you age. And hasten aging.

Good food is your friend for many reasons, only one of which is to keep your hormones friendly.

Exercise, shown by Dr. Sheppard's research team in Toronto, acts like a natural form of cosmetic enhancement, turning back the biological clock 10-12 years. His group proved this happens even in folks who don't start exercising till their mid-50s.

People who exercise regularly do not age in the same way compared to folks that assume the shape of their couches.

Keeping vitamin D levels in the mid-normal to slightly higher range in the blood has been shown to increase leg strength in the elderly. Healthy vitamin D levels are anti-aging as they reduce the incidence of falls and fractures, and even help get folks out of wheelchairs and off walkers and canes.

Vitamin D is a powerful hormone that tamps down nasty inflammation that hastens aging. And it also boosts autophagy. Autophagy is a way cells stay well and live more youthfully. It is a natural "auto-correct" function of cells.

There is a lot that can be done to slow down the signs, symptoms, and illnesses associated with aging, even if you feel you have inherited genes that are especially prone to illness and aging. Attending to factors such as those just discussed helps create improved functioning of even the genes you are born with (epigenetics).

2. I am so exhausted. Can I really get my energy back, like I had decades ago? Yes!

Lack of energy is not just a result of generalized aging, but rather it can come from a wide variety of issues and disorders that can be addressed individually as well as together. For example, suboptimal functioning of glands, like the thyroid and adrenal glands, can contribute to fatigue and bouts of energy drops, like severe energy crashes in the mid-to-late afternoon. Specific nutrients, herbs, and glandulars (tissues from organic animal glands) and sometimes medications, can address the issue directly at the glandular tissue level itself and reboot more optimal younger functioning.

- Stressor foods may rob the body of energy (such as refined sugars, processed fats, and refined grains = junk food).
- Deep inside our guts, our microbiome (microbes that live inside the digestive tract and influence much of our health and hormone signaling) affect our mood, perception, hormones, and health. The gut is the mother ship. It has a huge influence on how well you age.
- Specific nutrients boost mitochondrial functioning. These are the cellular centers (organelles) inside cells that act like “fuel aps.” They live inside all cells but can age. But they can also be rebooted by nutrients like d-ribose, Co-Q 10, and others, by exercise, good thoughts, and healthy choices.

I have worked with thousands of people who feel diminished in their ability to push forward in work, in their intellectual edge, and who complain they wake up exhausted as if they never slept. They feel like they’re 100 years old. This may have gone on for years. But it is possible to regain energy, edge, push, and sharper mental focus, often within days or weeks.

How you think, eat, and move, how balanced and optimal your hormones function, and how well your lifestyle takes care of your gut flora (microbiome) make a huge difference in how you inhabit your body suit. And how you age or slow down aging.

3. **What is your best trick to keep my skin looking young and radiant?**

There are three top factors that contribute to growing your skin younger and younger.

- 1) Consume 3-5 veggies a day (I like to have even more). The pigments in veggies (which give veggies and fruits their vibrant colors) contribute to healthy skin tone.
- 2) My favorite nutrient for the skin that acts like an internal microdermabrasion is niacin. It has to be the form of niacin that creates a flushing and redness sensation, as niacin caretakes the skin by increasing circulation in the blood vessels of the skin. So it's fast acting rather than time-release niacin that boosts skin circulation and beauty. Boosting and maintaining healthy circulation is what healthy and healthy-looking is all about.

Now, sometimes the effect of the huge circulation boost by the full-flush (non-time release) niacin can be very strong. About 10% of people can develop welts, get stomach pains, or experience the flushing as too uncomfortable. Do not take niacin on an empty stomach. Some people are so sensitive they feel faint the first few times they try even 100 mg. So go slow. Start the niacin at a low level, 50 mg, and increase it every few days gradually, building up to 300 mg once a day. This gradual building up of niacin minimizes the potential adverse reactions. These reactions are transient and not dangerous, and get less over time or can even go away. But some people can't adapt to the niacin and so it is not for them. It's a trial method. Give it at least 4-5 days to see how you and niacin get along.

Niacin should not be used without working with a seasoned practitioner and getting blood tests run if you have ever had liver disease.

I have been using niacin for years, and so have several of my colleagues, who are also known for their age-defying appearance. All of us swear by it. Niacin works over time; it takes regular use, over months and years for it to keep your skin younger looking. It works so powerfully, I have pondered if it promotes new collagen growth, but only future research may prove that.

- 3) Another magic skin supplement is omega-3 fatty acids from fish. But the trick with nutritional treatments is the dose. Many folks

who take supplements and herbs and don't see a difference aren't taking the optimal dose (and possibly they're also not *digesting* what they are taking). Fish oil, 1-2 grams a day of EPA, makes for silky smooth skin from the inside out. It got to where my boyfriend could tell whether I was taking my fish oil regularly or not by the feel of my skin. If he sighed in admiration, I was taking it. If his hands caught on the dryness of my leg, then I wasn't. It's that influential on the feel of the dermis. That's how nutrition works; you, and even those you love, can feel the difference.

4. I have lost all my interest in sex and I figured that it was simply over for me. Is it? **NO!!!**

Sensuality, sexual enjoyment, the ability to be multi-orgasmic and feel sexy, all of this can continue for decades to come, if you want it to. This is one of the easier things to fix with lifestyle evaluation, hormonal rebooting, and diet and specific nutrient intervention. For example, one of the signs of true adrenal fatigue is exhaustion right after orgasm, up to 24 hours later. Using herbs to nourish the adrenal glands is very helpful. And this makes orgasming pleasant and long lasting once again.

Replacement of various hormones is the another essential key to sexual health. For example, I had a patient who was in her mid-60s and had never had a vaginal orgasm. She had difficulty having any orgasm most of her life. She suddenly found herself for the first time in over a dozen years in a relationship with a man 17 years younger than herself. She longed for a successful intimate connection with him. I recommended replacement with the bonding "love hormone," called *oxytocin*.

After going on this for just several days, she called my office, sounding a bit high. She told me things were now amazing. I asked her why she sounded slightly drunk.

"Well, I guess I am a little high. Last night I lost count after 30 orgasms. I can't thank you enough. I feel young!"

5. Are there any "must-have" nutrients and foods that science has proven are truly effective in slowing down inflammation and various aging issues? **Yes!**

The brain trumps all; it is at the top of the physiologic pyramid of the body. It ultimately directs much of the body traffic, including hormones. So I certainly encourage cutting-edge supplements that boost healthy brain-body conversations, such as fish oils, healthy B vitamins, and probiotics.

Food is medicine. There are specific foods (and nutrients) that clean out cellular debris and that tamp down nasty molecules of inflammation that erode heart and brain function.

A diet rich in green and colorful vegetables, like parsley and yellow peppers, gently alkalize the filters of the kidney (glomeruli), which slows down kidney aging and even improves kidney function in people with renal (kidney) disease. Your kidneys have more to do with your heart and health than most realize. Some foods damage the kidney, such as excessive phosphates that can occur from regularly drinking most sodas or eating too much animal protein.

Foods and nutrients are powerful forces for good or for bad.

For example, the news has been filled with the good, the bad, and the ugly about calcium. It's been shown that taking calcium in excessively high dosages (which may mean over 500 mg/day), or taking it without sufficient vitamin D or the mineral magnesium has been linked to earlier death and heart attack.

So nutrients and foods need balance.

When calcium is taken with the right group of supportive nutrients and diet, in optimal amounts, it actually has the reverse effect. In these lower more absorbable levels, calcium is linked to living longer and more healthfully protecting bones, brain, and even your colon. It's all about knowing how to best take supplements. With food. Without food. Which foods. What foods to avoid.

Knowledge is power.

Research has shown that the more regularly one eats breakfast, the less one weighs and the less risk of type 2 diabetes. In fact, for each

additional day that breakfast is consumed, there was a 5% decrease in the risk of developing type 2 diabetes. Compared with participants who ate breakfast between 0 and 3 times per week to those who ate breakfast 5 times or more a week and had a 31% reduction in weight as well as in getting type 2 diabetes. They also had better cognition, did better at work, on exams, and all in all, had better focus and moods throughout the entire day.

However, we are all different. Some folks feel worse if they eat breakfast. They usually say they aren't hungry until about 10-11 in the morning. This goes to show that optimal nutrition is not a "one size fits all" kind of thing.

Now, if you are full in the morning because you've stuffed yourself in front of the TV at night before you went to sleep, that's a different issue and not an example of someone who naturally can go without breakfast. But if you don't overeat at night and you still wake up with no desire to eat, and you feel less well if you do eat breakfast, you may be one of the few that has your own unique spin on what works best for you.

Roger Williams PhD wrote a famous book about *Biochemical Individuality* where he explained the wide swath that makes up "normal."

What is normal and optimal for one person may be different for another.

In general, for most people, a small solid breakfast makes good body and health sense. Try a smaller breakfast and see how that sits with your day, and then see how you feel without breakfast.

My favorite morning breakfast is fast and easy to make, inexpensive, and honestly tastes good. It does not taste like cardboard. It tastes like a nutty cereal. It can be made in less than three minutes and it has widespread anti-aging health benefits.

Fast, easy, homemade flaxseed cereal:

Buy flaxseeds, for pennies, and store in a glass jar in the fridge.

- Put one TBSP of whole flax seeds into a coffee grinder and grind for 15-20 seconds.
- Repeat with 1 TBSP of sunflower seeds.

- Add 1 TBSP of whole hemp seeds.
- Place in cereal bowl.
- Add any type of milk. I like to use unsweetened vanilla milk alternatives, such as unsweetened vanilla soy, rice, almond, hazelnut, hemp or coconut milk. There are lots out there. It's a great idea to rotate them, so keep a bunch of containers in the fridge and use a different one each day. If you buy "plain" alternative milks, they have added sugar. The label has to say "unsweetened" for them to be sugar-free.
- Healthy sweetener option. Add a packet of healthy sweetener that does not contain maltodextrin. Some people feel that xylitol has a less chemical aftertaste than stevia. However, a few people with sensitive guts or celiac disease may get intestinal irritation from sugars that end in OL.
- Make sure you take adequate B vitamins, especially vitamin B6. Even though flaxseeds are an almost perfect food, and they protect our blood pressure, breasts, prostate and colon, they contain a substance called *linatin*, which competes with vitamin B6 to perform its cellular actions. Most foods contain a few anti-foods such as this, and the trick is to make sure you get enough back-up B vitamins in a multi or in a B-complex.
- Vitamin B's or complexes that are *activated* (have the first step of digestion performed) are often the best for us as we age, since that first step of activating B's can get pooped out (as we age many of us methylate more poorly and thus don't utilize our B vitamins as well).

This breakfast is high in fiber, in specific fiber called *lignins* that balance and protect hormone health, protect kidney, brain, and many other body parts. Flaxseeds also have high levels of manganese that "feed" mitochondria and also strengthen tendons and ligaments (like the discs in your spine).

6. Do I really have to exercise?

Some people feel that running late is exercise. But only if you run late regularly and for huge hunks of time. 😊

Now, you don't have to exercise like a top-level athlete, but you need to move. Being on the go, walking through malls, walking down long corridors on the job, getting up and down and using your arms to lift and move, this all adds up.

The Longevity Study is the largest study ever run on humans; it's been going on for 80-90 years. This study followed 1500 children in southern California throughout their lives, collecting over 10 million bits of data that continues to be compiled as only several stragglers are still among the living.

The study has ended up identifying reproducible evidence as to what life habits promote healthy longevity (in this group of observed folks) compared to which actions are linked to premature death. The folks that were active within the context of their lives lived longer healthier lives, they did not need to be members of a gym or perform triathlons. Of course, those weren't so available or trendy when these oldsters were younger.

However, it has recently been shown that short bursts of peak performance movements, even short sets of 30 seconds of moving in an "all out" manner, putting everything you have into it, are linked to increasing levels of vitality, beneficial growth hormone production, improved energy, and even desired weight loss. Even in my patients that are very overweight, ill, or suffer with a limiting factor, like serious knee issues, we can figure out some way they can accomplish sets of peak performance and still not get injured.

That's the trick, you want to be sensible and go slowly as you build up any workout, because once you get injured it is a challenge to get back to it.

There is always a way to move and push yourself that is healthy and safe for your particular situation. Sometimes people sit in a rocking chair and rock to get their exercise. But there always is some way to get the move on.

The point is to avoid prolonged sitting, either in front of a computer, TV, or just on the couch with friends and a bag of chips; prolonged, non-

weight bearing, couch potato time is a true killer. Sitting, too much sitting, is the new smoking.

Regular exercise promotes brain plasticity, which keeps the brain young. Regular exercise keeps the body defying age.

In September 2011, our vision of aging got bombed. An elegant study performed MRIs of the thigh muscles of 40-, 50-, 60-, 70- and 80-year-old elite athletes (those that robustly worked out an hour five days a week). The thigh muscles in the 80-year-olds were exactly as healthy, the same thickness and quality, as the thigh muscles in the 40-year-olds. The thigh muscles in sedentary folks were shriveled and frail, but not the thigh muscles of those who exercised.

The authors said aging is no longer the inevitable decline we once thought. But who knew that regular exercise would be like full body plastic surgery, turning back the aging clock over a decade!

7. **Is it inevitable to have so many aches and pains as I age? No!**

I routinely get folks off pain meds, often within one to six weeks. It is just a matter of identifying the joint stressors, getting rid of them (from ottomans to foot gait position), and putting in some good joint stuff, like the B vitamin *niacinamide*.

Dr. William Kaufman treated arthritis in the 1930s by giving 1000 to 4000 mg of niacinamide daily to thousands of patients and meticulously monitoring what happened. What Dr. Kaufman found was that niacinamide is Mother Nature's joint-lubing oil. Niacinamide is inexpensive and won't give you a wallet biopsy.

Niacinamide has a short half-life, so you have to take it four times a day to keep blood levels up.

But within one to six weeks, many folks who are living on pain meds are able to get off them, as niacinamide reduces joint inflammation, pain, and even improves joint mobility and range of motion. By identifying allergy foods and avoiding them, eating robust amounts of anti-inflammatory foods, assuring true gut and digestive health, and adding specific nutrients like niacinamide and fish oil (the dose is everything in

effective use of nutrients, so you must be on at least 2000 mg of EPA twice a day. Read labels, as many fish oil products don't have adequate levels of the omega 3 EPA. And when you take larger dosages of fish oil, you also need to take supportive 400 IU of mixed tocopherol E to keep the oil from oxidizing and causing issues.

Once you start to feel better, you can start a regular stretching program, as muscles that are stretched regularly, along with weight training, hurt less in general, and heal faster if they are injured.

And, of course, let's not forget magnesium, nicknamed "nature's Valium." One of the many signs of magnesium deficiency is multiple muscle and joint aches and pains. Magnesium supplementation can reduce joint and muscle pain, but I have found that magnesium is not a very easy mineral to absorb or maintain healthy healing blood levels. Or blood levels appear normal, but the levels inside cells, where magnesium does its physiologic magic, are actually insufficient.

One of the best ways to ensure muscle and joint health is to take the magnesium in specific forms, such as a glycinate, or as micronized; these forms nudge the magnesium to go directly to your muscle tissues (do not pass Go, do not pay \$200).

And, of course, hormone replacement. Aging typically creates aches and pains, but getting on the proper dosage of hormone replacement often gets rid of most of the aches and pains. They are not as inevitable as we used to think. And diet. Consuming refined sugars, gluten-containing foods, and specific foods that your body reacts to as "foreign enemies" are other common causes of aching joints and even osteoarthritis. All are reversible! And often fast!

8. I just can't sleep so I have to take sleep meds or else I am ruined the next day. What can I do to improve my horrible state of sleep (and exhaustion the next day)?

Progesterone is a hormone that is made in all our brains—girls and boys, men and women. Aging brains makes less progesterone. One of the signs of progesterone deficiency is insomnia.

PS: With many toxins in the environment, as I wrote about in *Hormone Deception*, we are seeing hormone deficiencies in younger and younger men and women, and even girls and boys. Just like we now see diseases in youngsters that we used to called adult onset degenerative diseases, (i.e., type2 diabetes, heart disease, and liver disease), we are now seeing hormonal issues in younger kids, too.

Taking “oral” progesterone in low dosages for men, and higher dosages for women, half an hour before bed, is often helpful to achieve natural deep sleep. It especially helps reduce waking up in the middle of the night and not being able to fall back asleep.

Insomnia can also be a melatonin deficiency, but melatonin supplementation is best taken as a combination of fast and long-acting forms.

Certain herbs (and even foods) help calm the mind and produce sleep-friendly neurotransmitters.

Sometimes sleeping issues are a nocturnal manifestation of adrenal dysregulation. Instead of waking us up in the AM and allowing us to sleep at night, fatigued adrenal glands get fatigued and all mixed-up so we can't sleep thoroughly. Nourishing the adrenal glands is sometimes called for with sleep issues.

Stress identification and reduction is critical, as stress deregulates adrenal hormones and sleep.

Sleep apnea should be ruled out in everyone over 40 years old. It can occur silently, even without you knowing it, even if you are thin. Sleep apnea ages your cardiovascular system, and even your eyes, while you sleep. Identifying and treating sleep apnea is a powerful but not well-appreciated extra way to slow down aging. We sleep a third of our lives. If for a third of your life your brain and eyes and heart are not getting enough oxygen and nutrients, this can hasten what you thought was just inevitably getting older.

Other sleep hygiene issues are important to monitor, such as not having caffeine either later in the day (or at all depending on how sensitive you are), or sleeping in a dark, cooler room, etc.

But the point is, sick sleep can be healed. The body is designed to heal, and so is your sleep. However, even if you are having sleep issues, try to maintain a peaceful attitude about it. Don't buy into today's sleep performance anxiety.

It may be that we put too much emphasis on a solid block of 7-8 hours of sleep. Anthropologists have studied how natives sleep around the world, and it turns out there are many healthful yet diverse sleep patterns. So waking up in the middle of the night might not be bad for you, but actually your natural biorhythm left over from when your genes were primitive.

Be gentle, but hopeful. Once you figure out the factors ding your sleep, you will eventually get a good night's sleep.

9. I feel like I am 100 years old. When I look in the mirror I get so sad, who is that person? Can this older aging me really be turned around?

Yes!

I see evidence of this daily in practice. Hormones are tested, replaced and tweaked, bad foods are removed and good ones started with more regularity, folks who are using walkers or bent over get out of their walkers or off their canes and stand tall, pale faces turn into pink smiles, and there is still much more life and happiness to be had in many of us, even if we don't start to make these changes till our 90's!

The body is designed to reboot on a daily basis.

The community of cells that make up your organs, your body, and your spirit respond to healthy, sensible, science-based changes, and often quickly.

What you do, what you think, what you put into your mouth, what comes out of your mouth—all this matters.

10. **What do you think of Botox?**

My quadriplegic nephew has severe spastic and rigid cerebral palsy. His muscles are so tight that unless treated, many of his bones would break. What do they use? Botox shots. He gets about 700 Botox shots four times a year. I learned to have respect for Botox. True complementary medicine combines the best of both alternative and allopathic (conventional) medicine.

Everyone's skin ages differently. Some of us have great skin genes and haven't baked our skin in the sun with reflectors and iodine.

Some of us have soared under the sun for years with no protection, even on trips to Australia where there is a hole in the ozone layer and the sun burns even stronger.

Some people are cyclists and ride outside for hours without sunscreen that can melt and burn their eyes as they cycle, so they just avoid it. Their skin ages no matter how many veggies they eat.

Some of us have had huge stressors, from specific tragedies like the loss of a child, or vocational demands such as ER doctors. They may age faster than others, at least on the outside.

Eating more veggies, consuming healthy oils and getting rid of unhealthy ones, developing optimal levels of protective nutrients like vitamin D, along with the sensible use of safe natural sunscreens and my old trick niacin—all these contribute to younger healthier skin.

But some of us still age faster than others.

Hormone therapy protects the skin powerfully. It helps you make new collagen. So do some cosmetic procedures. So if you want to have your skin look younger, there are many positive tools to accomplish this.

11. **Is there a single best way to protect leg strength as we age? Yes!**

It's been clearly shown that keeping vitamin D levels from 60 to 80 ng/ml protects the strength in the lower limbs. Giving high dose vitamin

D injections to folks stuck in wheelchairs has enabled some of them to have enough thigh strength to get out of the wheelchairs, off walkers, and even throw away their canes. Healthy levels of vitamin D have been shown to decrease the risk of falls and the injuries that can occur because of falls.

Vitamin D does many positive things for our bodies. It acts in consort with progesterone to protect the brain and spinal cord (our nervous system) from damage by infection, inflammation or aging.

But one of its supremely recognized benevolent functions is to protect the strength of our legs (from hips down to our ankles and toes). This is so critical as we live longer.

Vitamin D offers dose-dependent (the more you have, the more the effect) protection against fractures and a reduction in occurrence of falls in the aging population.

Vitamin D has been shown to decrease mortality in women, compared to those with insufficient levels, and vitamin D deficiency appears to put both men and women at increased risk of developing various cancers such as breast, colon, and prostate.

Vitamin D factoids, getting it straight:

- Pro-vitamin D is made into pre-vitamin D3 in the skin, following UV radiation exposure even with sunscreen on.
- Whole vitamin D is obtained from eating fatty fish or taking supplements. On the skin, *pre*-vitamin D3 gradually is turned into vitamin D3.
- Vitamin D3 then filters into the blood, and must be hydroxylated (oxygen and hydrogen atoms added) to form another type of D (calcidiol) in the liver.
- Then this is turned into a very active form of D, called calcitriol, in the kidney and other organs.
- This form of D is 1.25. (OH)D and measuring this is actually another look-see into kidney function.
- Low levels of 1.25.(OH)D may be the first silent but significant sign of poor kidney function.

- 25(OH)D is the form of vitamin D that circulates throughout the blood and is what is tested to give the most accurate measure of your vitamin D status.
- Your skin doesn't make the D your body uses; your liver and kidneys still have work to do to make the D active and robust to protect you and your legs!

Get your vitamin D levels tested at least once a year, especially over the age of 50.

12. Do I have to eat perfectly, or be a vegan, or eat mainly raw food, or whole grains, to stay young and healthy? **NO!**

You don't have to eat all veggies and fruits, and low fat. There are studies out of Stanford and the NIH that reveal that fish meals protect better than many foods, and whole grains have lots of issues and low fat isn't all that healthy, so what we know about diets is up and down and changing all the time.

What diet "seems" to be best changes year to year and expert to expert.

So what should a confused and understandably frustrated public do?

First of all, be moderate, diverse, and colorful. Eat lots of veggies; avoid too many sugars, even from fruits; grains are looking worse and worse for a wide variety of reasons but still enjoy healthy grains like quinoa at least some of the time.

You don't have to be a food Nazi!

You can eat meat and be healthy, just don't overdo it, don't char the meat; avoid chemicals, additives, and processed meats, which metabolize inside our bodies like sugar. Avoid cured meats, which worsen inflammation.

Eating at least half your food raw is good if you have healthy digestive capacity. But it's all individual. Some folks do great on raw, some don't. I know a lot of really healthy young-looking senior citizens with very little health issues that eat mostly cooked food. But I have noticed they

consistent undereat. Ancient Chinese practitioners recommend cooked foods as well as systematic undereating. Some folks have such tired digestive tracts they do better with warm, cooked food.

Overeating any food, even health food, is a burden and toxic stress on any body, even younger bodies.

It's all a process of self-awareness, like the holy men remind us. And that applies even to diet. What makes you feel better? No one else can tell you that but you. But many of us are so out of touch with our bodies from the neck down, we need health practitioners and nutritionists to point out how to identify our friendly and unfriendly foods.

If you are ill, presently fighting cancer or some other disease, you need to eat more strictly at this, for example, very low glycemic foods and avoiding all processed sugars. However, if you are basically healthy, you can eat sensibly most of the time, and have fun and eat with abandon a bit of the time.

Life is to be lived, not just a restrictive obsessive experience. But it also depends on what your present health and goals are about, which dictate how strict or moderate you should be.

True health means you don't have to worry about your body. But constantly stressing over your food and judging others for what they eat is not healthy, either. Having done it myself earlier in my life, when I first got mesmerized with the power of nutrition and food, I can tell you, a food extremist is an arduous person.

Food is sacred, food has power, but to judge others on their food choices is very immature of spirit. Intend on being generous of spirit and compassionate in your dietary viewpoint, as well as being sensible.

Eat less. Eat more plant foods. Chew and digest thoroughly. And intend to feel which foods you feel better with and which ones you don't. Act on this knowledge by eating what works best for you.

But it is clear, as we Google travel the planet, or travel snail rail, there are many ways to live, and there is no one way to eat except for this one concept: “Eat food as close to Mother Nature as it nurtures you more.”

This dictum seems to hold true in treating patients, as well as in seeking out health-supporting choices. You can be a vegetarian and be healthy or unhealthy, and the same is true for meat eaters, or anyone else.

Find the diet that works for you, at this time of your life. As your body changes and evolves, as we always hopefully do, so may your dietary choices need to adapt. For example, if you are becoming a competitive cyclist you may need to find ways to get in more electrolytes, but still avoid too many sugars, or especially the organic brown rice syrups found in many high energy-boosting athletic foods, which have now been shown to be dangerously high in arsenic. “Good” and “bad” both lurk in foods. Knowledge is power.

13. **As I have aged I am more anxious and moody. I cry at the drop of a hat. Are there natural treatments for this? Yes!**

From hormonal balancing, to diet improvement, to specific nutrients that reboot but calm the brain (such as low dose lithium therapy that should only be used with a knowledgeable practitioner), there are many methods to make an anxious cat purr again.

I had one patient who was a yoga teacher who meditated daily and ate almost perfectly, but she was plagued by anxiety. It wasn't until we added the specific nutrient that her body was longing for that she immediately and completely got rid of her anxiety.

Nutrient deficiencies can be a hidden cause of overt anxiety, but not easy to identify, and certainly not addressed by most health care practitioners, who are more apt to write you a script for a pharmaceutical anxiolytic (meds that reduce anxiety and its related symptoms). There are natural answers that work, with no side effects. You don't have to become addicted to benzodiazepam drugs, most of which, by the way, have been shown to dissolve bone and promote fractures. Whenever you take a drug, it always has a potential shadow side.

Dealing with anxiety in the long term with natural methods, even if you need meds in the short term, is a sensible, calming, way to go. A new field of nutritional psychology is blossoming based on the fact that many mood disorders are actually nutrient/diet and hormonal woes, much more than psychotropic drug deficiencies.

14. **I have to take some meds. What should I do to protect myself?**

All medications have their shadow side, but sometimes the benefits outweigh the risks and we need to take them. But all drugs rinse specific critical nutrients out of the body, so you want to know which nutrients your pharmaceuticals are bumping out, and replace them with excellent supplemental choices.

For example, *PPIs*, proton pump inhibitors, which treat acid reflux and heartburn, are known to rinse magnesium out of cells, and this can cause many issues from fatigue to muscle aches to constipation to arrhythmias. Taking magnesium (and vitamin B12) when you take PPIs makes sense, and dispensing PPIs without telling the patient this is bad medicine, in my opinion.

Taking *statins* is well known to rinse the vital Co-enzyme Q 10 out of the body and especially in heart and muscle cells. Taking *metformin* for high blood sugar or insulin and/or leptin (a hormone made from fat) resistance, rinses vitamin B12 out of the body.

So if you do take a pharmaceutical, ask and research which nutrients are being compromised, and supplement them. This is living smart. This is true alternative medicine at its best, and helps keep you doing what you need to do, but more safely.

Older livers take note: When I was taking a podcast grand rounds from a professor at a medical school, who was also a pharmacist, she commented on this. It is well accepted in the pharmaceutical industry that most people, as they get close to Medicare age, have about half the liver detoxification capabilities they had when in their younger years. Many over-the-counter drugs, such as Tylenol, have instructions on the label based on younger livers. To be safe, most folks in their mid-60s should take half the dose of that medication. The most common cause of

liver failure and need for emergency transplants is aging folks taking OTC drugs and often at the dosage on the label.

This is why liver detoxification and rejuvenation protocols (which are extremely effective), on a regular basis, is a true must for everyone, and especially for those of us entering the second half of our lives. Detoxes are moving mainstream and they help slow down aging, too.

15. **Is there a perfect anti-aging food? Yes! Lots of them!**

One of my favorite foods is high in PQQ, which is another way of saying watch your nutritional Ps and Qs. Which is one of the highest foods in PQQ, a natural substance that clears out cellular debris that can accumulate as we age, especially in the brain? Parsley.

I have a lot of respect and love for parsley.

It is very high in PQQ, which has been shown in Japanese studies to decrease brain drain and promote focused cognition and memory. But parsley is also high in a protective anti-aging flavonoid similar to resveratrol found in grape skin. *Apigenin* is a powerful anti-inflammatory and antioxidant substance, which also protects and balances hormones to each other and how the body processes them.

As we age, the genes that control our hormones also age, and our hormones can become unbalanced. This potential hormonal deregulation increases our risk of cancer.

Parsley taken daily decreases our risk of hormone imbalance, and protects us against cancer. Parsley also protects our brains.

The simple spry plant is a mighty anti-aging food. There are others. But I love to start the day with my favorite green drink, that looks green but tastes like a malted shake.

My Green Drink

Put a handful of parsley into a vita-mix.

Add a scoop of grass-fed vanilla whey (if you don't do dairy, there are some great ones made from plants)

Add either a tablespoon of nut butter or a small handful of nuts (I love raw cashews here, or pistachios)

Add lots of ice cubes (8-10), water, and blend.

Options are to add some yogurt or some fruit (bananas or berries are great, but I especially like adding a kiwi, which is high in healthy fat, low in sugar, and very nutritious and tasty).

Other options are:

Add some ground flax seed

Add some chocolate powder without sugar

Add some d-ribose, which boosts mitochondrial energy and is great for the heart. (It is one of Dr. Stephan Sinatra's heart secret nutrients to heal heart patients.)

Add 1 tablespoon of dried organic nettles, which are high in acetylcholine (like WD40 oil to lube all the feel-good neurotransmitters in the brain). Adding this is great to keep your moods high and healthier and promote healthy growing-younger brain function.

There are so many foods that are our friends. I adore pomegranate. It is high in the very protective but highly unknown omega fatty acid called omega-5, punicic acid, which protects breast and prostate cells from turning nasty.

16. I am scared to death of getting type 2 diabetes. Can the way I eat help prevent it? **Yes!**

There are many dietary ways to prevent getting type 2 diabetes as well as getting rid of it once you have it—diet is that effective in normalizing blood sugar. But you have to eat a low-glycemic (non-sugar-spiking) diet, and know all the dos and don'ts.

First of all, avoid refined carbohydrates. Excessive refined carbs, high in sugar and processed flour, beats your pancreas into an unhappy state. I am talking about white flour, pretzels, cookies, cakes, white rice, and white pasta. Avoid excessively white diets. They boost your risk of type2 diabetes.

Eat breakfast regularly, and more often a protein, avoiding sugary and even whole grain breakfast foods.

Know your blood sugar levels. A prudent thing to do is buy an inexpensive glucometer to read your blood sugar levels, which you can then take an hour after eating. This is the real time to take your blood sugar, an hour after you eat, a more accurate way to monitor how your body handles food and blood sugar. But it's inconvenient, so patients go early in the morning when fasting. But fasting blood sugar levels are not a true test of how your blood sugar levels are responding to food. When you self-test, this enables you to know which foods spike or sink your blood sugar, and which ones are especially kind to it.

I have found that it sometimes shocks folks to discover which foods play nasty with their blood sugar level. For example, one person discovered that chicken spiked their blood sugar, how crazy is that? And some discover that red wine didn't do anything negative to their levels. I had one patient whose blood sugar would go way over 300 every time she ate carrots.

Blood sugar levels change after various foods and is an individual thing. We can generalize and summarize and suggest that we stay away, sensibly, from high sugary foods and yada yada. But until you actually test your own blood sugar level after eating and see what foods do to your blood sugar, you really don't know which foods are sugar friendly or not for you. And no one else can really tell you. Testing yourself is very illuminating and pragmatic and a huge guide for what you should eat, especially if you are pre-diabetic or type2 diabetes runs in your family.

Self-testing your blood sugar levels is very revealing. Do this for about a week or more to figure out your friendly or foe foods. It's a real eye-opener!

There are numerous drug and natural alternatives that enable healthier insulin and blood sugar levels. Sometimes insulin issues occur before blood sugar issues. So getting some kind of insulin testing can identify high-risk pre-diabetics, too.

17. **Is sex a part of staying younger as we age? Yes!**

I was in Houston having breakfast at a deli and I saw a poster for a Jewish Film Festival at an art museum, and as it turned out, it was the last day. I didn't even bother to see what the movie was, I just drove over. I was the first one there, just coming from breakfast, so I sat in the middle of this gorgeous, upscale theater. After a while, a whole cadre of oldsters slowly filtered into the theater, with walkers, oxygen tanks, and canes.

It turned out that the film was about being single in your 80s! Who knew? It was written by a famous Jewish writer and starred Barbara Hershey. So the theater was now getting packed with a huge gang from a home for the elderly.

The spryest of the bunch angled in next to me. So, of course, we began to chitchat.

She had been married three times and her last husband had died and she was single again. She shared how she had battled and won cancer five times. That's why she decided to move on her own from Mexico to Houston, because MD Anderson was the best cancer center and if she ever got cancer again, well, she wanted the best medical team around. So she was still planning on being here a while longer. I loved her spirit.

So she lived in this independent living group. She was 88 years young and had me laughing and thoroughly enjoying her company. I leaned in to hear her wisdom.

She and I talked on and on, then she leaned closer and instructed me, "You know, men are more trouble than they are worth. They want a nurse and a purse. Me", she whispered, "I stay young and happy with two things: my books and my vibrator."

I have often thought of her and regret not getting her name and number and keeping in touch.

It's funny how one conversation can stay with you forever.

Great, satisfying sex is anti-aging. One study on intimacy from the Women's Health Initiative (on 96,000 women over 12 years) showed

that great sex protects our blood vessels as good, if not better, than veggies and exercising.

It's best with someone you truly love, but fine if you can create it in your life in a way that works for you, and it can even be by yourself, if you are single and loving the one you're with.

Nature wants us to have pleasure. Pleasure, from cuddling to sex, fills both the male and female body with testosterone. Testosterone protects the brain, your microbiome and even your moods and perceptions of life. It even protects your metabolic rate.

Orgasms boost oxytocin release. This floods the gut and the Vagus nerve to create a healthier parasympathetic functioning digestive tract. Oxytocin boosts immune health and reduces a wide variety of cancer risks.

Orgasms boost the internal production of analgesic (pain relieving) molecules called *endorphins*. I used to open up one of my CME talks for doctors on musculoskeletal health and nutrition with an article that showed how researchers measured how much pain was relieved in rheumatoid arthritic sufferers after orgasm. The conclusion of the authors was that relief lasted for several hours, similar to pain relieving meds. They suggested in this scientific journal. So why not have an orgasm versus a drug your liver needs to metabolize. This always loosened the audience up for the rest of my talk.

It's never too late to feel good, and orgasms can be part of the mix no matter what relationship status you presently have.

18. **Can nutrients and certain foods really boost memory? Yes!**

A human clinical trial on PQQ, pyrroloquinoline quinone, gave people PQQ by itself or in combination with the nutrient CoQ10, or placebo for 24 weeks, and then re-evaluated brain function. This was a very scientific study, placebo-controlled, double-blinded, and had three groups of folks being followed.

The researchers concluded that PQQ could prevent and reverse cognitive decline caused by aging and oxidative stress, often within days.

Another research team held a second human scientific trial and found that the more foods that the elderly Japanese ate that were naturally robust with PQQ, the better memory and mental status these folks enjoyed.

Don't you want to know which foods are highest in PQQ?

- Parsley
- Green tea
- Green pepper
- Kiwi
- Tofu
- Spinach

Now you can choose to add these regularly into your diet and/or take PQQ supplementation, especially with its synergistic buddy, CoQ10. Take these two supplements together and eat PQQ rich foods, which may contain synergistic factors we haven't identified yet.

Many nutrients (like folate, zinc, magnesium and chromium) and herbs (like Bacopa monniera) boost brain function and memory.

Green tea does a lot for our brains and immune systems. It's a fat burner, a cancer fighter, and even reduces recurrences of cancer. I recommend Green Matcha tea as you can put 1 tsp. of the powder in water, and when you drink the whole brew it gives you a substantial and very tasty amount of the beneficial green tea compounds. Try to get in two to three cups a day, or consider taking green tea supplements. Green tea extracts cross the blood brain barrier and help reduce unhealthy iron levels that threaten brain health. So green tea in one way or another should be in your diet moderately but definitely.

19. **Is a healthy relationship essential for staying younger as we age?**

Yes! But this relationship isn't limited to one with a romantic mate; it can be how you feel in your own skin in relationship with yourself, how you relate to your community, how you relate to your passion and

mission in life, how you have come to peace with your children, or it can be in relation to any connections that make you feel purposeful and directed within your own life.

The healthy, anti-aging point is that it is essential to feel connected. I call this a second form of vitamin C, "Vitamin C – connection." Connection, feeling part of something bigger than you, something that magnifies and expands your life vision, purpose, experience and even safety, adds to a longer life well lived.

None of us is an island. We co-exist at every level. Each of our tissues and organs is an internal set of communicating communes.

Life is all about communities conversing and working together.

This is the same for our lives, we exist more vibrantly when we are part of a community, whatever that community is; two of you as a family, 6 of you as a family, a member of an extended family, a member of a spiritual family, and on and on. Being connected to a variety of groups, purposes, people, and passions is a critical part of anti-aging living.

Nutrition does not come only from food. There is spiritual and emotional health food, just like there can be spiritual and emotional junk food.

As above so below.

Food can be good and bad. Connections can be good and bad.

But the more good connections that swell your heart and soul with glee, the more likely you are to soar younger as you age, rather than older, and continue to shine from within.

20. **Is it a good idea to take aspirin daily? Yes and no!**

Long-term aspirin therapy equal to a standard dose (321 mg of aspirin) has been shown, after five years of intake, to reduce to incidence and spread of a number of cancers. So if you start aspirin in your early 50s, the protection starts about five years later, and it's usually advised to take till about your mid-60s. Then it's classically thought that the

potential adverse effects, the risks, start to outweigh the potential benefits.

But there's more to the story. Yes it's been recognized that a big issue with regular aspirin use is that it can cause major, dangerous bleeding events. But adverse bleeding from aspirin has been shown to be more common in folks with untreated stomach infections from a bug nicknamed *h.pylori*. So if you are considering aspirin as part of your daily anti-aging tool kit, get tested first for *h.pylori*, and treated if need be, and then retested a year later as it can recur.

But it's now been shown that taking aspirin damages the lining of the gut. Aspirin is erosive. Silent ulcers and erosion are "common" in daily aspirin takers.

There are many nutraceuticals that can act like healthy aspirins, so you can get protection but avoid possible complications.

21. **Is it safer to not take hormones that try to take them? Boy, are both the public and most doctors unfortunately confused and misinformed.** Hormone replacement, once you are tested and diagnosed as being low or out of balance in your hormones, is one of the best technologies to push back the Mac Truck of aging that we have.

If you were to take 100 people and cram them into a room, and half were on biologically identical hormone therapy and half weren't, you would be able to tell who was on them and who wasn't. It's like two different species of humans.

Those with robust but safe balanced hormones have radiant health. Their genes are protected. Read my book *Safe Hormones, Smart Women*, which is actually a book for both men and women. It is my belief that the more balanced our hormones, the healthier we age. Some of us can do this with healthy food and lifestyle, but many can't. Many of us do better with some sensible, science-based, natural hormone tweaking.

Hormone affect on the brain and aging was demonstrated in elegant research from the Department of Psychiatry at McGill University in Canada. They did the original brain imaging that showed that as we age,

our brains age, and the images showed this by identifying parts of the brain that started to demonstrably “shrink.”

That’s the bad news.

The good news is that this shrinking and aging can be reversed. The researchers proved this with the research that won them the coveted Curt Richter Award in 2008, and they were awarded \$100,000 for this incredible piece of really hopeful anti-aging news: that as we rebalance hormones, the brain can get re-volumized, especially a specific part called the hippocampus.

The hippocampus is one of the first areas of the brain that is hit by Alzheimer’s disease. (Some research suggests that the olfactory bulb, the nerve connection between the nose and the brain, gets walloped even sooner, so that suddenly losing the sense of smell is a flashing red light of oncoming dementia. The hippocampus shrinks and we get more forgetful, more paranoid, less self-confident, more easily lost, distracted, and more cognitively-declined.

As the hippocampus shrinks, reduced cognition follows.

But these researchers found that re-plumping up this part of the brain reinstated a better sense of self and memory. In other words, they could reverse these aging changes in the brain. They did this by various methods. One-way they anti-aged the hippocampus was to give estrogen to women who needed it.

In 2012, the 9th positional statement by the conservative organization NAMs (North American Menopause Society) said that reanalysis of the Women’s Health Initiative now shows that estrogen, without progestins, can actually reduce a woman’s risk of breast cancer (this information has been out for a number of years and I wrote about this and cited the research in my book *Safe Hormones, Smart Women*).

It is my opinion that it is more dangerous to walk around with hormones out of whack than to take hormone replacement. But it’s all about whether you need it or not, and to also aim at balancing all your sex steroid hormones, not just one or two. Hormones function and

dysfunction together, so if you are low in progesterone and testosterone and you only replace one hormone, you might not get the improvement you were hoping for.

Hormone health is not just about sexy things.

Healthy hormones protect our lungs, colons, bones, brains, relationships, waistlines, and even our moods. At least get tested by a practitioner that knows how hormones work and has been working with them as a subspecialty and can accurately interpret your tests and help guide you to optimal hormone health, which is a critical part of staying younger longer.

Specific nutrients and foods help keep hormones safe, while certain ones (like sugar) make them potentially act nastier. So it is a prudent idea to work with a nutritionist, naturopath, chiropractor, or doctor who is knowledgeable in the mutual marriage between hormones and nutrition (but not too many of them give a hormone script along with dietary advice, boo hoo).

22. **What is the most important thing to do to stay younger longer?**
Vitamin D — discipline. Honestly, if you don't get off the couch and move, or buy veggies and cook them, or avoid overdoing it on sweets, or you binge on white carbs (popcorn, bread, pastries, cookies, candies, fries, croissants, etc.), you just snag yourself in the foot.

Only you are master of what you put in your mouth, or how you value exercise, even in the middle of a demanding busy schedule.

This is the clay of your own life.

Life is huge and there are many other influential forces out there, like advertisers and easy-access, processed, tasty junk foods, but you are the one that chews and swallows. It is you at that puts on your shorts and takes off to run or not, or forgives or not, or smiles, or reads a contemplative book, or reaches out and serves to be part of a bigger community. Or not.

This is your life.

Do it well, as the life you save *is* your own!

23. Peace and the compassionate heart gets short shrift in our money- and success-oriented society. Don't miss out on the huge healing benefits of gratitude! One of my favorite books is *Peace is Every Step*, by the Vietnamese monk Thich Nhat Hanh. Mr. Hanh was nominated for the Nobel Peace Prize in 1967 and has written over 100 books. Hanh reminds us that the simple acts of breathing and smiling are powerful.

He recommends that homes have breathing rooms where people in conflict can go and sit opposite each other, look into each other's eyes, and breathe together. And ultimately, quietly, smile together, creating peace.

True alchemy. We must all become peace wizards!

Hanh is about true connection and peace. He is recognized as one of thought leaders of the Peace Movement.

It is true. No matter how nuts the world is, and it always is, we must find peace within the is-ness of our lives; whether it's five minutes in meditation, walking on the track, or lying in bed and holding the hand of your beloved.

Peace heals.

Peace keeps the soul lubed and open to aging in a different way.

Peace makes the spirit shiny.

Hormones contribute to soul shine. DHEA, the adrenal hormone, contributes to a shinier face and skin as it reboots waning sebaceous glands. It is also known to reboot the spirit.

In young folks the spirit is easily shiny. They have lots of hormones and less disappointments.

In us more mature folks, we have to work to reclaim our shine.

Peace “work” is a healthful part of life’s curriculum.

When your life erupts into stiff and suffering moments, overshadowing your edges into rough darkness, through peaceful practices you can once again feel hope.

24. **In life, there are no guarantees, darn it!** We move through life constantly trying to act like we can pin it down. We buy insurance for our cars, homes, bodies, businesses; we have 401 Ks; we tend to our gardens and lawns; we organize the closets; we try to keep the bugaboo of the unknown and uncontrollable outside the door, bolted away.

But you can’t control all of life. To a degree what we do draws to us much of what we put out, and how we react to it all is totally up to us. But we do not control the entire shebang.

This happened to me. I had been living and eating perfectly for years. I had just finished yet another period of disciplined living—a year of self-directed program of internal detoxifying, exercising, and emotional forgiveness—and then, *boom*, I got diagnosed with breast cancer. Those who knew me said that if cancer is a call to change, we should all now start eating a mono diet of chocolate. At the time I didn’t know I was a DES daughter. I lived well, yet still got sick.

I could get cynical. Or I could reframe.

One of my cancer doctors told me something I will never forget that helped me embrace all sides. In a small room in the Palo Alto Medical Clinic in California, he held my hands and confided, “You can do everything right, but there are no guarantees of how any of it comes out. But it does guarantee that whatever shows up, you get to move through it more elegantly.”

I held onto that thought, then and throughout my life.

Patients are often frustrated about not being able to control the outcomes. Some people eat perfectly, exercise sensibly, and then die of stomach cancer in their 30s. Some folks drink bourbon and smoke,

getting to hang out on their front porch and look and feel good late into their 80s.

But there are lots of in between. Many of the DES daughters I had the honor to meet and get to know ended up dying in their 40s and 50s from long, ugly battles with cancer. I beat mine. Perhaps if I hadn't been cleansing, rebuilding, eating veggies and seeds for years, I would have succumbed 20 years ago.

Maybe I moved through it more elegantly because of how I had been living. But I still got ill and had to deal with it. And due to my toxic exposure in my mom's womb, I have had to face issues again and again, only to reboot myself, again and again.

The alternative—shutting down, getting pissed off, developing what I call a peanut butter brittle aura—only makes us have smaller, less magical lives. Honor the battle that has arrived, but strive to let it go, and move onward.

There comes a time in life when you do the best that you can do, and then you have to develop a surrender muscle that accepts what comes your way and how life holds you in its arms.

There is discernment: you decide from all the possible decisions and strategies what looks like the best path for you, and you take it. If you bump into danger, incompetence, betrayal, well, that's life. You can witness this pain for a while, but you cannot remain Velcroed to it. If you do, it's got you. And whatever's got you, that's got the upper hand.

The cynicism and hurt that you don't let go of, ultimately win. You lose.

When you look suffering in the eye and invite it into your home, you enable your heart to hold joy more voluptuously.

Being teflonized is not just for pans, it's sensible soul strategy, too.

Do all you can, be all you can, and once in a while abandon yourself to outrageous passion. When you hit a brick wall, you won't feel you haven't had your time in the sun. And when, at some point, you are a

victim we all are victims at some point, or multiple points, no one is exempt—you realize you have a choice not to become fossilized inside the victim's armor. Armor is for protection. But if at some point you don't take the darn stuff off, you are stuck inside, suffocating.

Live with all your heart. Be prudent, sensible, earnest, disciplined, but then live as though your life depended on it. Open yourself to all its possibilities, dreams, hurts, and mysteries.

Live controlled and wise to an extent, and then open up like a mad person, howling at the rising moon, because life isn't completely obedient.

Health is your springboard to dynamically face each moment up front, like a "Moment Warrior."

Live!

25. You don't just pass on money and knowledge to your children; you also pass on your habits and visions, from thoughts to food to perceptions. Start making your offspring rich today! I first wrote of transgenerational effects of diet and lifestyle in *Hormone Deception* (McGraw-Hill 2000, 2nd printing Awakened Medicine 2011). Since then, more and more studies are coming out to support this viewpoint.

We are all a family of connecting constellations, inheriting building block DNA from each of our parents and from even their parents.

We are all connected.

We contribute and erode each other.

We certainly all need some therapy and some sympathy.

We all inherit our personal battles and our own easy streets.

No body is exempt.

We get what we get and we morph it with our will and grit and our choices.

But what you choose affects those around you and after you.

And what your family and friends choose sculpts you, too.

Mental illness is contagious.

So is faith.

There is a worldwide epidemic of denial, obesity, and entitlement, but the buck can stop here. You can quietly and effectively go about being your own most glorious makeover.

You can be a better 90-year-old, starting now in your mid-80s. You can be an optimal 65, starting in your 40s.

What you do now affects who you are later. And who your children and their children's children become.

We are deeply intimate as families, and as societies.

If you love completely, you will never be forgotten. Love touches the souls of others more than trying to make them get everything right.

Get love right!

You seek health, so you can live and love. Not just to eat perfectly.

Live more aware, get to the cause, don't knee-jerk reflex to Band-Aids. Live wisely and grow old in a new way that rips apart the suffocating old paradigm of thought that aging is inevitably a process of getting more and more frail.

Do it differently.

Live fully now and for the decades to come. Make 60 and 70 and 80 young.

We are the largest growing demographic. Let's act like the power such a momentum should own, in this new way, not the old way.

I cajole you to become, along with me, younger longer.

26. **How long would it take to start making me younger?** In one week you can *feel* a difference, in three weeks you can *see* a difference, in three months folks will acknowledge your resurrection; they will be asking you where you went that you came back looking so healthy, shiny, rested, and more youthful. It doesn't take long. But you will keep getting the same results if you keep doing what you are doing now.

27. **Is it expensive to do all this?** It's much LESS expensive than paying huge medical bills, losing time from work or with family, staying in a hospital, rehab facility, or home. Money spent on promoting you and your family to grow young, rather than old, is money well spent. And it is not nearly as expensive as one would think, considering the payoff. And you can do it full on, or moderately, or in baby steps. It's up to you. But if you get seriously ill, have a stroke, are maintained on a armful of meds, it's already costing you big time, with only a bleaker and older future seen through your windshield. Instead, put the sunrise in there and claim your younger years ahead.

28. **How do I know for sure it will work for me?** There is no one that does not see some improvement with better diet, exercise, and hormone balancing (whether through foods or replacement, and specific anti-aging nutraceutical use). No one. Even folks in their 90s with dementia and in wheelchairs can see improvements, and usually within days and weeks. You are never too old to improve and live younger!

29. **Can I get to work with you even if I live in another state?** **Yes!** I Skype, Facetime and phone call educational consultations. I will work with and make suggestions for your own medical team. Or you can come to Austin and work with me, or with me and my medical teams here. Help is on the way to empower you with knowledge, no matter where you live.

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Stay tuned for Berkson's new book *SEXY BRAIN*. It's how our toxic environment is assaulting our intimacy and what to do about it to never be lonely or stupid again.

Stay tuned for Berkson's on-line SEXY BRAIN SYSTEM, too.



Dr. Lindsey Berkson
Hormone Scholar/Nutrition Expert

