

PILLAR POWER

11 SPECIAL HEALTH REPORTS

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with

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1. SPECIAL REPORT: Joint Health

Five Supplements to Protect Joints

As a chiropractor and an acupuncturist, joint health is very important to me. I, myself, have experienced joint pain. I want to share a report by Dr. Michael Colgan (abstracted and adapted from Dr. Colgan's forthcoming book, *The Anti-inflammatory Athlete*):

The more complex a joint, the more likely it will get injured in sport. Knees are the most complex. They consist of a rolling cam that also rotates as it rolls. No surprise that knees are the joint most subject to injury. There are more than three million knee injuries every year in young athletes in the U.S. alone, in all sports played on the feet.

Close in vulnerability to the knee is the ankle, with its simultaneous hinge, gliding, and rotating action. Next in vulnerability is the shoulder, with its hard ball head of the humerus bone sliding precariously in a depression in the soft tissue that it uses as a shallow socket. Then come the vulnerable hinge and gliding joints of the elbow and wrist.

The ball and socket of the hip joint is the most robust. Nevertheless, all these synovial joints rely on the integrity of their cartilage for healthy movement. Cartilage is the soft tissue layer on either side of the joint that cushions the ends of the bones. Bones have a slick of synovial fluid between them that lubricates the moving parts and enables them to slide freely.

Sport is tough on cartilage, continually creating rough spots and wearing it out. Sport is also tough on the synovial fluid. Whenever the intensity of your exercise causes the rate of wear and tear to exceed the maximum rate at which you can produce new cartilage and synovial fluid, you get inflammation, pain, and stiffness of the joints. Here we will tell you how to increase your maximum rate of renewal of cartilage and synovial fluid so you can maintain it indefinitely.

There are four essential components of a synovial joint that you can influence by what you eat. First are collagen fibrils. Second, are structures like small feathers called proteoglycans. Third, are chondrocytes, the only cells in cartilage. Chondrocytes manufacture the mix of collagen and proteoglycans that form the cartilage.

Fourth is synovial fluid, a complex mixture that contains a high level of hyaluronan (hyaluronic acid), a viscous gel. Hyaluronic acid is the water-holding molecule of the body. One gram will hold more than a thousand grams of water. Its gel structure retains the water that cushions nerves and joints, and also provides the shape and form to the human eye and skin. A 70kg (154 lbs) athlete has about 15 grams of hyaluronan in the body, one-third of which is degraded and replaced every day. The harder you exercise the more hyaluronan you use. Decline of hyaluronan

with aging, and not collagen as frequently claimed, is the main cause of wrinkles and lines. For free moving joints athletes need to get its components in their diet every day.

Science has discovered natural substances that speed the body's processes of renewing cartilage and synovial fluid, and inhibit their decline. Here we cover only the best of those substances that research shows improve cartilage and lubrication of joints in controlled trials.

***Collagen**—Athletes certainly need the extra collagen in their joints, and should do everything that can maintain it. Athletes can preserve collagen levels in joints by eating a diet high in free-range poultry, wild fish, and shellfish or through supplementation. In addition, one of the big reasons we advise strongly against NSAIDs use, especially before exercise, is that these drugs abolish the rise in adaptive collagen that occurs in rhythmic exercise such as running.*

***Glucosamine sulfate**—A major component of proteoglycans is the chemical glucosamine. Supply of this chemical is the rate-limiting step that largely controls the renewal of proteoglycans, and thus the rate of cartilage renewal. Preformed glucosamine taken as a dietary supplement increases glucosamine levels in joints.*

***Chondroitin sulphate**—Taken as a supplement, chondroitin sulfate has been successful in increasing the quality and volume of new cartilage in numerous controlled trials over the last 20 years. From the research overall, we recommend that athletes routinely use glucosamine sulfate and chondroitin sulfate daily. We recommend doubling normal doses of each daily when doing intense training, such as runs longer than 15 miles in preparation for a marathon, or the four weeks before a big game.*

***Hyaluronan**—A major component of the synovial lubricating system of joints is hyaluronan. For 50 years, researchers have been using various formulations of hyaluronic acid to determine if it will increase production of synovial fluid. The big problem has been absorption, because hyaluronic acid is usually a whopping molecule, seemingly too big to pass through the gut wall. So the usual therapy used with patients involves injecting the hyaluronan directly into the joints.*

Some oral formulations now offer small molecule hyaluronan to overcome the absorption problem. Recent reviews of the evidence, however, indicate that even large molecule hyaluronan taken by mouth does increase synovial fluid in joints (7). From this research, we recommend supplementation of hyaluronic acid for athletes.

***Methyl-sulphonyl-methane (MSM)** – To make new cartilage, the body also needs a lot of sulfur, which is likely why the sulfate form of glucosamine is the most successful in creating cartilage. Combined with alliums in the everyday diet to increase availability of sulfur, we have had great success with runners, especially for knee pain. If you are not getting sufficient alliums, that is onions, garlic, or leeks every day, then we recommend daily supplements of basic sulfur as MSM. There is considerable evidence supporting MSM supplementation (11, 19). If you are going to be a champion resolve today to nurture perfect joints.*

Note: Each of these supplements is represented in Isagenix Ageless Joint Support tablets, which are designed to provide triple-action support for athletes by protecting, rejuvenating, and soothing joints. The tablets are a component of our Rejuvity Joint and Pain Relief System.

To learn more about how to increase your health,
go to www.5minutemotivator.com/isagenix.

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2. SPECIAL REPORT: Gastrointestinal Health

How Diet and Lifestyle Can Aid Gastrointestinal Health

Having lived with stomach problems after my bout with botulism, I learned the importance of a healthy digestive system. One report I read which I enclose in this chapter is by Nicole Kafka M.D., a board certified colorectal surgeon. She writes,

Living with a gastrointestinal (GI) disorder has its challenges in a world of fast food, carbonated and sugary beverages, and high-stress living, and the most important step for a person to take is to consult a doctor who can diagnose the condition and recommend the appropriate treatment – from diet therapy to more specialized care from a gastroenterologist or colorectal surgeon.

Among the most common disorders, which affect about one in four people in North America, are lactose intolerance, irritable bowel syndrome, hemorrhoids, chronic constipation, inflammatory bowel disease, and diverticulitis.

The good news is that each of these common GI conditions can usually benefit through simple changes to diet and lifestyle.

Lactose Intolerance

Lactose intolerance is a condition when a person is unable to produce enough of a digestive enzyme known as lactase to break down a milk sugar known as lactose—a disaccharide (double sugar), consisting of galactose and glucose.

People who are lactose intolerant are not able to fully digest dairy products. When people who are lactose intolerant do try to ingest dairy, the condition's symptoms can range from mild to severe and can include diarrhea, abdominal cramps, gas, bloating and nausea.

As we age, the risk of developing lactose intolerance can increase because lactase production decreases. Ethnicity can also be a risk factor: those of African, Asian, Native American or Latin American descent are at higher risk for lactose intolerance. In addition, premature birth or existence of other GI disorders can result in lactose intolerance.

When suffering from lactose intolerance, here are some things people can do to support their GI health:

Take a lactase supplement when consuming dairy products. Many people with lactose intolerance could avoid common symptoms simply by taking a quality digestive enzyme supplement.

If extremely sensitive, avoid milk products, but don't forget your calcium. For some people, even a minimal amount of lactose is not tolerable. They are unable to use products that contain any milk-derived components. For these people, getting calcium by other means, such as through supplementation, is necessary for bone health.

Try probiotics and prebiotics. Probiotics are friendly bacteria that reside naturally in the intestines, helping to promote a healthy digestive system, and may help with digestion of lactose. Prebiotics support the growth of intestinal flora. Great sources of prebiotics and probiotics are fruit, legumes, whole grains, and yogurt.

Acid Reflux

Gastroesophageal reflux disease (GERD), or acid reflux, is a condition that occurs when gastric acid backs up into the esophagus. The most common symptom is heartburn or regurgitation, which results when the lower esophageal sphincter cannot relax properly to allow food and liquid to flow down into the stomach; the acid then flows back up into the esophagus, causing a burning pain in the chest.

When a person has a history of acid reflux, here are some things they can do support their GI health:

Eat smaller meals. Consumption of a large meal, especially one high in fat, can increase the likelihood of having acid reflux.

Avoid late-night eating. Lying down after eating, or bending over, can worsen the condition. It is important to keep your head elevated for at least 2 to 3 hours after meals.

Avoid heartburn triggers. These include fatty or fried foods, caffeine, chocolate, alcohol, and acidic or spicy foods.

Maintain a healthy weight. Excess weight puts pressure on the abdomen, which can cause acid reflux.

Elevate the head of your bed, using supports under the legs or a wedge under the head portion of the mattress. This helps gravity work for you instead of against you.

Avoid stress. A busy schedule can often lead to poor eating habits such as relying mainly on fatty foods, and may affect stomach function.

Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is a condition in which the large intestine does not function properly. In some cases, food is forced through the intestines too quickly, causing abdominal cramps, gas, bloating, and diarrhea. In other cases, food passes very slowly, causing stools to become dry and hard, leading to constipation. People who are most at risk for IBS includes the elderly,

women and having a family history of IBS. Medications should not be modified without discussion with the person's physician.

When a person is managing IBS, here are some things that they can do to support their GI health:

Optimize fiber intake. Getting enough fiber in the diet, especially soluble fiber, from fruits and vegetables, can provide support for GI health, leading to better management of IBS.

Avoid trigger foods. IBS flare-ups can vary from person to person. Response depends to some extent on whether the person has food intolerances (such as lactose) or food allergies.

Eat small, frequent meals and consume plenty of water.

Exercise regularly. Increased physical activity can support GI health.

Try prebiotics and probiotics. Increasing your consumption of probiotics can help promote healthy gut flora and may ease symptoms, but should be used after consultation with a doctor. Great sources of prebiotics and probiotics are fruit, legumes and whole grains, and yogurt, respectively.

Diverticulosis and Diverticulitis

The presence of diverticuli in the colon is a condition known as diverticulosis. The diverticuli are small pouches caused by protrusion of the inner lining of the colon. People who have diverticulosis may be asymptomatic or may have cramping, bloating, and constipation.

When a diverticulum in the digestive system becomes inflamed, perforated, or infected, the condition is referred to as diverticulitis. People with diverticulitis often suffer from symptoms such as abdominal pain, fever, nausea, vomiting, and changes in bowel habits such as diarrhea and constipation.

When a person has diverticulosis or diverticulitis, here are some things they may consider (after consultation with a doctor) to support GI health:

Exercise regularly and lose weight. Obesity and lack of physical activity are both high risk factors for someone with a history of diverticulitis. By adopting a quality weight management and exercise program (as recommended by your doctor), you can help achieve goals of improving your GI health.

Optimize fiber intake. One of the main causes of diverticular disease is following a low-fiber diet. Making dietary changes to ensure you consume enough fiber daily can be one of the principal ways to avoid having a flare-up, and can be easily achieved by eating plenty of whole fruits and vegetables, and whole grains. If you are not used to having fiber in your diet, start slowly—add a small amount (about 4 grams) to your diet at a time and build up (to about 5 to 6 grams) per serving.

Drink water throughout the day. Increasing water intake and spacing water intake periodically can help normalize bowel movements. Fiber is very absorbent, and will draw water from your intestinal lining, leading to constipation, unless you consume enough water.

Magnesium. Getting enough magnesium in your diet such as from leafy green vegetables can be important for helping to attract water into your colon for normalized bowel movements.

Inflammatory Bowel Disease (Crohn's or ulcerative colitis)

Crohn's and ulcerative colitis are inflammatory bowel diseases (IBD) with a major auto-immune component that requires consultation with a medical doctor and proper medical treatment. They both cause inflammation in the digestive tract. Crohn's can affect any part of the digestive tract from the mouth to the anus, usually in patches, whereas ulcerative colitis affects only the lining of the colon.

People with IBD may suffer from symptoms that range from mild to severe that include abdominal pain, diarrhea, blood in stool, low-grade fever, loss of appetite, and weight loss. Those at highest risk are those with a family history of IBD, cigarette smoking, and, possibly, environmental factors.

When a person has had a history of IBD, here are some things they can do to support GI health:

Try probiotics and prebiotics and probiotics. Studies where people incorporated probiotics and prebiotics into their diets have shown potential advantages in GI health. Great sources of prebiotics and probiotics are fruit, legumes and whole grains, and yogurt, respectively.

Consume fish oil. Fish oil contains long-chain omega-3 fatty acids that have been shown in studies to support GI health.

Hemorrhoids

Hemorrhoids are collections of arteries and veins under the anal lining that can become swollen, painful, and bleed. They affect about 5 percent of the population in North America. Often they can be managed with diet, but if they do not improve, it is important to see a colorectal surgeon, as not all anal discomfort is from hemorrhoids, and, even if you are suffering from hemorrhoids, other treatments may be indicated.

When a person suffers from swollen hemorrhoids, here are some things they can consider doing to manage symptoms:

Optimize fiber and water. Consume plenty of fiber (25 to 30 grams of fiber) and water (at least 8 glasses) throughout each day to aid bowel function and regularity, reducing risk of constipation and decreasing stress in the anal area.

Avoid sitting for long periods or turning the bathroom into a library. Sitting too long puts pressure where it doesn't need to be – in the veins of the anus.

Avoid strain on the toilet. Relax and let your natural function work.”

To learn more about how to increase your health,
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3. SPECIAL REPORT: Skin Health

Burn Easily in the Sun? More Reason to Take Vitamin D

I am blessed to live in the Sunshine State of Florida. However, during the winter I travel a lot and realize the importance of the sun. Excess of anything is never a good thing, but in those winter states you need your vitamin D. Low levels of the sunshine vitamin are common among the U.S. population, but can depend partially on skin color. Those with darker skin are more likely to have lower levels of vitamin D in comparison with those with lighter skin at the same latitude because pigmentation can naturally block UVB-induced vitamin D synthesis.

Surprisingly, a new study suggests that those with very pale skin may have lower levels of vitamin D, even at latitudes where sunshine is plentiful. For those with pale skin, the researchers say, supplementation may be the best alternative for achieving optimal levels while avoiding the harmful rays that could contribute to skin cancer.

Researchers from the Cancer Research UK Centre at the University of Leeds, United Kingdom, tested blood concentrations of the active circulating form of vitamin D (25(OH)D) in approximately 1,200 people and found that more than half of the participants had levels lower than optimal, and that individuals with fair skin were significantly more likely to have suboptimal vitamin D levels.

The study, published in *Cancer Causes and Control*, suggests that sun-sensitive people such as those with pale skin, or melanoma patients, are not able to generate enough vitamin D from UVB rays to meet optimal levels while also avoiding sunburn.

“Sun-sensitive individuals did not achieve optimal levels without supplementation, which therefore should be considered for the majority of populations living in a temperate climate,” the researchers wrote.

In the study, the researchers defined optimal levels as having blood concentrations at or above 60 nmol/L (24 ng/ml), because of the association of this level with long-term health. The only individuals in the study who reached optimal levels had more than 12 hours of sun exposure over summer weekends.

To learn more about how to increase your health,
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4. SPECIAL REPORT: Brain Health

Chocolate for Heart and Brain Health

By now you might have heard the great news: chocolate is unmistakably good for you. And chocoholics are certain to rejoice with the findings of a systematic review in the *British Medical Journal* that suggests enjoying chocolate daily may bring better health to their hearts. Chocolate's benefits are mainly the result of cocoa powder's rich content of antioxidant flavanols. But here's a caution—don't let the media attention fool you into gorging on the wrong kind of chocolate!

While most chocolate varieties (except white) do offer some degree of heart-healthy cocoa powder, they can also contain relatively high amounts of calories from not-so-healthy sources such as refined sugars and solid fats. These types of chocolate may hinder or side track your health and weight management goals. You can make the most of each delicious bite by choosing a variety that is sure to provide you the greatest benefits.

Dark chocolate, for example, is generally lower in calories and contains relatively minor amounts of sugar and solid fats. And, to be called dark, it must be made of at least 70% cocoa powder, which raises its health potential. Yet, it should be noted, not all dark chocolates are alike. Careful manufacturing makes certain the final delivery of healthy doses of antioxidant flavonols.

Now dark chocolate is the easy choice, but what if I told you there was a healthier choice, a choice that gave you a daily amount of healthy green tea—would you be interested? My wife and I enjoy IsaDelight Plus dark chocolate. This product is the result of the chocolatiering know-how of Isagenix Vice-President of Product Innovation, Pierre Teissier, Ph.D., combined with the expertise of Isagenix scientists and the true-to-life clinical experiences of Scientific Advisory Board member, Paul Anderson, MD. That's a healthy chocolate experience!

What make these so different? These are manufactured to be superior in their delivery of potent doses of antioxidant flavonols alongside green tea antioxidant epicatechins and mood-boosting B vitamins and amino acids. Every two chocolate pieces provides an ORAC score of 5,200 (the antioxidant strength equivalent of a cup of blueberries)!

The findings from the BMJ review, along with other recent studies, are adding only more reason that flavonol-rich dark chocolate should be enjoyed for a mix of health attributes:

New research in Spain evaluated cocoa in a human intervention study and found that it acts on several proteins implicated with reducing oxidative stress, which is a factor of aging.

A recent meta-analysis from Harvard Medical School and Brigham and Women's Hospital in Boston evaluated 10 randomized clinical trials that demonstrated that cocoa may help with managing healthy lipids.

New research from the University of Reading suggests dark chocolate may improve cognition and visual performance.

A recent meta-analysis from University of Adelaide evaluated 13 randomized, controlled trials and found that flavonol-rich dark chocolate was superior to a placebo in supporting healthy blood pressure.

More than a simple confection, my wife and I find IsaDelight Plus is designed as a “guilt-free pleasure” for satisfying cravings, assisting with weight management, and easing through our weight loss day especially our Isagenix Cleanse Days. Now, the latest research shows that each decadent piece may be good for your heart, help keep your body young, all while boosting mood, vision, and brain performance.

To learn more about how to increase your health,
go to www.5minutemotivator.com/isagenix.

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5. SPECIAL REPORT: Oxidative Stress I

Spice Meals Up With Turmeric and Cinnamon to Fight Oxidative Stress

When it comes to beating oxidative stress, could spices be our ultimate culinary defender? Results from a recently published study in the August issue of the *Journal of Nutrition* reveals that adding spices such as turmeric and cinnamon may bestow some protection from the harmful effects of eating meals high in fat or calories.

“Normally, when you eat a high-fat meal, you end up with high levels of triglycerides, a type of fat, in your blood,” said Sheila West, lead author of the study and associate professor of biobehavioral health at Penn State. “We found that adding spices to a high-fat meal reduced triglyceride response by about 30 percent, compared to a similar meal with no spices added.”

The study involved analyzing the blood of six healthy, overweight (BMI 25-27) men after they ate a control meal (1200 calories, 49 grams of fat) without added spices, and then after they ate the same meal with added spices. Subjects’ blood was tested every 30 minutes after the meal for 4 hours. The control meal consisted of a coconut chicken and white rice entree, cheese bread, and a dessert biscuit. The experimental meal was nutritionally identical but also used a spice mixture to create a chicken curry, Italian herb bread, and a cinnamon biscuit.

To be sure that the subjects’ overall diet did not alter the test results, they were provided the following instructions: 1) avoid foods high in antioxidants for two days prior to testing, and 2) keep a food diary, which was checked for compliance. Four hours before the test meal they were given a low-antioxidant control meal and were also instructed to not consume any other food or drink for 12 hours before the test other than the provided meal.

The addition of spices to the meal reduced the levels of insulin and triglycerides in the blood—21 percent and 31 percent respectively— compared to the control meal. The spiced-up meal also increased certain antioxidant measures in the subjects’ blood, a finding similar to related studies examining the antioxidant potential of fruits and tea.

Foods high in antioxidants are believed to be one of the best defenses against oxidative stress and may help support optimal health over time. With this in mind, the United States Department of Agriculture (USDA) has created extensive databases of different foods’ antioxidant activity. More specifically, they’ve compiled a database that measures a food’s oxygen radical absorbance capacity (ORAC), and the higher ORAC score a food has the more antioxidant potential it has in the body. Many people are familiar with fruits, vegetables, and tea being high in antioxidants, but it may be a surprise to many that

according to the USDA's ORAC database spices have some of the highest ORAC value of all food components!

With the high ORAC value of spices further supported by the current study, isn't it time to spice things up? The spice blend used in the study included nine different spices: black pepper, cinnamon, cloves, garlic powder, ginger, oregano, paprika, rosemary, and turmeric—all of which can easily be added to a variety of meals. Of the spices in the blend, however, cinnamon, turmeric, and oregano had the highest ORAC values. Cinnamon on morning oatmeal anyone? Turmeric and oregano in casseroles, curries, or rice dishes? The possibilities are endless.

Another way to get more turmeric and cinnamon into your diet with Isagenix is by taking Ageless Actives or Ageless Joint Support containing turmeric, and Natural Accelerator containing cinnamon. Best taken with meals, both these products offer the “spice-filled” antioxidant support to reduce oxidative stress.

To learn more about how to increase your health,
go to www.5minutemotivator.com/isagenix.

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6. SPECIAL REPORT: Oxidative Stress II

Dairy Helps Fight Oxidative Stress in Obesity

Getting enough daily servings of dairy in the diet—particularly those containing whey protein—may help fight oxidative stress associated with obesity and metabolic syndrome, according to researchers from University of Tennessee.

Their study, published in the August issue of *The American Journal of Clinical Nutrition*, found that dairy-rich diets eased oxidative stress and the burden of symptoms associated with metabolic syndrome in overweight and obese subjects.

The study confirms previous findings of a recent randomized crossover trial on overweight and obese adults showing that dairy-based shakes, but not soy-based shakes, significantly reduced oxidative stress biomarkers.

Oxidative stress is exacerbated by obesity because the increased oxidants acting on adipose tissue (fat tissue) can increase expression of harmful signaling molecules that may contribute to metabolic syndrome – a cluster of cardiovascular risk factors that includes increased blood pressure, elevated insulin levels, excess body fat around the waist and high cholesterol levels.

“An increase in dairy intake from suboptimal to adequate levels... significantly (reduces) both oxidative and inflammatory stress in metabolic syndrome,” the authors wrote.

The randomized controlled trial followed 40 overweight and obese adults already diagnosed with metabolic syndrome, with one group consuming a low-dairy diet (less than 0.5 dairy servings per day or less than 600 milligrams of calcium per day), and the other consuming an adequate-dairy diet (more than 3.5 dairy servings per day and at least 1,200 milligrams of calcium per day).

The low-dairy group consumed a diet containing three daily servings of a combination of prepackaged nondairy foods including low-sodium luncheon meats, soy-based luncheon meat substitutes, fruit cups, granola bars and peanut butter crackers. Each serving contained less than 8 grams of protein and 50 milligrams of calcium. The subjects purchased all other foods in their diets and adjustments were made to ensure their choices didn't alter the nutrient content of the overall diet.

The adequate-dairy group consumed three servings of dairy every day, each providing 300 to 350 milligrams of calcium and 8 to 10 grams of dairy protein. Calcium from dairy totaled 1000 to 1050 milligrams per day while protein from dairy totaled 28 to 35 grams per day. As with the group above, subjects purchased the rest of their diet with adjustments made so not

to mess up the diet's overall nutrient composition. Two-thirds of the daily dairy servings ingested were milk and/or yogurt so that sufficient amounts of whey protein were consumed.

After 84 days, those in the adequate-dairy group had significantly reduced levels of the biomarkers of oxidative and inflammatory stress, as well as lowered blood pressure and improved insulin sensitivity.

The researchers wrote that they believe that bioactive components in dairy, beyond its calcium content, contribute to its protective effect against inflammation and oxidative stress. Previous studies have shown that milk proteins, especially whey protein, have an insulin-stabilizing effect in healthy individuals. What's more, regular consumption of low-fat dairy has shown to reduce the risk of type 2 diabetes, yet the way in which it does this is not yet well understood.

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7. SPECIAL REPORT: Losing Weight

Foods to Avoid or Eat More of for Losing Weight

It's no mystery that your waistline is influenced by how much food you eat, but the seemingly straightforward advice to "eat less and exercise more" is not so clear-cut when you compare the amount of calories found in a bag of potato chips to a bowl of vegetables.

Harvard School of Public Health researchers may just have the answers to what foods to avoid and what to eat more of for losing weight. In a study published in *The New England Journal of Medicine*, they documented the foods with the strongest associations for packing on weight or losing it.

The researchers combined data from diet and lifestyle questionnaires from 120,877 people—50,422 women from the Nurse's Health Study, 47,898 women from the Nurse's Health Study II, and 22,557 men from the Health Professionals Follow-Up Study. Over a 20-year period (from 1986 to 2006), the authors took body weight measurements every four years.

Consistent with the national trend, the average weight gain of the study participants was 3.35 pounds and 2.4 percent of body weight during each four-year period, which equated to a total weight gain of an average of 16.8 pounds at the conclusion of the study.

What foods had the strongest association with weight gain? These are the dietary tyrants with their contributions to average weight gain:

- Potato chips – 1.69 pounds gain
- Potatoes – 1.28 pounds gain (French fried potatoes contributed 3.35 pounds gain)
- Sugar-sweetened beverages – 1 pound gain
- Unprocessed red meats – 0.95 pounds gain
- Processed meats – 0.93 pounds gain

What foods had the least association with weight gain? Now that you know the culprits, it's time to introduce the "good guys" with their contributions to average weight loss:

- Vegetables – 0.22 pounds loss
- Whole Grains – 0.37 pounds loss
- Fruits – 0.49 pounds loss
- Nuts – 0.57 pounds loss
- Yogurt – 0.87 pounds loss

The researchers also found that lifestyle factors such as time spent in front of the TV, sleeping fewer than six hours per night (not getting enough sleep can weaken our resolve to eat right!) or sleeping more than eight hours per night (likely due to higher amounts of inactivity) contributed to long-term weight gain.

The bottom line? Eating a poor diet and not exercising enough leads to a surplus in calories that increases body weight. What appears as small bad habits can cause us to pack on two decades worth of pounds, but, conversely, simply swapping out the sugary soda for low-fat dairy products can help put an end to weight gain.

While the “eat less, exercise more” mantra still applies, you should still focus on exercising the recommended 30 minutes daily three times a week and choosing lower-calorie, nutrient-dense foods that can keep you healthier longer.

To learn more about how to increase your health,
go to www.5minutemotivator.com/isagenix.

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8. SPECIAL REPORT: Calcium

U.S. Adults Still Not Getting Enough

Are you getting enough calcium for strong, healthy bones? A new study suggests most U.S. adults continue to fail to get enough of the mineral through diet and supplementation to meet recommended levels.

University of Connecticut and Yale University researchers examined data from National Health and Nutrition Examination Survey collected from 9,475 adults between 2003 and 2006. They found that, although dietary calcium intake was reported highest in older age groups, the amounts remained insufficient to meet adequate intake standards for age groups 50 years and older.

“Adequate lifelong calcium intake is essential to optimizing bone health,” remind the study authors, who published their findings in the May 2011 issue of *Journal of American Dietetic Association*. They also recommend “new approaches to increasing the frequency and level of calcium supplement use to enhance calcium density in diets.”

“Calcium plays a fundamental role in promoting bone health and forestalling osteoporosis. In light of evidence that energy intake declines with aging, calcium dense foods and calcium supplements become vital factors in maintaining adequate calcium intake across the lifespan,” said Jane E. Kerstetter, RD, PhD, Professor, Department of Allied Health Sciences, University of Connecticut in a press release.

These inadequate intakes come despite the fact that more than half of individuals ages 19 and older were taking a calcium supplement, according to the authors. For men, supplementation increased from 34 percent in the 19 – 30 age group to 54 percent in the 81 and older age group. The percentage of women taking supplements rose from 42 percent to 64 percent across the same range of age groups.

Calcium is the most abundant mineral in the body, primarily found in the bones and teeth. As bones develop, calcium, along with other minerals, crystallizes on the collagen matrix of the bone, making it denser and giving it strength and rigidity. The body loses calcium continuously, and if this loss is not replaced through diet, the body will remove calcium from the bones to perform necessary functions such as regulation of muscle contraction. This removal causes bones to become soft and brittle, making them prone to fractures.

Adequate calcium intake is necessary for strong and healthy bones. The current recommended intake of calcium is between 1,000 mg and 1,300 mg per day. Good sources (more than 300 mg per serving) of calcium include dairy products such as low-fat milk,

cheese, and yogurt. Dark green vegetables such as broccoli, kale, and spinach can also add about 90 milligrams of this mineral to daily intake. In addition, calcium-fortified foods (orange juice and breakfast cereals) and dietary supplements can also help fill gaps.

Other important factors in optimizing bone health include engaging in weight-bearing exercise and obtaining recommended amounts of vitamins D and K2 daily.

To learn more about how to increase your health,
go to www.5minutemotivator.com/isagenix.

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9. SPECIAL REPORT: Fiber

Fiber Is Key to Preventing Belly Fat and Living Longer

Getting your daily requirements for dietary fiber may be the answer to helping you stay free of belly fat that is linked to chronic disease. Two new studies published this year show a connection between increased soluble fiber intake and less accumulation of belly fat, as well as an association between increased total fiber intake and longer life.

In one study, published in the online journal, *Obesity*, by researchers at Wake Forest University School of Medicine, results showed that for every 10 gram increase in soluble fiber there was a 3.7 percent decrease in visceral adipose tissue (belly fat). The study explored the effects of lifestyle factors—diet, physical activity and smoking—on fat that builds around the midsection. Over the course of five years, the researchers collected data from 1,114 African-American and Hispanic men and women. Of the factors observed, the two that reduced belly fat the most were engaging in vigorous physical activity and increasing soluble fiber intake from beans, vegetables, and fruits.

So why should we be concerned about belly fat anyway? Besides from not letting you look your best in a swimsuit, fat around the midsection builds up fatty deposits around your internal organs and has been shown to lead to chronic diseases such as heart disease, diabetes and high blood pressure. The other type of fat that accumulates in the body, subcutaneous fat, or fat that deposits just under the skin, is not so much the health concern that belly fat is. As more of the population is struggling with their weight and finding themselves with that “ring” of fat around the middle, researchers from this study conclude that “increasing the intake of dietary fiber may be a possible approach for prevention.”

Also building the case for increasing fiber in your diet is a study by researchers from the U.S. National Cancer Institute that found diets higher in fiber, especially fiber from grains, significantly reduce the chance of dying from cardiovascular, respiratory and infectious diseases. This study followed over 388,000 American men and women over the course of nine years and found that, overall, people with the highest intakes of fiber—an average of 25 to 30 grams a day—were 22 percent less likely to die from any natural cause than those consuming just 10 to 13 grams.

Now that we know how much fiber we need (face it, we know most of us aren't getting enough) and that research is backing up the reasons to get more in our diet, what exactly is fiber anyway? Fiber is a non-digestible carbohydrate that's present in all plant foods including grains, legumes, nuts, seeds, fruits and vegetables. There are several ways to classify fiber, such as by its origin or whether or not it will dissolve in water. For example, fiber found in grains is called cereal fibers and fiber that's dissolvable in water is referred to as

soluble fiber while insoluble fiber does not dissolve in water. Usually there is a mixture of both in fiber-containing foods, and both provide you with various health benefits.

Soluble fiber has long been known as a health-promoting powerhouse because it helps lower blood cholesterol levels, helps improve blood glucose levels, and helps form soft stools. Insoluble fiber supports regular bowel movements. Previous studies have implied that a combination of dietary fiber of both types might help reduce the risk of heart disease, diabetes, and some cancers. The current U.S. dietary guidelines recommend consuming 14 grams of fiber for every 1,000 calories consumed, or 28 grams per day for women and 38 grams per day for men. These recommendations don't seem to be getting through though to many people—recent estimates indicate that, on average, US adults are getting about half the dietary fiber they need. To give you an idea of what you might need to meet the requirements, here's a list of some typical foods and their fiber levels:

- Oatmeal (1 cup): 4g
- Whole wheat bread (1 slice): 2g
- Apple, raw with skin (1 medium): 3.7g
- Orange (1 medium): 3.1g
- Blueberries (1/2 cup): 2g
- Black beans (1/2 cup): 7.5g
- Broccoli (1/2 cup): 2.3g
- Green peas (1/2 cup): 4.4g

What may be apparent here is that it takes a lot of good, healthy food to get your recommended amount of fiber in every day. It's understandable that many people don't meet their recommendations given the typical American diet of overly-processed, highly-refined, and fiber-less food. Fact is, food manufacturers have long focused on leaving fiber out of their products because of its interference with flavor. Indeed, when people think of high-fiber products, it's likely that images pop up of products with bland, cardboard-like flavors.

Isagenix seeks to change the way people think of high-fiber products. For example, Isagenix SlimCakes are a cookie-like product so delicious it's hard to believe they provide 5 grams of fiber each and FiberSnacks!, providing 6 grams of fiber each, could easily compete with any candy bar in terms of flavor. Another product Isagenix produces is FiberPro, a completely flavorless powder that will add 5 grams of fiber by the scoop to any beverage or shake. With choices like these, getting enough fiber is a cinch!

Bottom line? However way you obtain high-fiber foods in your diet, soluble or insoluble, it is good for your heart and blood sugar, helps cut down on belly fat, and helps you live longer. Be sure to add fiber to your diet gradually though, and drink plenty of water to avoid gas, bloating and constipation. Other than that, time to load up!

To learn more about how to increase your health,
go to www.5minutemotivator.com/isagenix.

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10. SPECIAL REPORT: Anti-Aging I

De-stress to Defy Aging

A little bit of stress is important to keep you awake, active, and motivated. However, when we experience chronic periods of intense stress, our bodies begin to feel the burden. This April is Stress Awareness Month and a perfect time to acknowledge what you're feeling and why.

The Health Resource Network, a non-profit organization, decided to set aside these four weeks to improve awareness about the dangers of stress and begin the promotion of healthy habits, on a national level. Adding to the recognition of how stress affects our health, new research has come out showing that chronic psychological stress may actually take years off your life, acting on a cellular level. Have we mentioned the importance of telomeres?

Many conditions of poor health, including the inevitable fate of aging, have been linked with the shortening of telomeres. Telomeres are the protective caps on our chromosomes that enable successful cell division and replication. These structures have come to the forefront of the battle for long-term health.

Findings from University of California, San Francisco, (UCSF) investigators presented April 4 added to an emerging body of evidence that psychological stress may accelerate shortening of telomeres, and how regular exercise may help to prevent it. In addition, a new study published in the March issue of PLoS ONE, showed that chronic depression is linked with accelerated reduction of telomere length. Researchers from the University of California San Francisco, including Nobel laureate Elizabeth Blackburn, matched 18 individuals with a history of major depressive disorders with 17 control participants. The researchers measured leukocyte (white blood cell) telomere length, as well as assessed oxidative stress and inflammatory markers.

Leukocytes are important cells for immune function and pathogen resistance. The authors looked specifically at leukocytes to view how our protective pathways are specifically impacted by psychological stress.

The participants that suffered from chronic depression had significantly shorter telomeres. Additionally, telomere length was inversely related to oxidative and inflammatory stress. Or rather, more stress and more cell destruction, equals shorter telomeres. The authors gathered that a cascade of stress hormones, "chronic inflammation and oxidation may be mechanisms by which chronic depression can result in shortened telomeres."

These results add evidence to the widely observed phenomenon that chronically depressed persons have a greater incidence for chronic conditions and mortality.

The results of this study are not meant to cause you additional anxiety. Experiencing concern that your body is undergoing too much stress is precisely what we want to avoid! So be aware, there is a light at the end of this tunnel! Simple, conscious daily activities will help mitigate chronic stressors and keep your body healthy.

Whether you are trying to protect your leukocytes, delay the onset of aging or simply looking to clear your mind, here are a few daily rituals to put yourself at ease provided by none other than our own Facebook fans and Twitter followers:

Tina Bowers has this advice, “Take a sack lunch and eat it at the park while watching the ducks.” Seriously, what is more relaxing than that! Better yet, try “wandering in the bush,” and don’t forget a suit for “swimming,” suggests Cherie Burke. Kevin Boulton also advises taking in nature, “First thing in the morning drinking 1 oz of Ionix® Supreme, helps me relax (we agree, the product’s adaptogens can help the body cope with stress). The other thing is I like to take a drive with my wife and take in the countryside.”

Lorri Hollingsworth adds “meditation and deep breathing... aaaahh!” While this recommendation may be overstated—we feel its place is particularly important this month. Meditation not only has been linked to stress reduction and reducing the rate of telomeres, but it has also been associated with positive self-image, improved memory and concentration. Recent research has shown that meditation actually changes your brain’s gray matter!

“Good sleep,” suggests Juan Avila. Going without good sleep can definitely add a hearty amount of stress.

Several folks mentioned physical activity including Kathleen Morin, Rodney Bugg, Gregory Valiquette, and Karen Powers who like walking or jogging, Joanne Mikula who enjoys Iyengar yoga, Barbara Badgley who hits the gym, Yossi Montrose who exercises using a Performa Ball, and Jamal Eriksson who practices a few karate strikes on his makiwara. Andrea Garrote from Twitter adds “riding horses!” Healthy weight, a healthy heart and a healthy attitude are all reasons to take up exercise; however, increased activity also has been shown to mitigate the impact of stress on telomere length! Lengthen that walk and perhaps, lengthen your protective DNA.

Guruprasad Naik says, “talking to frenz... and music.” It’s true. Socializing is a powerful stress reliever, as Marion Moss knows; her advice, “swim or chat with wonderful people.” If friends aren’t around, consider how Kristi O’Neill from Twitter relieves stress: “walking my dog, reading a romance novel, or watching a movie.”

To learn more about how to increase your health,
go to www.5minutemotivator.com/isagenix.

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11. SPECIAL REPORT: Anti-Aging II

Are You Losing Muscle As You Age?

Aging is characterized by a decline in muscle mass, or sarcopenia, that nearly doubles at ages 60 and on because of a gradual, accelerating decrease in basal metabolic rate and energy levels combined with increased weakness and frailty. These outcomes only lead to less physical activity creating further reductions in lean body mass replaced by fat mass.

Statistics show that within the next few decades the population of people ages 60 and older is expected to nearly double. Because sarcopenia has a powerful influence on the body's metabolism and health, one of the most important factors in keeping and staying healthy is preserving skeletal muscle mass and strength.

Slowing Sarcopenia With Help from Isagenix

In the last two decades, researchers have discovered excellent approaches for the preservation of muscle mass and strength. Based on their latest findings, here are three vital steps that people must adopt to help slow age-related muscle loss.

Step 1: Adopt a Strength Training Program

Too little physical activity accelerates muscle loss more quickly than any other factor in a person's lifestyle. This is why exercise is the single most important part of slowing sarcopenia. In addition, strength-training programs such as weight lifting have been demonstrated to not only preserve, but reverse loss of muscle strength.

A 1994 study by Dr. Mary A. Fiatarone and colleagues showed that a program including high-intensity strength-training exercise, such as stair climbing, was successful for 100 elderly male nursing home residents. The residents improved muscle strength, increased muscle in thigh areas, increased stair climbing power and increased levels of spontaneous physical activity.

Strength training is a vital part of a balanced exercise routine that includes aerobic activity and flexibility exercises. Regular aerobic exercise, such as running or using a stationary bike, makes muscles use oxygen more efficiently and strengthens the heart and lungs. When strength training is involved (with resistance), then muscles work against extra pounds. Making muscles work harder than they're used to strengthens and increases amount of muscle mass in the body.

Strength training can include weight lifting, stair climbing, hiking or swimming. It doesn't have to take large amounts of time—as little as 30 minutes daily is all that is needed to begin making muscle gains and this can be broken down into three 10-minute exercise times.

Step 2: Eat Quality Protein At Every Meal, Especially At Breakfast and After Workouts

Muscle synthesis requires amino acids as “building blocks” for making protein. Studies show the biggest muscle gains come from regular protein intake throughout the day. Consistent increases in plasma levels of amino acids support muscle recovery and growth.

Newest research presented at in April at Experimental Biology 2010 showed that the key time to synthesize muscle occurs when you have protein of at least 20 grams at breakfast!

At the same time, there are specific amino acids that directly stimulate protein synthesis. These are branched-chain amino acids isoleucine, leucine and valine. Leucine is the most potent trigger for protein synthesis.

Studies suggests that the simple act of eating a leucine-rich meal can induce muscle growth in young adults and similar effects from leucine-rich meals have not been demonstrated in older adults who are physically active.

Whey protein's rich leucine content makes it Mother Nature's most effective protein source for promoting muscle. After physical activity, in fact, whey protein has been shown in studies to double protein synthesis compared to protein sources that are lower in leucine.

Isagenix's IsaLean products (Shakes, Soups, Bars) and IsaPro are excellent products for obtaining plenty of leucine throughout the day and, specifically, for breakfast and after workouts.

Step 3: Get Enough of the “Sunshine Vitamin” and CoQ10 Daily

Results from two different recent studies show how important Vitamin D status is to muscle strength. One of the studies found that young women with higher vitamin D plasma levels had reduced levels of fat in their muscles. The second study found that vitamin D was associated with larger muscles and greater physical function in the elderly.

Although neither of the studies suggested a mechanism or a direct causal relationship between vitamin D and muscle strength, this hormone-like vitamin-like is now thought to have an important link to muscle health in addition to its role in bone health. The studies provide more evidence supporting the widely held views that people need more vitamin D daily than what they currently receive.

People can easily receive enough vitamin D daily by practicing safe sun exposure and supplementation, as suggested by the latest scientific findings presented at Experimental Biology to support bones, muscles and the heart.

Because CoQ10 is a vital nutrient for energy production in every cell in the body including in the muscles and heart, getting enough coQ10 daily keeps energy levels up for performing regular physical activity.

Although the body makes CoQ10 naturally, its biosynthesis begins to decline with aging. By age 60, most people make only 50 percent of what they did in their mid-twenties.

Muscle Strength is Monumental

Muscle mass is not just for bodybuilders. It provides the core strength for bones and is directly linked to overall quality of life. In efforts to make an impact on the effects of aging, muscle should never be discounted in the program. Muscle improves metabolism, promotes greater weight-loss benefits, and reduces risk of health conditions such as type 2 diabetes and cardiovascular disease. The more muscle a person has over time, the longer that person will enjoy healthy living.

To learn more about how to increase your health,
go to www.5minutemotivator.com/isagenix.

Join My Team

Thank you for reading these special health reports I've shared with you. I'm excited to build a team of like-minded people who care about health, happiness, and success as much as I do. Many people just like you have already joined and I'm looking for a few special people to add to my growing team.

The kind of people I'm adding to my team are people who are willing to take responsibility for their own health. I want people who believe they can be healthier and are willing to invest time and energy into learning how. I want people who will then take what I teach them and apply it. Better health is not something that just happens, you must work for it. But this work does not have to be hard and unrewarding—just the opposite! Changing your habits can happen just “5 minutes” at a time and soon you won't even think about being healthy, you'll already be there. And talk about rewards! You'll soon be feeling more energy than you ever thought possible and you'll have that deep satisfaction that comes from reaching your goals.

If you're interested and if you think you might have what it takes, visit my website at www.5minutemotivator.com/isagenix to learn more and join my team today.

I also want to share with you my books that will help you on your journey to health, happiness, and success. They include my latest books, *The 5 Minute Motivator* and *5 Minutes to Wellness*, along with *Dying to Be Young*, which tells the story of how my wife and I fought and won against certain death and *Lifestyle of the Fit Famous*, which Donald Trump calls “the Taj Mahal of health books.”

You can find all of these book on my website at www.5minutemotivator.com/store.