

THE GOLDEN YEARS??



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LET'S SEE WHAT WE CAN DO



- Anti-aging discussion
- Raise our health consciousness?
- **Is medicine missing the MARK??**
- How to supplement correctly for the most common issues
- Hormone balance?
- The Candida connection

Boomers

A yellow background with several smiley faces scattered around. The text is centered in the middle of the image.

**My mind still thinks I'm
25.**

**My body thinks my
mind is an idiot.**

Leading Causes of Death (65 or older)



- Heart disease
- Malignant neoplasm
- Chronic low respiratory disease
- Cerebrovascular disease
- Alzheimer's
- Diabetes
- Unintentional injury
- Covid?/Flu/Pneumonia
- Kidney disease

Leading cause of death



- Cardiovascular..since 91?
- Kidney...first year in top 10
- Alzheimer's..since 87..as cause of death 2005



Increasing the level of health consciousness



- Increases in life span are occurring
- Expected effects of aging process
- Optimally, preservation starts in the womb
- Continues throughout lifecycles
- Screenings, blood work help to identify
- Control of chronic situations A MUST
- It comes down to LIFESTYLE
- **WE NEED TO MAKE THE WORLD HEALTHY, BY TAKING THE LEAD WITH OUR SENIORS!**

What is your level of health consciousness



• Cognitive Awakening-

- Traveled the journey from ignorance to understanding.
- Practice health consciousness as a way of life.
- Prioritize organic and wholesome foods,
- Regularly engage in physical and mental wellness activities
- Advocate for a holistic approach to health, often guiding or mentoring others.

• Elevated Insights-

- Curious and open-minded
- Recognize the pitfalls of their personal habits
- Joined a gym or attended yoga class
- Starting to make better choices, though occasionally wavering

• Buried Oblivion-

- Individuals are unaware of their true health potential
- Rely on quick fixes, myths, and are often stuck in old ways, resisting change.
- Individuals navigate without clarity, often ensnared by health myths and uninformed choices.

**THAT MOMENT WHEN YOU'RE
WORRIED ABOUT THE ELDERLY**



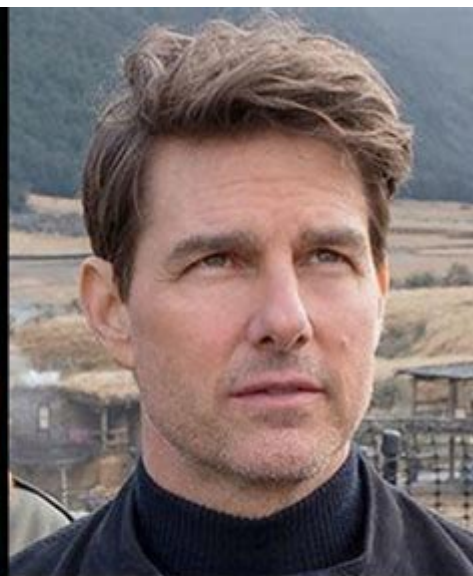
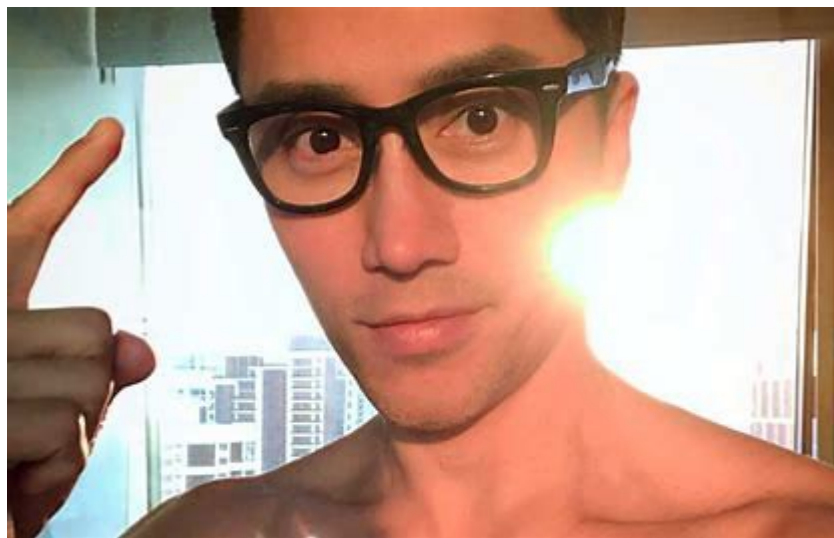
www.Facebook.com/DadLaughing

**THEN YOU REALIZE
THAT YOU ARE THE ELDERLY**

What is Aging?



- What naturally occurs with the passage of time
- Versus the effects of disuse and disease
- Modifiable risk factors?
- Can we be chronologically one age and biologically another?
- Effects of food and exercise?
- Keeping the brain healthy
- Can we keep them biologically younger?



WILFORD BRIMLEY
AT **50**

TOM CRUISE
AT **56**

AGE 25



AGE 50



Biomarkers of Aging



- Loss of strength
- Reduced flexibility
- Increased body fat
- Diminished kidney function
- Compromised vision
- Decreased hormone levels
- How healthy is their gut? – constipation, reflux

Comprehensive lab panel - \$399 self pay



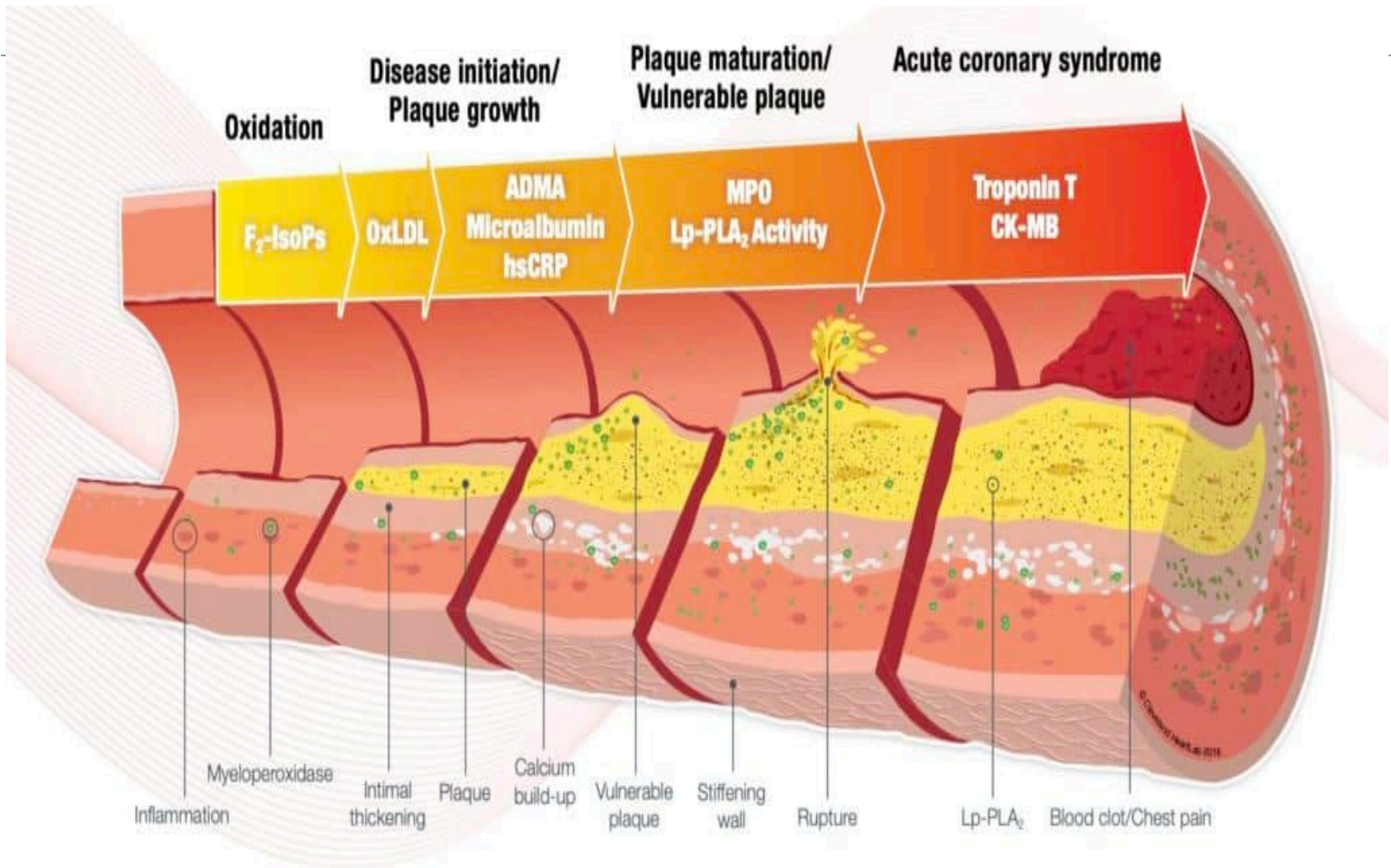
- CBC
- CMP
- A1C
- INSULIN
- FERRITIN
- TSH
- FREE T4
- FREE T3
- TPO ANTIBODIES
- HS-CRP
- B12/FOLATE
- FSH
- ESTRADIOL
- PROGESTERONE (WOMEN)
- TOTAL TESTOSTERONE (WOMEN)
- TOTAL/FREE TESTOSTERONE (MALES)
- LIPIDS

OPTIONAL ADD-ON TESTS



- SHBG
 - PSA
 - REVERSE T₃
 - TOTAL T₄
 - TOTAL T₃
 - HOMOCYSTEINE
- TIBC
 - AM CORTISOL
 - PROLACTIN
 - EBV
 - THYROGLOBULIN ANTIBODY
 - IRON

Cleveland Heart Lab

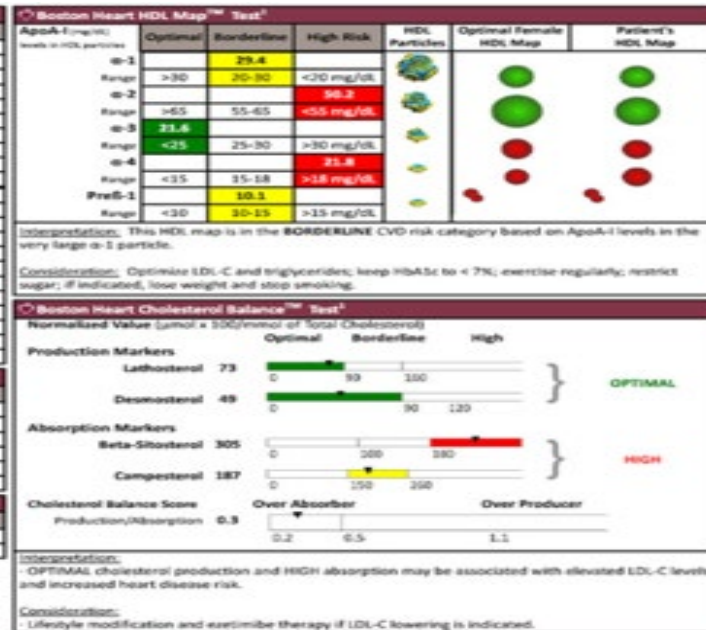


Boston Heart Lab

Lipid, Lipoprotein and Apolipoprotein Tests			
	Optimal	Borderline	High Risk
Total Cholesterol	165		
Range	<200	200-249	>249 mg/dL
Direct LDL-C	97		
Range	<100	100-160	>160 mg/dL
HDL-C	54		
Range	>60	50-60	<50 mg/dL
Triglycerides	64		
Range	<150	150-200	>200 mg/dL
Non-HDL-C	111		
Range	<130	130-190	>190 mg/dL
ApoB	119		
Range	<80	80-120	>120 mg/dL
sdLDL-C*	23		
Range	<20	20-40	>40 mg/dL
% sdLDL-C	24		
Range	<20	20-30	>30 %
VLDL-C	94		
Range	<30	30-60	>60 mg/dL
Lp(a)	<15		
Range	<30	20-30	>30 mg/dL
ApoA-I	140.8		
Range	>180	140-180	<140 mg/dL

Inflammation Tests			
	Optimal	Borderline	High Risk
Fibrinogen	3hp		
Range	<370	370-470	>470 mg/dL
hs-CRP	1.5		
Range	<1.0	1.0-2.0	>2.0 mg/L
LpPLA₂	199		
Range	<200	200-235	>235 ng/mL

Diabetes Tests			
	Low	Optimal	High
Insulin^a	4		
Range	<5	5-15	>15 µU/mL



Lipid Ratios			
	Optimal	Borderline	High Risk
TC/HDL-C	3.1		
Range	<4	4-6	>6
VLDL-C/TG	0.22		
Range	<0.2	0.2-0.3	>0.3
ApoB/ApoA-I	0.8		
Range	<0.8	0.8-0.9	>0.9
HDL-C/TG	0.84		
Range	>0.5	0.25-0.5	<0.25

Liver, Kidney, Muscle, Thyroid and Other Tests			
	Optimal	Borderline	High Risk
NT-proBNP	<30		
Range	<125	125-450	>450 pg/mL
Homocysteine	9.0		
Range	<10	10-15	>15 µmol/L
Vitamin D, 25-OH	89		
Range	<30	30-100	>100 ng/mL

Genetic Tests by Genotyping™ ^{1,4}	
Statin-Induced Myopathy (SLCO1B1)	Date of Service: 04/05/2014
T/T	
Interpretation:	- (T/T) genotype – normal statin metabolism - Standard doses of statins, if indicated, are recommended
Clopidogrel Response (CYP2C19)	Date of Service: 04/05/2014
*R/*R	
Interpretation:	- (*R/*R) genotype – markedly increased clopidogrel metabolism - Markedly increased risk of bleeding - Only normal doses or lower than normal doses of clopidogrel are recommended, if indicated
ApoE	Date of Service: 04/05/2014
E3/E3	
Interpretation:	- (E3/E3) genotype – most common genotype - If LDL-C or non-HDL-C lowering is needed, in addition to lifestyle change, statin therapy is recommended
Factor II	Date of Service: 04/05/2014
-/-	
Interpretation:	- (-/-) genotype – normal risk of clot formation
Factor V Leiden	Date of Service: 04/05/2014
-/+	
Interpretation:	- (-/+) genotype – increased risk of developing clots, especially if on oral estrogen therapy - Consider low dose aspirin treatment

Inflammations' Role in Aging



- As we age, inflammation increases (increased cytokines)
- Produces a degeneration of tissues (Willard, et al., 1999)
- Inflammatory cytokines are destructive cell signaling chemicals
- TNF-a, Il-6, Il-1b, Il-8

Diseases Marked by Chronic Inflammation



- Atherosclerosis
- Cancer
- Congestive heart failure
- Diabetes
- Obesity
- Alzheimer's
- Stroke
- Heart valve dysfunction
- Covid

The Studies...



- JAMA 2001 (7/18), females with increased Il-6 were 7.5x as likely to develop diabetes
- Females with increased CRP were 15x more likely to develop diabetes
- AM Jn Med (Harris et al.,1999) increased CRP and Il-6 equals 2.6x greater death risk
- Walston (2002) increased inflammation equals increased rates of clotting and muscle weakness

Chronic Inflammation



- Imbalance of Omega 3 to 6
- Prehistoric times 1:1
- Current 25:1
- Occurs in brain, gut, arteries, skin, muscles, and other tissues
- Progression to most other diseases

How to Reduce Inflammation

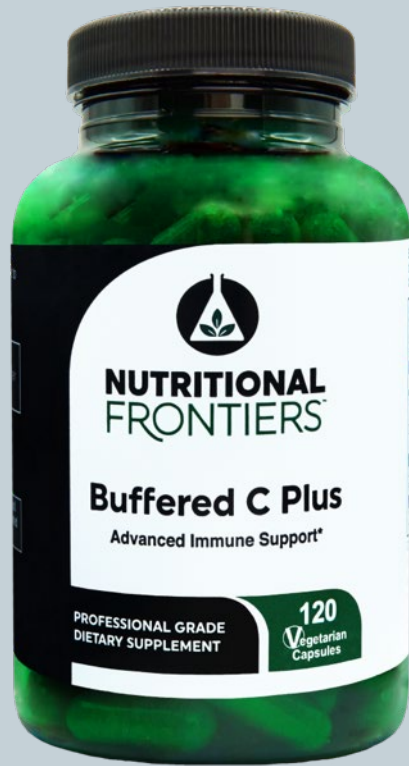


- Mediterranean diet
- DHA and EPA
- Buffered Vitamin C
- DHEA
- X-Flame
- Vitamin K
- High soluble fiber
- Decreased total caloric intake
- Loose weight

Put Out The Fire!



Buffered C Plus...Omegas...Super K Plus



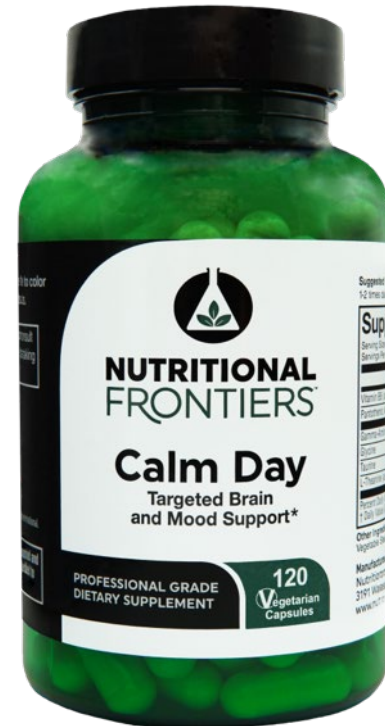
The Power and Gift of Sleep



- Loss of sleep equals increased inflammation
- Loss of sleep equals reduced HGH
- Loss of sleep and Alzheimer's



Sleep Time & Calm Day

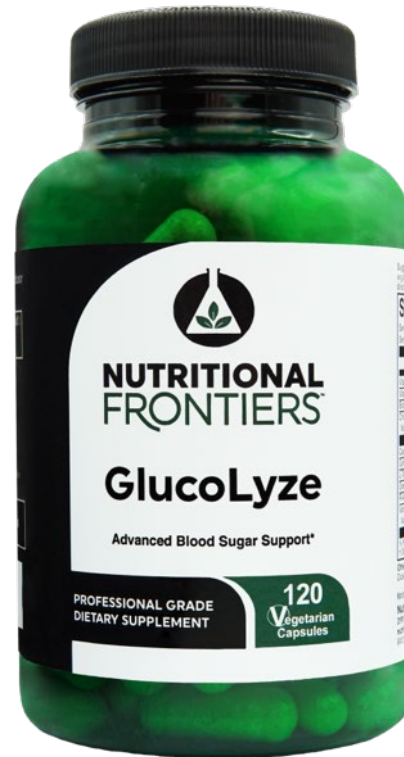


Rising Insulin and Glucose Levels



- Increase in inflammation
- Increase in blood pressure
- Dyslipidemia
- Increased fat deposition
- Decreased testosterone
- Decreased DHEA

CandiKill & GlucoLyze

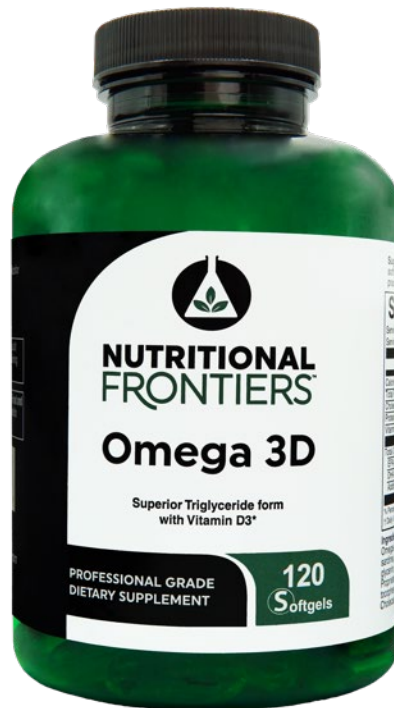


Metabolic Syndrome



- Dysglycemia
- Complex series of glucose reactions which leads to protein cross linking, leading to blood vessel hardening
- Sustained high insulin levels
- Value of Mediterranean diet
- Low HDL, high triglycerides
- Increasing blood pressure
- Increased visceral fat/weight gain

Seven Flowers/Omega 3D/CircuCORE



Glycation



- Cellular cement
- End result of inflammation and high sugars and insulin
- Protein bound to excess sugars
- Speeds up aging process

LIPOFUSCIN





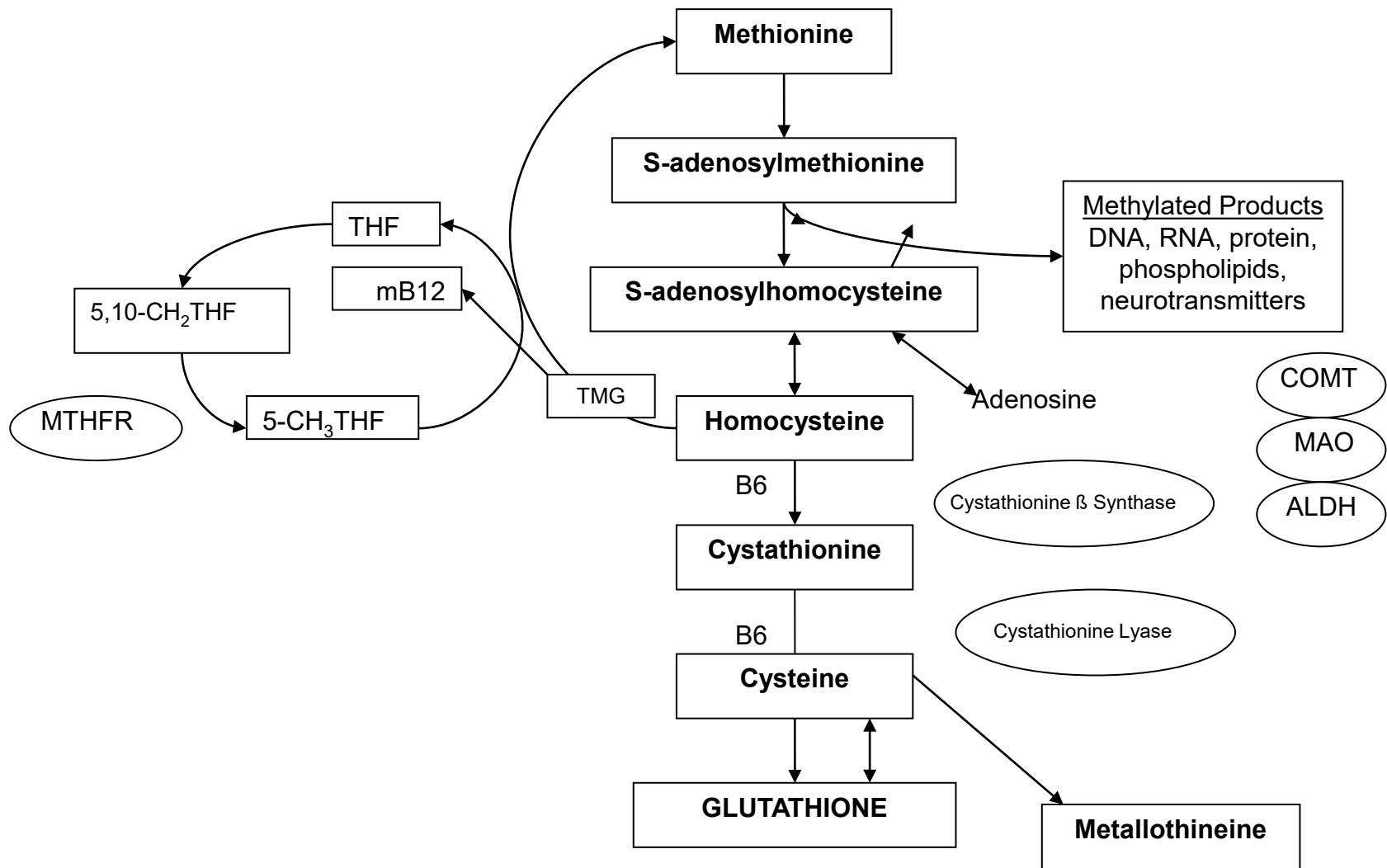
**I will never regret
getting old.**

**I know too many
people who never had
that privilege.**

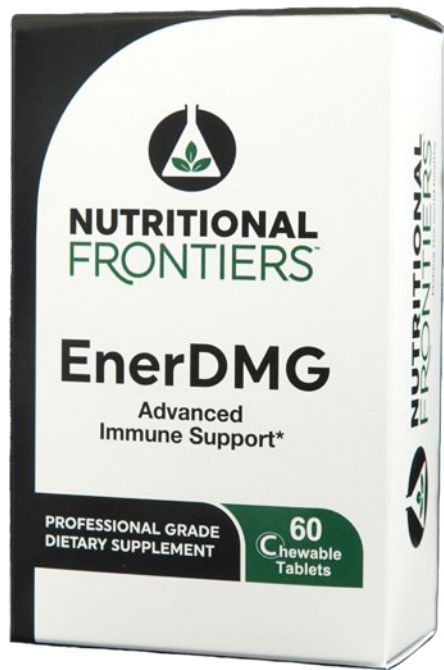
Altered Methylation



- Results from deficiencies in Vitamins B6, B12, and Folate
- Coronary artery disease, cerebral vascular disease, deep vein thrombosis, diabetes, rheumatoid arthritis, dementia, depression, osteoporosis, and other psych problems
- Need to do MTHFR testing



EnerDMG/Active B12 Folate/Super B Complete



Complementary Factors of Aging

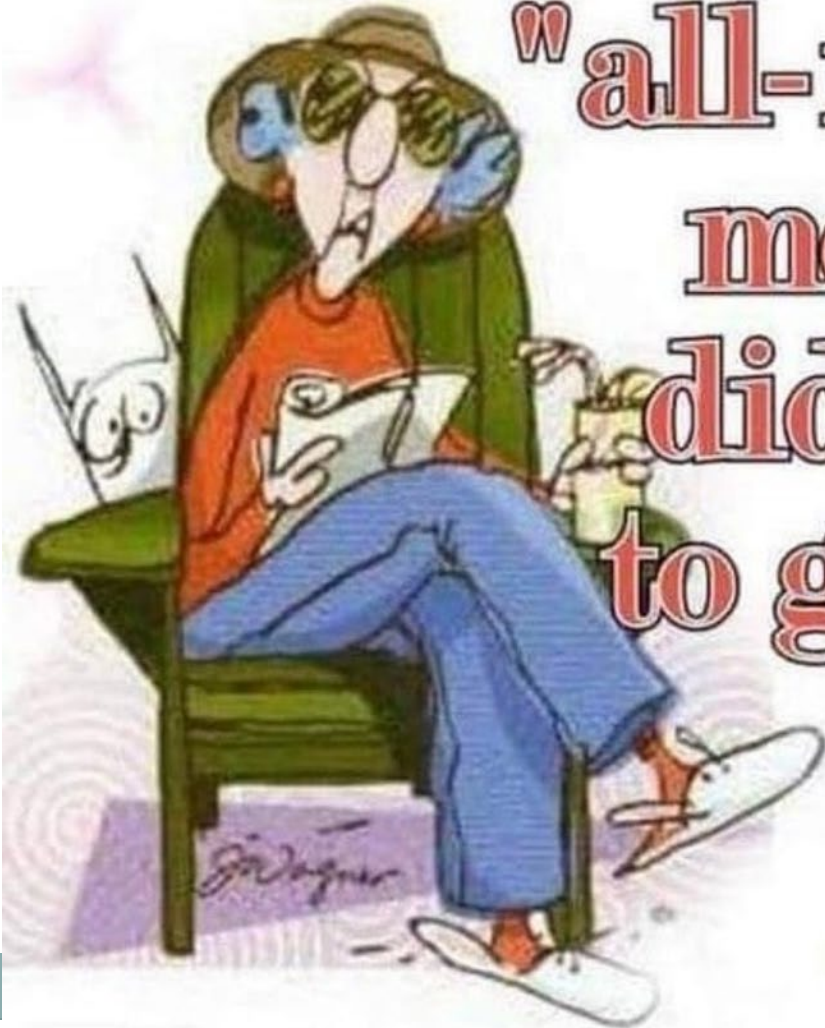


- Maldigestion
- Leaky gut syndrome
- Poor micronutrient status
- Poor liver detox pathways
- Overburdened immune system
- Repair deficits
- Leads to aging
- We forgot how to laugh (it makes the best medicine)

Leaky Gut Syndrome?



I'm at the age
where an
"all-nighter"
means I
didn't have
to get up to
pee



Common complaints?



- Fatigue
- Sleep issues
- Low sex drive
- Low strength and stamina
- Weight gain
- Usually related to hormone imbalances or deficiencies, underactive thyroid, poor detox pathways, adrenal insufficiency (cortisol issues) and inflammation out of control, are they pooping??

Create Your Signature Program- You Need A Foundation



Issues concerning hormones in the elderly



- Consider that most hormone levels, by our late 50's, are GONE!!
- In peri-menopause, testosterone level decreases result in increase beta amyloid plaque
- Most levels have never been tested
- Median age of diagnosis of breast CA is 62?
- Testosterone protective of breast tissue
- 80-90% of elderly have underactive thyroid
- Is TSH the best we can do?

Hormone Issues



- Testosterone drops
- DHEA drops
- Cortisol increases
- Estradiol drops
- Progesterone drops
- DHEA/cortisol ratios suppress immune function
- Increase cortisol suppresses growth hormone
- Poor T4 to T3 conversion
- Hormone replacement therapy- Pellets, Creams, Troche, Patches

Hormone Issues in Men



- Testosterone is anabolic
- Cortisol is catabolic
- Importance of diet, exercise and hormone panels via saliva testing
- Testosterone drops starts very early in life
- Does COVID play a role
- Cholesterol's role in testosterone production
- Andropause is a real thing

Hormones In Women



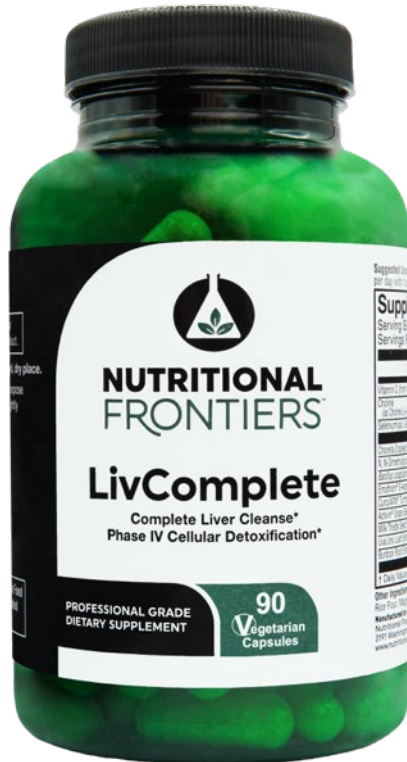
- Please check them in our older population!
- Optimize their testosterone levels- always use bioidentical hormones
- Symptoms of low testosterone
 - Fatigue, mood swings, irritability, weight gain, joint pain, trouble sleeping, low sex drive
- Sex in your 50's, 60's and beyond?

Compromised Detox Pathways



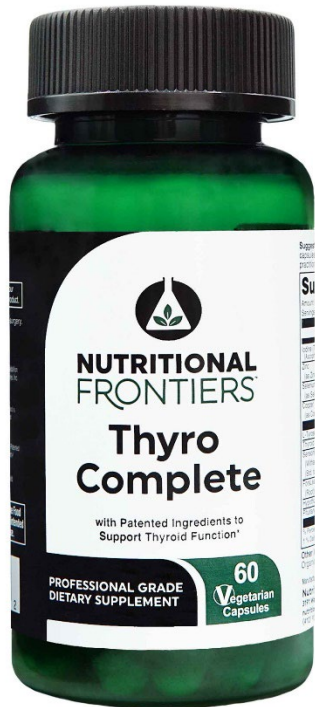
- Secondary to exposure to toxins, multiple medications, drugs, allergens
- Cytochrome p450 enzyme
- Leaky gut syndrome
- Malabsorption syndrome
- Adrenal stress can compromise
- Defense and repair mechanisms affected
- Reabsorption of hormone thru the gut wall??

LivComplete & Pro Lean Greens



THYROID

Thyro complete



Overview

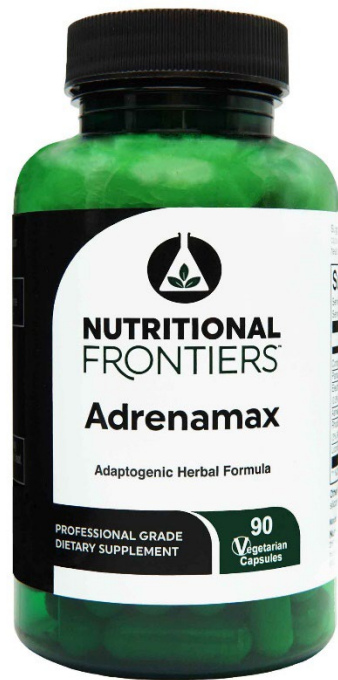
- Nutritional deficiencies
- Poor t4-t3 conversion
- Inflamed organ
- Low vitamin d levels
- Low testosterone
- Low ferritin
- Auto immune issues

ADRENALS



Adrenamax

Overview




- Tired/wired
- Weight issues
- Sleep disturbances
- Napping needed
- Depression/anxiety

Exercise



- Physical and mental inactivity common in aging
- Single most important factor in reducing risks
- Maintains cells' oxygen carrying capacity
- 1/2 hour/day, 3 days/week- lived average of 3 years longer
- 30-60 minutes of “blended” physical activity daily
- Stretching
- Resistance
- Cross train cognitive skills
- Consume adequate nutrients
- Find something you really enjoy doing



**When a cougar
gets so old she
needs a
hearing aid,
she becomes a
Def Leppard...**

The Candida Connection



- Trillions of bacterium in digestive tract
- Supportive role in colon health
- Degrade toxins, synthesize vitamins, produce natural antibiotics
- If yeast grows unchecked...big problems
- Estimated to affect 65% of those over 55!!

Candida

Individual history issues



- Long time antibiotic use
- Use of oral steroids
- Diet low in fiber, high in sugar
- Any alteration of bowel micro biota
- Role of biofilms



Factors That Increase Risk



- A weakened immune system
- Hypothyroidism
- Diabetes
- Avoidance of alcohol
- Diet high in simple sugars
- Chronic stress
- Antibiotics

Related Conditions to Candida



- Eczema
- Psoriasis
- PMS, menorrhagia, interstitial cystitis
- Chemical sensitivity
- Irritable bowel syndrome
- Endocrine (hormone) disturbances
- Brain fog
- Bloating/constipation
- Thrush/vaginal issues/chronic UTI

Leaky Gut Syndrome



- The number one cause
- Combination of stress, low fiber, inflammation, and bad bacteria
- Compromised digestion and elimination
- Inflammation can cause swelling, infiltration, villus destruction, IGA depletion
- Malabsorption cascades yeast issues

Diagnosis



- Antibody titers IgG, IgM, IgA
- Comprehensive stool analysis (gut zoomer)
- OAT mosaic diagnostics
- Symptom questionnaire
- IgG elevated=past or ongoing candida
- IgM elevated=active infection
- IgA elevated=infection is superficial

Natural Anti-Yeast Agents



- Buffered Vitamin C
- Candi-kill
- Micro-gone
- Garlic
- Saccharomyces



TEST TIME!!!!!!

