

ANN LOUISE'S TOP 3 ANTI-AGING BREAKTHROUGHS

*"In the end, it's not the years in your life that count.
It's the life in your years."*

-Abraham Lincoln



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Aging is inescapable. Many brilliant scientists have tried—and failed—to stop the unstoppable biological clock. Although modern science has yet to unveil any magic bullet for extending our expiry date, it has begun to give us an edge on our longevity. Anti-aging science is shining new light on what we need to do to remain healthy and vibrant, irrespective of our chronological age.

Anti-aging isn't just about living longer—it's about lengthening our lives with health and happiness. After all, who wants to live longer if those added years come with lost mobility, infirmity and failing mental function? We want quantity AND quality of life. Many aging mechanisms result in disease, which means if we slow down the aging process, we get the added benefit of fewer age-related illnesses.

Thanks to the baby boomers, longevity science is exploding. The anti-aging market is projected to be \$191.7 billion globally by 2019¹ —and I'm not just talking skin creams. What is aging, exactly? The prestigious scientific journal *Biogerontology* defines aging as the following:²

"The progressive failing ability of the body's own intrinsic and genetic powers to defend, maintain and repair itself in order to keep working efficiently."

Biologically speaking, aging is a progressive metabolic failure involving three basic processes in the body: oxidation, glycation and methylation. Two other important factors that accelerate aging are chronic inflammation and hormone dysregulation. Therefore, modern anti-aging medicine centers on understanding, controlling and manipulating our basic biology to our advantage—by doing this, we can stack the deck in our favor.

Today's toxic world exposes our cells to damage every single day. Damaged cells are incapable of expelling toxins and receiving life-supporting nutrients. As cells weaken and die, the body manifests symptoms of various diseases based on where those dying cells are located. Anti-aging strategies must improve the body's ability to detoxify while also enhancing cellular regeneration.

You can't outrun aging, but you can give yourself a substantial head start. Three-aging strategies stand out above the rest, which are the focus of this report.

Strategy #1: Dysfunctional Gallbladder, the Most Unexpected Age-Accelerator

When you think about anti-aging strategies, your [gallbladder](#) may be the last thing that comes to mind—but it should probably be the first! Congested bile and impaired gallbladder function are a major cause of premature aging and chronic illness today—*but no one wants to talk about it*. Most people don't find bile a very sexy topic. But what if you learned that gallbladder dysfunction and sick bile were secretly leading you down the path to premature aging—would that pique your interest?

Your body requires bile for absorbing dietary fats, fat soluble vitamins (A, D, E and K) and those all-important essential fatty acids, as well as detoxification, hormone production and many other essential operations. This is undebatable—healthy bile is critical for good health, whether you have a with gallbladder or not. But here's the thing. Most people have some degree of gallbladder dysfunction and are not aware of it.

When your gallbladder is sick and your bile is not flowing, your toxicity increases, your nutritional status deteriorates and you age more rapidly. Period.

Your gallbladder is only a storage vessel—bile is the most important thing. It's an emulsifier, a type of soap for fats, breaking them down into smaller particles so they can be absorbed by your gut. Without adequate bile, no amount of friendly dietary fats can benefit your body.

Every day, a healthy liver synthesizes and secretes more than a quart of this miraculous thick greenish-yellow liquid and sends it to your gallbladder for storage. The problem is, many gallbladders have become lazy, congested, and even blocked with sludge and bile stones. When bile stagnates in an underworked gallbladder, it thickens and begins to stick to itself to form gallstones.

Decades of processed foods and nutritionally bankrupt low-fat and non-fat diets, compounded by increased toxic exposures, have created a gallstone epidemic. Cholecystectomy, or gallbladder removal, is the most frequently performed abdominal surgery in the US today.³⁴

Along with aging comes disease. Congested bile is linked to a host of seemingly unrelated symptoms including hormone dysfunction, [hypothyroidism](#), hot flashes, constipation, depression, migraines, insomnia, dry skin, chronic fatigue, yeast overgrowth, parasites—and the list goes on. Finnish researchers found hypothyroidism to be *seven times more likely* in individuals with reduced bile flow.⁵⁶⁷

Not only is bile the key to absorbing and assimilating fats, but it serves as a toxic waste sponge, soaking up excess chemicals, hormones, drugs, heavy metals and other toxins for elimination. The number of toxins you can eliminate depends directly on the amount of bile your body can produce each day. The sicker and sludgier your bile gets, the more toxic and nutritionally compromised your body becomes. The result is big-time fat storage, along with accumulation of the toxins stored in body fat—and this has serious implications for your health.

By the time you have 75 percent bile deficiency, you've already begun developing allergies, arthritis, and/or inflammation in your joints and muscles. By the time a deficiency hits 90 percent, individuals are receiving a cancer diagnosis or another equally devastating illness that shaves years off their lives.

Sick bile also contributes to cellulite by increasing deposition of body fat, reducing collagen formation and compromising detoxification, so those toxins stay on board and get stored in fat cells. Bile is also required for your body to transform fats into youth-sustaining hormones.

So, bile is not vile—*bile is beautiful!* One article describes bile acids as a “fountain of youth.”⁸

If you have [symptoms](#) of poor fat digestion such as nausea, bloating, constipation or pale stools, or if you've had your gallbladder removed, then it's wise—I might even say critical—to increase your intake of bile-building foods and consider supplements to improve bile flow. The bottom line is, laying some love on your liver and gallbladder will add years to your life and life to your years. The following table outlines 10 top bile-building strategies. For more, please check out my latest book, [New Fat Flush Plan](#).

1. Beets	Beets contain betaine which thins the bile and helps prevent gallstones. Betaine is also a rich source of hydrochloric acid, which is critical for digestion and triggers your gallbladder to release bile. Beetroot protects your liver from chemical toxicity.
2. Artichokes	Artichokes are a fabulous bile-producing food and liver protector. They may boost your glutathione levels as much as 50 percent.
3. Bitters	Bitter foods trigger your pancreas to secrete digestive enzymes and your gallbladder to release bile. Although digestive bitters are particularly important if you're vegan or vegetarian, they are beneficial for everyone, with or without a gallbladder. Bitter greens such as arugula, endive, dandelion and radicchio offer wonderful benefits—as well as horseradish, which is also anti-cancer. Orange peel, gentian root, bitter artichoke and Angelica root are also excellent bitters. Stay away from Swedish bitters, which typically contain herbal laxatives such as rhubarb and senna.
4. Choline	Choline is an essential nutrient that acts as an emulsifier, assists fat digestion, reduces cellulite, decongests the liver, improves nerve and brain function, and builds hormones. Ninety percent of us are choline deficient. ⁹
5. Lecithin	Lecithin is one of the primary emulsifying agents in bile and contains significant choline. Lecithin breaks down fats, making them more digestible. Lecithin also helps keep your homocysteine levels low, thereby reducing your cardiovascular risk. Lecithin from non-GMO soy or sunflower seeds makes a great fat-flushing supplement.
6. Apple Cider Vinegar	I call apple cider vinegar a “miracle in a bottle!” ACV contains malic acid, which helps your body digest protein and thins the bile. Take one tablespoon of raw ACV in a glass of water before meals.
7. Taurine	Taurine is a key component of bile acids, made in the liver. Many people are deficient, especially vegans and vegetarians, because taurine is derived from organ meats and other animal tissues. Taurine helps thin the bile, assists detoxification, improves lipids and lowers the risk for obesity. ¹⁰
8. Capsaicin	Capsaicin will ignite your fat burning engine! Found in sweat-inducing foods and spices like cayenne, capsaicin stimulates metabolism by activating brown fat, as well as helping optimize your cholesterol and triglyceride levels.
9. Cumin	The smoky-peppery spice cumin can boost your metabolic rate, promote weight loss, reduce body fat and LDL, and stimulate pancreatic enzymes. I use cumin in just about everything from soups and salad dressings to casseroles.
10. Omega-7s	Omega-7 (palmitoleic acid) is the amazing omega you might not yet know about. Omega-7 operates as a “lipokine”: a hormone-like molecule that optimizes energy utilization and storage in body tissues at very low concentrations. Omega-7s shine when it comes to improving your blood glucose, insulin and lipid levels. Omega-7s will even help build collagen! Where do you find them? Macadamia nuts, sea buckthorn, and deep sea anchovies. ¹¹

Strategy #2: The Secret Romanian Anti-Aging Miracle, H-3

My second anti-aging miracle comes with a story. While I was the Director of Nutrition at Pritikin Longevity Center in Santa Monica, California in the early 1980s, I made an important discovery. In talking with many well-traveled celebrities and professionals, I learned that many had traveled to Romania to receive a type of procaine therapy from Dr. Ana Aslan known as Gerovital H-3 or GH-3. Their glowing reports launched me into my own investigation of this mysterious [anti-aging remedy](#), and in time I began offering procaine therapy to my own patients. Their response completely blew my socks off!

My patients experienced the following health improvements from GH-3, in many cases within the first two weeks of treatment:

- Reduced anxiety and depression, and improved handling of stress
- Much deeper capacity for joy in everyday life
- Increased intellectual and physical vigor
- Less joint stiffness and faster healing from fractures
- Improvements in skin, hair and nails, including fewer brown spots and skin abnormalities
- More restorative sleep
- Improved memory
- Reduced reliance on prescription drugs

As is true with many great discoveries, the broader effects of procaine were discovered by accident. In 1949, Dr. Ana Aslan of the National Geriatric Institute in Bucharest, Romania, began prescribing procaine to her elderly arthritis patients for its anesthetic effects. To her astonishment, they not only became pain-free but also demonstrated surprising mental and physical improvements—including increased libido!

Aslan believed procaine worked its “magic” by repairing old and damaged cell membranes so that nutrients were absorbed more efficiently. According to the Health Sciences Institute:¹²

“By the time we reach 30, our bodies stop reproducing cells at the rate they once did. We literally lose more cells than we gain. And the cell membranes begin to erode and don’t absorb nutrients as efficiently. New scientific evidence suggests that many degenerative diseases—such as cancer, MD, and Parkinson’s—are manifestations of damage to these cell membranes.”

Dr. Aslan’s observations prompted her to organize clinical trials to study GH-3’s impact on adults between the ages of 38 and 62. She spearheaded an impressive, rigorous double-blind study involving more than 15,000 patients, 400 doctors and 150 clinics. Remarkably, about 70 percent of Aslan’s GH-3 patients never got sick and the death rate in that group was five times lower than placebo. Patients on procaine were significantly less prone to infections, cardiovascular problems, mobility issues, chronic fatigue, migraines, Parkinson’s, osteoporosis, and a host of other ailments—and side effects were nonexistent.

As time went by, more than five hundred additional GH-3 studies were conducted around the globe. One key finding helped explain the formula’s extraordinary rejuvenating power.

GH-3 was found to inhibit the buildup of monoamine oxidase (MAO), an enzyme in the brain. Inhibiting MAO is beneficial because MAO increasingly replaces other hormones after about age 45, which accelerates aging and increases the risk for depression. GH-3 induces feelings of wellbeing and calming effects that positively influence mental clarity, concentration and energy.

My research and clinical experience opened the door to the opportunity to design the next generation of GH-3, with my primary goal being optimization of brain health throughout the lifespan. The result was [Ultra H-3](#), a powerful patent-protected formula available only through UNI KEY Health.

As we age, our brains undergo macroscopic, microscopic, biochemical and electrophysiological changes that can ultimately result in the cognitive decline and depression so often experienced by older adults. Because of MAO inhibition, it was important that my formula balance MAOs while also optimizing brain circulation. The addition of ginkgo biloba and bilberry extracts proved the perfect answer.

Ultra H-3 is taken up by damaged cell membranes to help restore proper electrical potential between the inside and outside of the cell. The procaine in Ultra H-3 breaks down into para-aminobenzoic acid (PABA) and diethylaminoethanol (DEAE). PABA stimulates beneficial intestinal bacteria, which produce vitamins B1, K and folic acid. DEAE is involved in the production of acetylcholine, which is vital for proper synaptic nerve function.

Making the new Ultra H-3 even more powerful, a special purification process increases its bioavailability to 100 percent—which is *six times more potent* than the original. Ultra H-3 contains a matrix of natural nutrients that prevent it from breaking down too quickly in your system. It also appears to improve the absorption and assimilation of many other dietary supplements.

Ultra H-3 isn't just for seniors—it has benefits for adults of all ages. While individuals in their 50s through 80s report dramatic improvements in energy, joint pain, mobility, and memory, younger adults in their 20s through 40s report a heightened sense of wellbeing and a more positive outlook on life. For more information about this powerful anti-aging supplement, download the [Ultra H-3 informational booklet](#) from UNI KEY Health.

Strategy #3: Regenerative Medicine Turns Back the Clock

Thanks to advances in cellular biology, the future of anti-aging science lies in regenerative medicine. Regenerative medicine is an entirely new branch of healthcare, with the goal being restoration of function as opposed to management of symptoms.

The rising popularity of [regeneration clinics](#) represents the public's growing dissatisfaction with conventional healthcare. People are seeking other ways to support their health using less invasive, non-pharma approaches. Traditional medical treatments for conditions like osteoarthritis, ligament injury and tendonitis may provide some temporary pain relief, but they don't correct the underlying condition—they're simply "band aids." The drugs given to patients with Parkinson's disease, COPD, Alzheimer's and Multiple Sclerosis offer no hope of a cure and come with terrible side effects.

Regenerative medicine sidesteps all of these issues by helping the body to heal itself.

When properly supported, your body has the innate wisdom to self-heal. Consider how when you cut your skin it heals within a few days. The problem is, as we age our cells gradually lose their ability to divide—and this is where regenerative medicine comes in. Damaged and aging cells are replaced with new healthy ones, which helps the body resume its natural (and youthful) healing processes. Regenerative medicine simply helps the body do what it was designed to do.

Regeneration clinics are popping up across the country, but one in particular has me extremely impressed—the [IMAC Regeneration Center](#) in Kentucky. IMAC offers two transformative anti-aging therapies: stem cell therapy and platelet rich plasma (PRP).

Stem Cell Therapy

Since there has been so much controversy over the use of stem cells, it's important to differentiate between two basic types: adult stem cells and embryonic stem cells. Regenerative therapy uses adult stem cells derived from your own body, as opposed to embryonic stem cells, which are derived from embryos. More specifically, regenerative therapy employs adult (non-embryonic) mesenchymal stem cells.

A stem cell is basically any cell that can replicate and differentiate. This means the cell is not only able to multiply but it can morph into different types of tissue. These amazing cells are undifferentiated cells housed in adipose tissue that have the ability to regenerate damaged tissue. Undifferentiated means they have not yet identified with any particular type of tissue or organ, so they're free to become whatever they want.

These special stem cells seek out areas of injury, disease and destruction where they can replace damaged cells and accelerate healing. But how do they know where to go? Your damaged tissues emit chemical signals—a “distress call” of sorts—which attracts them to where they're needed. A few clinical studies and numerous testimonials show how stem cell therapy can improve function and quality of life for those suffering from all kinds of degenerative conditions, including the following:

Parkinson's disease	Multiple Sclerosis (MS)	Amyotrophic lateral sclerosis (ALS)
Dementia	Traumatic brain injury (TBI) and concussion	COPD
Renal failure	Diabetes	Spinal cord injury
Disc degeneration	Torn ligaments	Neuropathy
Osteoarthritis ¹³	Rheumatoid arthritis (RA)	Autoimmune conditions

A stem cell treatment of this type can be completed in about three hours. The process is as follows. A small amount of body fat is painlessly harvested using mini-liposuction, and then a centrifuge is used to separate the stem cells. The isolated stem cells are then injected back into the patient through veins, arteries, spinal fluid, subcutaneously, or directly into joints or organs by a variety of minimally invasive methods. Because the cells have the patient's own DNA, there is no rejection.

A 2012 mouse study provides a great illustration of the power of stem cell therapy. When rapidly aging mice were injected with muscle-derived stem cells, their lifespans increased by 300 percent. The results were so startling that the lead researcher did not believe them, thinking he had somehow mixed up the animals! The treated mice lived an average of 71 days—which is 50 days more than expected, the equivalent of an 80-year-old human living to be 200. The long-living mice were also healthier. This study was limited to muscle-derived stem cells, but it was nevertheless impressive.¹⁴

Platelet Rich Plasma (PRP)

Another regenerative therapy is called platelet-rich plasma (PRP), which can be used to accelerate recovery from injury. Platelets are best known for their role in blood clotting, but they also contain hundreds of growth factors important to tissue healing. PRP injections are prepared from a tube of your own blood that's spun in a centrifuge. The final preparation is five to 10 times as concentrated in platelets as normal blood, which is then injected directly into your damaged tissue.

PRP has reported benefits for a wide range of orthopedic conditions from torn muscles, tendons and ligaments to chronic tendonitis, rotator cuff injuries, plantar fasciitis, Achilles tendon injuries, osteoarthritis, and even fractures. Studies are still limited, but one 2013 review found benefits for arthritis of the knee.

What's Coming Next to Help Us Outsmart Father Time?

Although it's impossible to stop the clock, we can certainly slow it down. Any anti-aging regimen should start with a diet rich in fresh, whole, nutrient-dense foods, plenty of restorative sleep, effective stress management and plenty of exercise. And then biotechnologies can assist us with what we cannot accomplish on our own!

According to The Telegraph, we are three to five years from being able to “edit” disease out of our DNA, and 20 years from growing human hearts and kidneys in the lab. Mice have already received working 3D-printed thyroid glands. Some patients are now having their brain tumors duplicated in the lab using 3D printing so the effectiveness of different treatments can be tested, outside of the body. And in March 2016, the first FDA-approved 3D-printable pill was approved by the FDA for the treatment of epilepsy.

Medical science is brimming with new technologies that promise to turn back the hands of time, and who knows what else is just around the bend? But you don't have to wait—if you implement some of these strategies today, you may feel 10 or 20 years younger in no time.

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