



## Anti-Aging Medicine – The Fountain of Youth

## Clinical Protocol

### Live a longer, fuller life with anti-aging medicine

- The new science of anti-aging is only a few years old. It involves a combination of traditional and alternative approaches to the slowing or reversal of the degenerative-process of aging and has evolved from a disorganized hit-and-miss regime to one that incorporates consistent, useful principles of treatment. The discipline involves allowing ourselves to live out our programmed 120-year lifespan in the absence of disease, in a state of maximum health, joy, and vitality. At the turn of this century, the average lifespan was 45 years. At present it is 75 years and growing longer.
- Modern medicine has evolved in three distinct phases. Era 1 medicine began in about 1850. Physicians broke the body down into small components to understand the whole interconnected process. In doing so, they stripped away the mind-body connection and distanced themselves from the influence of spiritual activity on the physiological process. Highly skilled technicians were trained to fix what was broken, and modern medicine was born.
- Era 2 medicine began in about 1950 when the whole field of mind-body medicine was initiated. Candace Pert, in her ground-breaking book, *Molecules of Emotion*, clearly delineates the relevance of what was becoming known as the field of psychoneuroimmunoendocrinology. Literally, our every thought process has a profound effect on the functioning of the immune and hormonal systems and hence on every single one of the six trillion activities that occur in more than 50 trillion cells in our body.
- There are many studies showing that negative thought processes have negative health outcomes (more people die at 8 a.m. on Monday than at any other time), and positive mental experiences have positive health outcomes (Dr. Spiegel's study of breast cancer victims showed that those who underwent weekly support groups lived on average twice as long as those who had no access to emotional support systems).
- More recently, the field of Era 3 or Eternity medicine has emerged. Simply put, we have overwhelming laboratory evidence (many of these experiments are being conducted at Princeton by Dr. Robert Jahn) for the existence of an aspect of consciousness that is unseen and not located at any position in time. In religious terms and in ancient healing systems, this has been assigned to the function of the soul, that part of you that is unseen, unborn, and does not die. There are now more than 1,600 studies showing that religious belief systems have a profound effect on health outcomes and longevity. In groundbreaking work done by Dr. Harold Koenig at the Duke Medical Center, he has shown that adherence to a religious or spiritual path adds seven to 14 years to one's lifespan.
- So when we approach the subject of anti-aging, we have to address the full component of our manifest reality: a physical body (composed of both matter and energy), a more subtle body (composed of the emotions, the mind, and the ego), and the causal body (composed of the soul).

- At a physical level some of the stresses may be found in pH imbalances in the blood, chronic viral, bacterial, protozoal, or fungal infections, chronic heavy metal (mercury, aluminum, cadmium, arsenic, nickel, lead) exposure, insecticide and pesticide exposure, excessive radiation, exposure to water and air pollution, food additives, and the deleterious effects of allopathic drugs on the cell respiratory, detoxification pathways, and the immune system.
- If an individual leads a very stressful emotional life, this will result in the release of a cascade of stress hormones such as adrenaline, noradrenaline, and cortisol, which have profound pro-aging effects at a physical level, compromising the immune system and negatively impairing cognitive functioning. An ancient eastern saying suggests that if you want to know what a person's experiences were like in the past, look at her body now. If you wish to know what her body will look like in the future, look at her experiences now.
- It is important to assess whether a person has meaning and purpose in his or her life. Polls indicate that the U.S. population is highly religious. Most people believe in heaven and hell, the healing power of prayer, and the capacity of faith to aid in the recovery from disease. There are now more than 200 published papers in respectable medical journals proving that prayer affects biological organisms in quantifiable ways.
- At the Hoffman Centre for Integrative Medicine, I divide the patient's treatment program into two components: self-enhancement techniques and external agencies.

### **Self-Enhancement Techniques**

- Establishment of a sound daily routine in accordance with the body's innate circadian rhythms.
- Daily oil massages.
- Yoga and stretching exercises.
- Breathing techniques.
- Meditation practices. Studies show that people who meditate regularly for five years have an average reversal of the biomarkers of aging of 12 years. Not only is meditation a powerful inducer of the relaxation response with its cascade of benefits, it's also the technique most employed by many spiritual traditions around the world to advance a person's spiritual development.
- Diet. The optimal anti-aging diet involves both the restriction of calories as well as the ingestion of a diet that controls excessive amounts of insulin and blood sugar levels, considered by some physicians to be the number one cause of premature aging. On Okinawa, the incidence of centenarians is up to 40 times higher than on other Japanese islands.
- Okinawans consume 30 percent fewer daily calories than the rest of the Japanese population. Patients avoid carbohydrates like sugar, white flour, and all fast foods, eat plenty of antioxidant-rich vegetables, and consume a healthy protein source at every meal. This type of diet has been popularized in recent books, *The Zone Diet*, by Barry Sears, and *The Protein Power Plan*, by Dr. Eades. They recommend a diet consisting of 40 percent carbohydrates, 30 percent protein, and 30 percent good fats. A simple way to judge each meal is to eat two handfuls of vegetables, half a handful of whole grain, and one handful of protein.
- Exercise is an important anti-aging strategy and should include an aerobic and weight-training component. It's estimated that burning 2,000 calories per week, on average, is

an optimal anti-aging strategy. To achieve this goal, a man must walk briskly for 35 minutes and a woman for 47 minutes per day.

### External Agencies

- Vitamin and mineral supplementation:
  - Antioxidants-Vitamins A, C, E, selenium, Coenzyme Q10.
  - B-complex vitamins-B1, B2, B3, B6, B12, and folic acid.
  - Minerals-Zinc, copper, manganese, chromium, molybdenum, potassium.
  - Amino acids-aurine and carnitine.
  - Digestive enzymes and betaine hydrochloric acid.
  - Essential fatty acids including EPA and DHA.
  - Probiotics-lactobacillus and bifidus.
  - Liver detoxifiers-milk thistle and lipoic acid.
  - Brain enhancers-ginkgo biloba and acetyl-l-carnitine.
  - Hormone supplementation: thyroid hormone, estrogen, progesterone, DHEA, testosterone, and human growth hormone.
- With medical knowledge about aging doubling every three and a half years, we are rapidly moving towards the recognition that the old adage "don't fix it until it's broken" is no longer viable. My suggestion to all of you as health-care consumers is to educate yourself about the vast life-enhancing strategies that you can employ so you enjoy maximal disease-free years with bright and able mind, a vigorous and enjoyable sex life, connected to your life's purpose and inspiration. So, when you lie down on your death bed at 120 years of age, bend into a flexible yoga pose, draw in a deep, full, last breath, with a twinkle in your eye and a smile to all your loved ones, you'll enter into your next experience knowing full well that there is no tragedy, because the essential part of who you are is eternal, immortal, unborn, and incapable of death.

### References

- Hoffman, Bruce Dr., **Anti-aging Medicine - The Fountain of Youth**