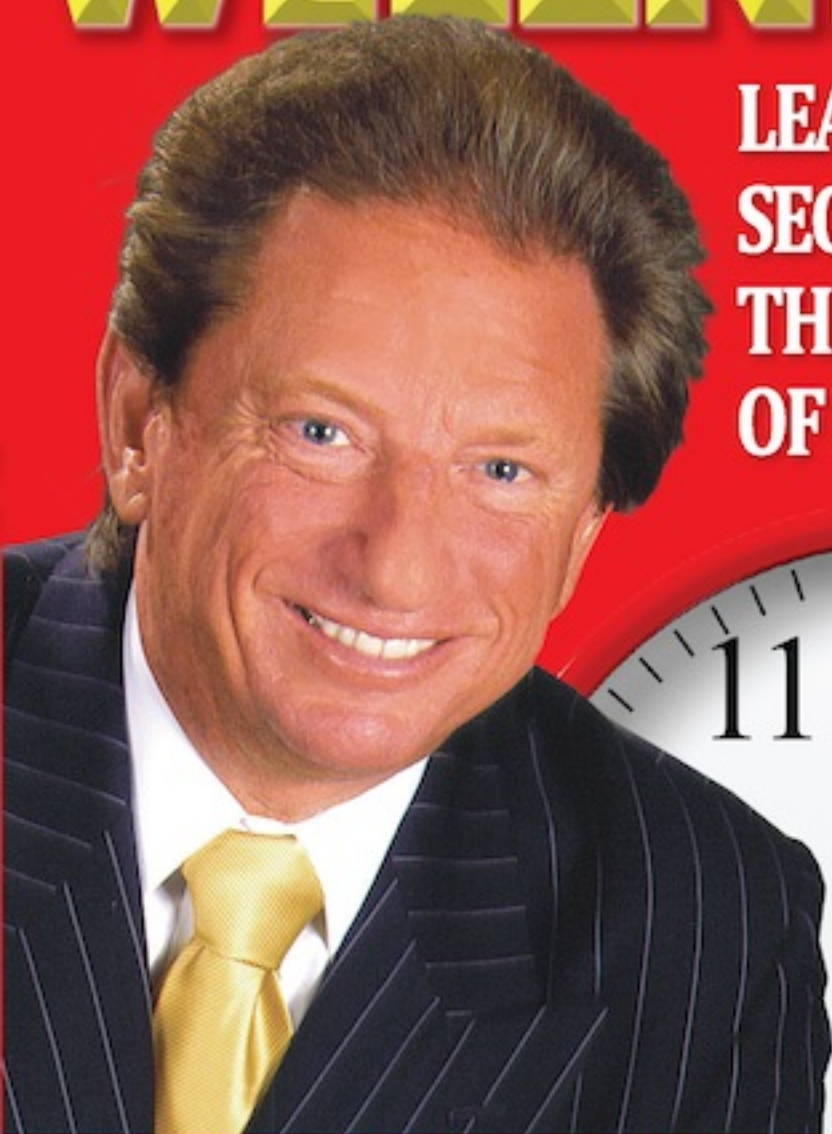


From the Best-Selling Author of

The 5 MINUTE MOTIVATOR

5 MINUTES TO WELLNESS

LEARN THE
SECRETS TO
THE 5 PILLARS
OF HEALTH



DR. ERIC KAPLAN

5 MINUTES TO WELLNESS

DR. ERIC KAPLAN

RED WILLOW PUBLISHING

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We dedicate this book to the Jim and Kathy Coover for changing the world one person at a time.

To Ted and Joyce Brooks for their unlimited support and friendship. Ted has been not only a friend, but my Isagenix mentor.

To Rick Despain and Travis Garza for helping make this book possible and for their support of *The 5 Minute Motivator*.

To Laura and John Kampfhenkel for introducing me to this company and their products.

*Is it possible to invest 300 seconds with a book and receive a life-changing idea that can redirect your life? Such a book is Dr. Eric Kaplan's, **The 5 Minute Motivator**. As the co-founder of a dynamic growing company, thousands of associates and customers look to me for direction and motivation. So who motivates the motivator? Dr. Kaplan motivates me. He helps the reader realize in short 300-second chapters that the power of your mind, your words, your choices, your daily actions can change your life. I especially enjoy the chapters on how to turn back the clock with tips on youthful aging. I'm motivated to live life to the fullest and help others achieve their dreams.*

**Kathy Coover, Co-Founder, Executive Vice President
Isagenix International LLC**

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Chapter 1

The Power of Pillars

Welcome to my book, *5 Minutes to Wellness*. I will arm you throughout your journey with “Pillar Power.” Your quest will take you on a journey of 25 chapters that literally will change your health and your life in less than “5 minutes” per day. There are scientists who are changing the world one cell at a time and much of their research is contained herein. If you’ve never heard of things like telomeres, these reports will excite you and take you to the forefront of modern alternative health care.

My wife and I literally almost died trying to look younger. But they say that what doesn’t kill you makes you stronger. No one should experience the cosmetic nightmare we did. It was through this process we experienced the love of family, friends, and faith in God that created my spiritual awakening. Now, instead of chasing vanity and “Dying to Be Young” (www.dyingtobeyoung.net), my wife and I are actually “Living to Be Young.” Enclosed in this book are the secrets to aging gracefully with health and wellness. Let me forewarn you, there is no magic pill or potion that will restore youth and keep you young. What I learned is that a youthful spirit and appearance, like most good things in life, require commitment, hard work, and a positive outlook. The secret is doing it naturally.

The principles of books like *The Secret* are based on the concept that a person’s thoughts (conscious and subconscious), emotions, beliefs, and actions attract corresponding positive or negative experiences. I believe this is true to a fault. Nothing we did or thought attracted this catastrophe upon us. To insinuate that in any way would be purely perverse. However, most books or philosophies have limits or weaknesses. The true secret is staying positive in the moment of adversity. We only wanted beauty, to look younger; never could an outcome like ours be imagined. Our thoughts do carry actions, which correspond to outcomes. Our secret

was we never would accept a life of disability; we had the will to live free—free of disability, free to love again, to be happy again, and to look good again.

Each and every day, my wife and I only look to attract what is good and natural in the universe. We recognize our health has been compromised, but our spiritual awakening also has us give thanks to life each and every day.

When I was paralyzed, I knew there had to be a reason; I had to find the reason why God spared us. Maybe it was to alert the world that there was a better way, a healthier way. I began my quest with my first book, *Lifestyle of The Fit and Famous*. Donald Trump sits on the cover and calls it “the Taj Mahal of health books.” My book delivered a strong message on health and wellness that is still recognized as a leading resource of information on alternative health care and natural, healthy living. My entire life has been trying to find a simpler and easier way and being able to educate the public. With this book I believe I’ve found my medium.

I have come to learn that there are no mistakes in life—only lessons. The key to be a good educator, a good communicator, is to find common ground with the student. Now if you’ve read this far, I have your attention. If you’ve read this far, you want more out of life. Like you, I share this mission.

My road to recovery led me to many lessons. Lessons often come in the strangest of places. One day I was sitting in my Georgia home and my good friend Laura Kampfhenkel called me. Laura worked with me when I was President and COO of Nutrisystem, a division of Complete Wellness Centers, which was traded on NASDAQ. She told me about one of the best weight-loss products she has ever seen; the best health program she has ever been involved with. I listened and eventually tried the products. Now, being the world’s biggest skeptic, I was not an easy sell, but with the help of Dr. Ted Brooks I started to research the products. I learned about one company trying to change the world one person at a time. I loved the philosophy, but what about the product? As my body began to experience

a transition, I began to research the company. I learned that Isagenix is more than a weight loss company, they offer an entire cleansing system, a toxin removal program, and a stress reduction system as well.

My days started with a shake made with whey protein and a couple of shots of a combination of over 50 antioxidants each. Wow! The research provided here will show you how these products can help you restore your body's health by removing toxins, strengthening your tissues, and increasing your immune system while allowing your body to get its strength and stamina back. As days passed, I reached a conclusion—it worked!

As I took the products, my waistline reduced while my energy soared. For those of you who don't know me I am the last person to endorse a company or product, but I gladly endorse Isagenix. After being 100% paralyzed, my wife and I fought to get our health back, our lives back, and we can now say we're on the road to a better, healthier life.

Now you may ask if I'm trying to sell you something. The answer is yes. I'm trying to sell you a better, healthier way of life. The life you've longed for. This is no fly-by-night company; much of the research that is the foundation of the company is contained in this book. Is it hard to follow? No and you can literally change your life in "5 minutes" per day.

This book was only the beginning of our healing process. We did not write this book to make money, we wrote this book to make a difference. We invite you to share this book with your friends and family. This book is our way of saying thank you to our friends and all of the people who prayed for us and who helped us.

My last book, *Dying to Be Young*, reached #1 on Amazon's bestseller list. Imagine—#1 in the world! Our book is proof that sometimes good comes from evil and that nice guys and gals don't always finish last. My upcoming book, *The 5 Minute Motivator* offers lessons of life, lessons we leaned on during our recovery, lessons my father taught me and my mother read to me. The lessons of health, happiness, and success are no longer a secret, they come alive in the chapters of my new book. Visit

www.5minutemotivator.com for more information.

As a doctor, I am aware that our country and the world needs a new health paradigm, a new solution to youth. Like any pioneer, my quest began earnestly. Like Ponce de León, I began my own search for my fountain of youth. I wanted a natural solution to the intense interest in anti-aging that is sweeping the world.

Instead of just trying to look young, my mantra, my life's quest, is "Living to Be Young," naturally. The key is to find natural solutions to aging and health and bring these alternatives to the masses. I started my journey with friends, with peers, and on the Internet. Now I share the best with you in the 25 special chapters enclosed.

Chapter 2

A World at War

As my quest began to find the secret to healthy living, I was reminded that we are a world at war. We are a world involved in a significant war. A war so far reaching, that the casualties will exceed any war known in history. A war so bold, so disastrous, that not one of the presidential candidates dares to discuss it. This war is the Healthcare War sweeping America. Just consider these facts:

Healthcare spending in our country exceeds 1.8 trillion dollars, which is 4 times the amount spent on national defense and 40 times the amount spent on homeland security.

According to a recent Harvard study, 50% of all bankruptcies in our country are the direct result of excessive medical spending. This is compounded by Warren Sick's article in the *Washington Post*, where he reported that every 30 seconds someone files for bankruptcy due to serious medical problems.

Some experts believe that a retiring couple will need between \$200,000 and \$300,000 just to pay for the most basic medical coverage.

If this is not enough to make you sick, in a recent article published in the *Journal of the American Medical Association* (JAMA), Dr. Barbara Starfield of Johns Hopkins School of Hygiene and Public Health listed the negative health effects in the U.S. system itself, including:

7,000 deaths per year from medication errors in hospitals

12,000 deaths per year from unnecessary surgery

8 million unnecessary hospitalizations

3 million unnecessary long-term hospital admissions

199,000 unnecessary deaths per year

20,000 deaths per year from other errors in hospitals

77 million unnecessary prescriptions

77 billion in unnecessary costs

Imagine, AIDS takes less the 20,000 lives per year and the publicity is enormous, yet 199,000 unnecessary medical care deaths every year and this statistic, this epidemic, seems to be ignored. According to Dr. David Himmelstein, associate professor at Harvard Medical School, we are all one serious illness away from bankruptcy. Another Harvard professor, Dr. Steffie Woolander said in an interview, “Even the best policies in this country have so many loopholes that it’s easy to build up thousands of dollars in expenses.”

Jerry Seinfeld, in his best selling book, *SeinLanguage*, says, “Everyone wants to be healthy, but no one know where to begin.” We begin here—now—today.

My objective in life became making a difference in the Healthcare Crisis. The adulation of drugs and surgery that dominates our country’s consciousness needs to be changed. We need to stop treating the symptoms; we need to treat and remove the cause. Now I must do more than “Live to Be Young,” I must now get myself healthy enough to lead by example and strong enough to tell my message. Now you can help me, one person at a time.

Imagine, in “5 Minutes” a day:

You can lose 5 pounds per week

You can get more energy

You can reduce stress

You can be happier

You can be healthier

You can be more successful

I share the secrets to health, happiness, and success in my new book, *The 5 Minute Motivator*. What makes this book so unique is that it allows the reader to take control of their lives “5 Minutes” at a time.

To learn more how to change your life “5 Minutes” at a time go to: www.5minutemotivator.com.

Recently, I had the pleasure to appear on the Dr. Oz Show. What a delightful man; what a unique experience. Prior to the taping we sat and

talked about the changing landscape of healthcare in our world today. Dr. Oz, a Harvard trained surgeon, believes in prevention. He believes in alternative healthcare. We agreed that the best way to treat disease and to reduce healthcare costs was to change the paradigm of treatment. We must stop just treating symptoms and start attacking the cause. Often the cause is our environment, the goods we eat. We live in a toxic world. The first key is to rid your body of these toxins. Dr. Oz believes an educated patient is the key to our success in this country. So my quest for health, led me by accident, or by attraction, to one company that offered everything all under one roof.

Imagine companies whose business and success are based on keeping people looking young naturally. We felt better about ourselves and like any athlete we started training for the marathon we call life. We continue to train to this day, and now we share our secrets with you with these 325 special chapters.

Now imagine being paralyzed, being told you may never walk again, being told you may live the rest of your life on a ventilator. Today, I have the strength and the stamina to run, hike, play golf, and take leisurely strolls with my wife.

Anti-aging starts with attitude and nutrition, not with drugs or potions. Great nutrition is essential to aging gracefully. To age well you need to eat well. Eating right will have an immediate impact on the way you look and on the way you feel.

Energy, vitality, and zest for life come from within, from a body and brain supplied with the essential nutrients needed for optimum performance.

Good nutrition is also vital for skin tone and muscle tone; every cell in your body needs essential nutrients to regenerate and repair. Eating the right things has a huge impact on the way your skin looks and how well it copes with the passing of time. Enjoying what you eat is such an important part of eating healthily. Here, you won't find recommendations that you eat something just because it's the latest anti-aging wonder food.

Dr. Kaplan's Top Ten Youthful-Aging Tips

Youthful aging doesn't have to mean turning to cosmetic surgery or chemicals. If you really want to look younger and stay healthy, here are my top ten tips for youthful aging:

1. Quit smoking

One of the most important youthful-aging tips of all. If I could do it, you can. If I was a smoker at the time of our injections, I would be dead. I have come to learn your lungs are everything and are just as important as your heart. Once we got off the ventilator and were able to breathe on our own, our strength returned.

If you smoke, STOP NOW. It's as simple as that. Over time, you may be able to completely reverse the damage smoking has done to your skin and you'll for sure stop the damage from getting worse. With the right youthful-aging skin care, proper nutrition, and a good multi-vitamin—you should begin to look younger and healthier than you have for years, if we could do it so could you.

Smokers do not usually have healthy skin. So, do your face, your body, your lungs a favor and quit smoking now. Kick start your cessation program with acupuncture or laser therapy. You're more likely to succeed with help than by trying to quit cold turkey.

If you do choose to continue smoking be prepared for the consequences. Smoking accelerates skin aging by encouraging the destruction of collagen. Reduced levels of collagen are one of the primary reasons your skin ages, so a smoker's skin ages much faster. The tell-tale signs are dull, grayish, dry skin, increased wrinkling around the eyes, and the puckering wrinkles from drawing on cigarettes, known as "smoker's face."

Is it really what you want for your skin?

2. Protect your skin from the sun

Sun damage is the number one enemy of younger looking skin. My friend Dr. Zwecker still yells at me on the golf course, “Wear a hat; use sun screen.” Where did my wrinkles come from? How did I get into this mess? The sun, naturally. As a youth, I overdid it on my days at the Belmar, New Jersey beach.

Getting a suntan leads to photo-aging, a process that produces deep wrinkles in leathery textured skin and will cause premature age spots.

Use a moisturizer combined with a broad spectrum sunscreen. Always have sunscreen with you. If you want a tan—fake it—most of Hollywood does.

3. Eat a natural and high antioxidant rich diet

Antioxidants are a group of vitamins, minerals, and carotenoids that work against the damage caused by free radicals that weaken the skin’s structure. For maximum youthful-aging protection eat fresh fruit, vegetables, fruit, and whole grains. For younger looking skin make sure you get plenty of vitamins A, C, E, and Selenium; I call these my ACES. These vitamins work together to restore collagen in your skin. You also need plenty of omega-3 essential fatty acids, which will aid in a healthy heart. Omega-3s maintain the structure and fluidity of cells and help moisturize the skin from within—an essential part of your youthful-aging diet.

4. Take a vitamin supplement for younger looking skin

Boost your antioxidant intake with a daily supplement. Go for one with the highest levels of the key vitamins and minerals for younger looking skin and all round health.

5. Add green tea to your day

Drinking green tea is an youthful-aging tip you may not have considered. Green tea is an amazing youthful-aging powerhouse. Recent

research findings show that taking sufficient green tea during the day can protect you from all forms of cancer, build your resistance to heart disease and dementia, and contribute to your body's ability to burn fat, especially abdominal fat, resulting in possible weight loss and increased energy, even when there is no change in your daily diet. To get the wonderful youthful-aging effects of green tea in concentrated form, take a high strength green tea powder.

6. Moisturize and exfoliate

A great youthful-aging moisturizer, when applied properly, will provide continuous hydration—essential for mature skin—and protection from further free-radical damage. Choose the best moisturizer you can afford. Make sure it has high levels of proven effective ingredients like peptides that address the aging process and reduce wrinkles.

You have to exfoliate for younger looking skin. Without exfoliation youthful-aging skin creams can't work their magic on the skin. Follow a disciplined and consistent skin routine and exfoliate at least twice a week to ensure that fresh, live skin is soaking up moisture. My wife, Bonnie, is great at this, and I am so proud of her.

7. Exercise more

I had to learn to walk again, to utilize every muscle again, and to maintain my lungs and health. Exercise is part of my life. I don't love doing it, I love the way I feel after. Exercise is my key youthful aging tip. It will give you more energy, build muscle mass, increase blood flow to your skin, help prevent high blood pressure, reduce anxiety, strengthen bones, and raise your metabolic rate so you lose more weight more quickly.

With all these youthful aging benefits—exercise doesn't have to be a chore. Go for exercise that gives you a cardio workout as well as developing core strength and fighting abdominal, buttocks, and thigh fat. So if you haven't already, put exercise at the heart of your youthful aging routine.

8. Moderate your alcohol intake

My wife and I still enjoy a glass of wine. Wine is loaded with phenolic compounds and flavonoids, with a high antioxidant value. The key is doing it in moderation. We all know that drinking too much can lead to serious health problems. What is less talked about is the aging effect of alcohol on the skin. Alcohol is bad for your skin, as it has an inflammatory and dehydrating action that accelerates the aging process. Excess alcohol blocks the absorption of key nutrients you need for antioxidant protection. The key is drink eight ounces of water for every four ounces of wine and two ounces of regular alcohol.

9. Stress less

We are all under pressure in life. Pressure to perform, to be the best dad, best mom, best employee. We all feel the pressure to succeed. Athletes feel pressure to win. Pressure is part of life, just accept it and don't let it into your consciousness. Once you do, once you obsess over pressure, then pressure becomes stress. When you're under stress your body releases stress hormones that, over a period of time, suppress the immune system and accelerate the aging process. As a result of prolonged stress, the cells in your body—including your skin cells—are unable to regenerate properly and become more susceptible to the aging process. The result is premature lines and wrinkles. Stress really does get etched on your face. Learn to recognize that pressure is okay, but stress is not, so manage it effectively.

10. Drink more water

Nothing on this planet would survive without water. Not cola—water. You need to hydrate your body, your skin, from within. Skin cells need water just like every part of your body including your brain. Without sufficient water your skin will dehydrate and essential youthful-aging nutrients cannot be delivered to your system. You should aim to drink around eight 8-ounce glasses every day just to replace the water

you lose through sweating and urination. To look good, and for a longer time, you need to make sure water is an essential part of your youthful aging routine.

Just about every dermatologist out there tells us we should drink water for skin health and to hydrate the skin. I did a quick review and found that respected dermatologists like Daniel Maes (Head of Research for Estée Lauder), Nicholas Perricone, Dr. Murad, and countless others less famous but no less qualified all say drinking water is important to keep skin hydrated. And hydrated skin is younger looking skin as we all know.

Loss of hydration in the skin shows in all sorts of ways—dryness, tightness, flakiness. Dry skin has less resilience and is more prone to wrinkling. Water is essential to maintain skin moisture and is the vehicle for delivering essential nutrients to the skin cells. As water is lost in large quantities every day—it stands to reason you have to replace it somehow. Drink enough water during the day to maintain the skin's moisture level. The key is to drink water throughout the day at regular intervals, this makes it easy and fun.

That's it—10 great youthful-aging tips to help you look younger and feel great—all you need to do is spend “5 minutes” per day and follow them!

Imagine a life where you could be healthier and happier. This is why my book is so important. In my book, *The 5 minute Motivator* I share with the reader my quest for health happiness and success. www.5minutemotivator.com

If you, like me, share this quest for health, you may ask, “Where do I begin?” We begin with the basics. Let's start looking to the earth for our products and let's provide our cells with the antioxidants they need to provide telomere support to help slow down the ticking clock.

Let's start today to make our lives our bodies a better place to live in. Imagine just “5 minutes” a day can change your life forever. This is a small price to pay for a large return—health.

Chapter 3

Lose Weight Feel Great

This ebook is about winning and losing. Winning the prizes of life—health, happiness, success—and losing excess weight, stress, toxins and self destructive habits.

I've often been asked how this book differs from other health books on the market. The answer is that this book provides more than a formula for weight loss. It takes a multidimensional approach that incorporates the latest research on weight loss, stress reduction, healthy and happy living, all in one ebook.

Self-deprivation is not paramount to the weight loss program. We will discuss the 5 Pillars of Health and what it takes to be healthy in today's toxic environment.

I've been researching health my entire life and have used this principle both personally and professionally. This practical “how to” book will teach you how to:

- Lose weight

- Rid your body of toxins

- Reduce stress

- Restore your body to its natural state of good health

- Increase energy

- Increase stamina

- Improve your health knowledge

Most of us were born perfect. We came into the world healthy, thin, free of fear, and brimming with potential. What happened along the way? Where did those ten pounds come from? The answer can be summed up in one word—habit. Somewhere along the line we became creatures of habit, acting and reacting without conscious thought.

I have stated my entire life, while some habits are helpful, a great

many of them are destructive. We eat the wrong foods, drink too much, smoke, neglect to exercise, and otherwise abuse our bodies. And as I stated in my first book, *Lifestyle of the Fit and Famous*, we do it automatically.

Before we go any further, take “5 minutes” to answer the following questions. Are you someone who:

Has tried conventional diets and failed?

Continues to gain weight regardless of how little you eat?

Wants to achieve and maintain your ideal figure?

Loves to eat and hates to diet?

Has lost weight only to put it back on?

Wants to lower your cholesterol level?

Wants to lose 10 to 50 pounds?

Wants to increase your energy level?

Want to feel younger, healthier again?

If your answer is “yes,” then you are ready to begin a journey. Throughout this book, this journey, you will find information you need to become the best you can be. I can say this with conviction because I traveled the same road I have mapped out for you. Taking literally Saint Luke’s admonition, “physician heal thyself,” I proceeded to do just that and now I will share with you what I have shared with my wife, my friends, my patients, and my family. This book is my gift to you. Share it with your friends, your family, or anyone that wants to change their life.

For more on positive thinking and how to change your life “5 minutes” at a time, go to www.5minutemotivator.com.

Chapter 4

Stress To Kill

As we continue on our journey to health, we need to understand health and how to protect our health and how we can prevent disease. We have to stop just treating symptoms; we must find the cause. Often, when our health declines, the causes are in our diet, our lifestyle, or simply, our way of life. My goal from this point forward is to introduce you and arm you with some of the most powerful weapons I have ever had at my disposal. They are the 5 Pillars of Health by Isagenix, in no particular order.

The Centers for Disease Control and Prevention (CDC) estimates that up to 90% of all illness and disease is due to stress. Stress can kill the good bacteria and yeast that live in your intestines and keep your immunity and digestive health strong.

As the good bacteria and yeast die off, the bad bacteria and yeast are able to take over. Body Ecology teaches that this creates an imbalanced inner ecosystem, which can set the stage for illness and disease. Each day, we are surrounded by poisonous substances, which affect our minds and bodies.

These poisonous substances are called toxins and your health is affected ...much more than you may realize...depending upon how much exposure you have to toxins on a regular basis. In this article, we will cover the top sources of toxins and how you can reduce your exposure to improve your health.

Internal and External Toxins

First of all, it's important to recognize that toxins can be found externally (outside your body) or created internally (inside your body).

Examples of external toxins are: diet, air pollution, water pollution,

cigarette smoke, second-hand smoke, and pesticides.

Internal toxins, on the other hand, include: bad bacteria and yeast create dangerous toxins right inside your body. A low-grade, chronic viral infection and chronic stress, anxiety or negative thinking all add to the total body burden of toxins.

Yes, even your thoughts are a source of toxicity! To change your thoughts go to www.the5minutemotivator.com.

So what are the major sources of toxins and what can YOU do to reduce your exposure and feel your best?

Top Five Sources of Toxins and What You Can Do to Stay Healthy

Here are the top 5 sources of toxins I read in *Body Ecology*, along with recommendations to reduce your exposure.

1. **Food** – Your food has more toxins than you may think. The biggest culprit for toxic exposure is processed foods which are full of chemicals and additives that can create symptoms ranging from cravings and weight gain to poor digestive health and food allergies.

But it's not just packaged food to avoid. Conventional produce is also full of pesticides. In fact, over one billion pounds of pesticides are used on food in the US alone. These pesticides have been linked to symptoms ranging from muscle cramps and heart rate changes to irritability to emotional instability.

To reduce your exposure to food toxins: Choose whole foods instead of processed foods. In addition, choose organic fruits and vegetables. Organic produce is grown without harmful pesticides and even better, the soil is more mineral rich. Eating organic, whole foods is a great step you can take toward health and wellness.

2. **Water** – Do you know the source of your water? These days, knowing where your water comes from is of the utmost importance. Your body is

between 70–90% water and the water you drink is critical to hydrating your body at the cellular level.

Tap water is teeming with toxins, which is why I recommend getting a filter. The Environmental Working Group found over 140 contaminants in tap water. In addition, over the past few years, **studies have shown that pharmaceuticals, like prescription and over the counter drugs, are being found in tap water.** Some of the most common drugs found in water are: antibiotics, anti-depressants, birth control pills, seizure medication, cancer treatments, pain killers, tranquilizers and cholesterol-lowering compounds.

Many bottled waters have been shown to be just as bad as tap water in most cases, not to mention toxins that leach from the plastic bottles themselves.

To reduce your exposure to water toxins, you should drink eight 8-ounce glasses of water per day. I prefer bottled water. If you have only tap water in your home, you might consider getting an whole-house water filter to reduce your exposure to the major toxins.

3. Environment – Whether inside your home or outside your home, the environment is also a major source of toxins. Pollution from manufacturing, cars, and second-hand cigarette smoke can be challenging to avoid. However, you can avoid a lot of the toxins inside and around your home.

Too many people use harsh household cleaners containing bleach, ammonia and other toxic chemicals that can cause health problems ranging from nausea to skin destruction, fluid in the lungs and wheezing.

To reduce your exposure to environmental toxins: Some people choose to live in rural locations for the clean air and land. However, short of moving, you can do several things to avoid environmental toxins. You can choose the non-smoking section of restaurants and public places. At home, you can also switch your cleaning products to those with all-natural ingredients.

You can also choose “green” or chemical-free products, like fabrics for furniture, which often have flame retardant chemicals on them, or paint that does not have VOCs (volatile organic compounds).

4. Beauty and personal care products – The products we use to look our best may actually be the biggest source of aging and other adverse symptoms. Beauty products like toothpaste, lotion, youth creams, soap, shampoo, conditioner, perfumes, and makeup are full of toxic chemicals.

Even beauty and personal care products from the health food store can be filled with ingredients that cause harmful symptoms.

To reduce your exposure to toxins in beauty and personal care products: Read ingredient labels on your personal care products. Anything you put on your skin is absorbed into your body.

5. Stress and negative thinking – The Centers for Disease Control and Prevention (CDC) estimates that up to 90% of all illness and disease is due to stress. Stress can kill the good bacteria and yeast that live in your intestines and keep your immunity and digestive health strong.

As the good bacteria and yeast die off, the bad bacteria and yeast are able to take over. *Body Ecology* teaches that this creates an imbalanced inner ecosystem, which can set the stage for illness and disease.

To reduce your exposure to toxins from stress and negative thinking: Because we believe in creating strong health and well-being, both physically and emotionally, we dedicate several articles to creating your best emotional health. Here are some excellent articles on reducing stress and improving your outlook on life:

Ionix Supreme, from Isagenix, is one of the most unique products in the world. It has been called nature’s answer for stress and optimum performance because it contains adaptogens that help increase the body’s resistance to the negative effects of stress, while powering performance at the same time. John Anderson took over a decade to create Ionix Supreme. This adaptogenic formula helps neutralize stress and enhance

performance. This product is loaded with the essential B vitamins and includes adaptogens like ashwagandha, sumac, schizandra, wolfberry, maca root, ionic alfalfa, rhodiola. This product, the likes of which I've never seen before, combines the B vitamins, an exclusive antioxidant complex, and an exclusive Ayurvedic complex. Ionic alfalfa juice concentrate is enriched with trace minerals that support the body's vital functions.

Although benefits vary from person to person, it works to reduce the effects of stress and increase energy. It works to protect the body from the effects of free radicals and oxidative stress—a key factor to aging.

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Pillar 1

Ionix Supreme

Ionix® Supreme is produced using a brewing process that enhances the benefits of the ingredients to help normalize the body's functions, as well as rejuvenate and protect your body from stress. This nutrient-rich tonic contains antioxidants for cell protection and plant-based adaptogens to increase your body's resistance to the negative effects of stress.

Ionix Supreme was designed to energize the cells and increase the body's resistance to stress, while supporting mental and physical functions. Available in both powder and liquid forms, Ionix Supreme is one of the five pillars of health and a strong foundation for overall wellness.

With specially-sourced ingredients from around the world, an ounce a day can transform your life.

What should I know about Ionix Supreme?

Ionix Supreme is produced using a brewing process that enhances the benefits of the ingredients to help normalize the body's functions, as well as rejuvenate and protect your body from stress. This nutrient-rich tonic contains antioxidants for cell protection and plant-based adaptogens to increase your body's resistance to the negative effects of stress.

How can I benefit from using Ionix Supreme?

Ionix Supreme was designed to energize the cells and increase the body's resistance to stress, while supporting mental and physical functions. Available in both powder and liquid forms, Ionix Supreme is one of the five pillars of health and a strong foundation for overall wellness.

What makes Ionix Supreme unique?

Ionix Supreme is a comprehensive collection of proven ingredients,

well-documented to support mental and physical performance. Ionix Supreme is made with quality ingredients tested for potency and purity and produced by experts using a proprietary brewing process that enhances the benefits of the included ingredients.

How is Ionix Supreme different than the other rejuvenating drinks available on the market today?

Isagenix found the most complete group of ingredients from around the world to create a powerful, nutrient-rich supplement containing a variety of adaptogens that help normalize the body's functions, reduce stress, and increase energy.

What are adaptogens and why are they important?

Adaptogenic ingredients derived from plants help neutralize the effects of stress and power performance. Long-term stress may contribute to health conditions, such as high blood pressure, chronic anxiety and digestive issues.

What are antioxidants and why are they important?

Antioxidants promote immune health by helping to protect cells from damage by free radicals. Free radicals are created when your body is exposed to environmental toxins, stress and other everyday factors. Your wellness depends largely on how healthy your immune system is. — Master Formulator and Founder John Anderson

How should I take Ionix Supreme?

To receive optimum benefits from Ionix Supreme, Isagenix encourages that you take 1–2 ounces per day. The key is to listen to your body—it will often tell you when something is working positively for you. You may start off conservatively by taking ½–1 teaspoon a day and work up from there. By taking Ionix Supreme every day, you may enjoy long-term adaptogenic, anti-stress, and body-balancing benefits.

Chapter 5

Life's Stresses Got You Down? Reach for Adaptogens!

(Pillar 1: Ionix Supreme)

When coping with stress and temporary bouts of fatigue, most Americans reach for that extra cup of coffee or energy shot to get through the day. Others resort to alcohol, high-calorie snacks, cigarettes, or TV and the couch for an escape. But these habits are counter-productive. They can bring on disrupted sleep, withdrawal symptoms, or weight gain that eventually worsens mental and physical performance.

There may be a better way: adaptogens.

Swedish Herbal Institute researchers Alexander Panossian and Georg Wikman examined randomized, clinical trials on extensively studied adaptogens including rhodiola (*Rhodiola rosea*), schizandra berry (*Schisandra chinensis*), and eleuthero root (*Eleutherococcus senticosus*). They found that these and other adaptogens not only reduce stress and fatigue, but also improve attention and focus.

According to their recently published scientific review on adaptogens published in *Current Clinical Pharmacology*, the reason these herbs are effective may be because they stimulate biochemical pathways that help mediate the harmful effects of stress on the body. Among the findings from studies the authors included in their review were the following:

Rhodiola improved levels of emotional stability, self-esteem, and attention while also reducing fatigue and insomnia.

Eleuthero root reduced feelings of fatigue and increased resistance to low-oxygen settings, such as in deep-sea diving or high altitudes.

Schizandra increased work accuracy and feelings of general well-being, and decreased feelings of sleepiness and exhaustion.

From the Greek word “adapto” meaning “to adjust,” the term adaptogen is applied to any botanical that enhances resistance to stress without the side effects of conventional stimulants. Caffeine, according to the researchers, works by “tricking” the brain to make it more alert, but depletes its energy and resources. On the other hand, adaptogens increase the work capacity of the body or brain by being “stress-protective” or “restorative”.

Stress Vaccines

One of the main questions Panossian and Willkman sought to answer was how adaptogens work. In their paper, they propose that adaptogens may help the body adapt to stress by inducing a mild stress response in the body. Acting like a “stress vaccine,” adaptogens then inoculate against future sources of stress.

In a sense, adaptogens mimic stress, creating an adaptive response in the nervous, cardiovascular, endocrine, immune and gastrointestinal systems. The authors suggest that through the regulation of stress with adaptogenic herbs, consumers may enjoy “enhanced mental and physical performance, and, possibly, increased longevity.”

Writing in a second review published in *Pharmaceuticals* in 2010, the same authors wrote that these herbs normalize homeostasis (balance in the body) through several mechanisms akin to mild stress hormones. For example, active components of rhodiola, schisandra and eleuthero are structurally similar to catecholamines—primary regulators of stress—and other components resembling corticosteroids that help to inactivate a stress response. Fortunately, what adaptogens won’t do is impair mental function or cause addiction. Now many friends and patients have never heard of adaptogens, let alone adaptogen support. This is why my wife and I choose an adaptogen support tonic know as Ionix Supreme which some call “nature’s answer to stress.”

Ionix Supreme, made by Isagenix, deemed “nature’s answer to stress”,

is an adaptogen-rich drink designed with potent amounts of rhodiola, shisandra and eleuthero—as discussed by Panossian and Wilkman above—along with other beneficial herbs including:

Wolfberry (*Lycium barbarum*) acts as an adaptogen and an antioxidant for the maintenance of good health and increased mental and physical performance.

Ashwagandha (*Withania somnifera*) operates as an antioxidant for maintaining good health as well as stimulates liver detoxification. It may also support the brain and immune function while increasing the body's resistance to stress.

Bacopa (*Bacopa monnieri*) acts as an antioxidant in the maintenance of brain health and has been found to help maintain normal memory and cognitive function.

With these herbal ingredients acting synergistically, drinking a shot or two of Ionix Supreme daily offers you an advantageous way of obtaining the protection adaptogens provide against stress. The drink can also help improve focus, attention, or athletic performance.

Several recent studies also suggest that better management of psychological stress and minimizing its effects may also support more graceful aging. For example, a recent study published in *Nature* discovered that mice chronically infused with adrenaline, a hormone released by the body in reaction to stress, resulted in injured DNA. This study may help to explain why those individuals subjected to chronic psychological stress have shorter telomeres, the protective caps on chromosomes whose length is considered a biomarker of aging.

Researchers are already studying several ways of combating the ill effects of stress on cells and their telomeres, including the role of exercise. What role will adaptogens have? Adaptogens in a supplement such as Ionix Supreme could be the key to beating stress, supporting healthier aging, and increasing longevity.

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Chapter 6

B Vitamins May Help to Keep the Brain Fit

(Pillar 1: Ionix Supreme)

In the last chapter we learned about our first of 5 pillars. Ionix Supreme is loaded with B vitamins essential to the brain and nervous system, which is what make this pillar so important.

“Brain fitness” can be described as doing any number of things that help the mind stay active and keep a mental edge throughout life. There’s been a lot of focus on activities that keep the mind busy, such as crossword or Sudoku puzzles, and now even some video games are specifically designed to stimulate our brains. But the focus also needs to be on sound nutrition, and according to a new clinical study, daily supplementation with B vitamins may also help slow down the age-related mental decline we’d all like to avoid.

The study, led by researchers from both the University of Oxford and the University of Oslo, found that a daily supplement in people with mild cognitive impairment (MCI) that combined folic acid along with vitamins B6 and B12 was associated with reduced levels of homocysteine, an amino acid that increases with age and is linked to declining mental function when present in high amounts. The B-vitamin cocktail also improved certain aspects of mental function in those who took them.

The study included 223 people over age 70 with MCI. The subjects were randomly assigned to one of two groups: a placebo group or a group receiving the B-vitamin supplement. Following the two-year trial, levels of homocysteine increased in the placebo group but fell significantly in the group supplementing with B vitamins. Additionally, those in the placebo group had more cognitive decline in comparison to the supplemented group.

Not surprisingly, the most dramatic effects were seen in those subjects who started with the highest levels of homocysteine. For those taking B vitamins with lower amounts of blood homocysteine levels, the rate of brain atrophy was reduced by 30 percent; those with higher levels of homocysteine reduced their rate of brain atrophy by 53 percent.

When considering the data, the researchers wrote, “One interpretation is that lowering homocysteine concentrations by administering B vitamins slows brain atrophy (wasting in the brain), which in turn slows both cognitive and clinical decline.”

The authors conclude, “Our data indicate that B vitamins may slow cognitive and clinical decline in participants with MCI, in particular those who have high tHcy (homocysteine) concentrations.”

This study corroborates recent epidemiological evidence from Rush University Medical Center in Chicago, which found that individuals with lower levels of vitamin B12 are more likely to have smaller brains and score more poorly on cognitive skills tests.

MCI affects about 16 percent of those over the age of 70, or about 5 and 14 million people in the US and Europe, respectively. The researchers defined MCI as “cognitive decline greater than that expected for an individual’s age and education level but that does not interfere notably with activities of daily life.”

Regardless of age, this study underlies the very good reason to get adequate B vitamins in the diet throughout all stages of life. It very well may help to keep your brain fit.

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Chapter 7

Hold On to Thinking and Memory with B12

(Pillar 1: Ionix Supreme)

The idiom “losing my marbles” is normally said in jest, but memory decline can be a truly frightening part of getting older. Fortunately, people can take heart in recent research showing that the right nutrients in the diet can help provide cognitive support. Now a new study reports that vitamin B12 may be crucial for preserving the brain.

Researchers at Rush University Medical Center in Chicago found that individuals with lower levels of vitamin B12 are more likely to have smaller brains as revealed by MRI scans and scored poorly on cognitive skills tests.

The results, published in the Sept. 27 issue of *Neurology*, came from a blood analysis of 121 subjects who are a part of the Chicago Health and Aging Project (CHAP), a large, ongoing prospective study of 10,000 subjects over the age of 65.

“Our findings lend support for the contention that poor vitamin B12 status is a potential risk factor for brain atrophy (shrinking) and may contribute to cognitive impairment,” said Christine Tangney, Ph.D., a clinical nutritionist, who was the lead author of the study.

The brain relies on vitamin B12 because it is necessary for myelin synthesis, the protective sheath around neurons. Vitamin B12 is also required for detoxifying homocysteine, an amino acid that can be toxic to the brain, and known to be elevated in vitamin B12 deficient people. In this study, increases in homocysteine were associated with decreased cognitive scores.

Normally, people are able to obtain sufficient amounts of vitamin B12 from their diets from animal products, especially liver, milk, eggs

and poultry. As people get older, however, their stomachs lose the ability to secrete sufficient hydrochloric acid to release B12 from food.

Absorption may be further complicated by failure of cells of the stomach lining to secrete intrinsic factor, a protein necessary for bind to B12 enabling it to pass through the wall of the small intestine. The inability to absorb B12 can be difficult to detect eventually leading to deficiency and pernicious anemia, often requiring treatment with B12 injections.

Other groups at risk for B12 deficiency are vegans and those with intestinal disorders.

Dietary supplementation could serve an important role for assisting older people achieve optimal intakes and absorption of B12. For example, a previous study from the United Kingdom showed high-dose supplementation may help to reduce the rate of brain decline and protect thinking and memory.

“It’s too early to say whether increasing vitamin B12 levels in older people through diet or supplements could prevent these problems, but it is an interesting question to explore,” Tangney said. “Findings from a British trial with B vitamin supplementation are also supportive of these outcomes.”

But could supplementation hurt? Studies on vitamin B12 have long established it as completely safe having no association with any toxicity even when taken in extremely high amounts. And, given its potential of guarding the brain, it seems like the sensible thing to do. It’s nothing to lose your marbles over.

So now you are starting to get the picture, it takes 5 pillars to build that foundation of health. Now I have these Pillars in no particular order, as it is collectively that the “Power of the Pillars” kicks in. Let’s review Pillar 1: Ionix Supreme.

Ionix Supreme is a powerful nutrient-rich tonic of 5 natural B vitamins:

- Vitamin B1 (Thiamin) - 200% of Daily Value (DV)

- Vitamin B2 (Riboflavin) - 235% of DV
- Vitamin B3 (Niacin) - 40% of DV
- Vitamin B6 (Pyridoxine HCl) - 300% of DV
- Vitamin B12 (Cyanocobalamin) - 2000% of DV

Note: A Vitamin B stress study showed the following:

The results of the three-month trial, where participants were given a course of either high dose vitamin B supplements or a placebo, have been accepted for publication in the journal, *Human Psychopharmacology*.

According to study leader Professor Con Stough, at the beginning of the trial the researchers assessed 60 participants against factors such as personality, work demands, mood, anxiety and strain, and then re-evaluated them at 30 and 90 days.

“At the end of the three-month period, those in the Vitamin B group reported much lower levels of work stress than they did at the beginning of the trial,” he said. “In fact, participants experienced an almost 20% improvement in stress levels. On the other hand, those in the placebo group showed no significant change.”

Ionix Supreme contains the mineral sparkplugs your body needs: zinc, Ionic Alfalfa, and Ionic minerals

Ionix Supreme contains 22 herbal and fruit extracts from around the world that help to support:

- Bodily functions
- Reduce Stress
- Increase Energy
- Protects the body from the effects of free radicals and oxidative stress—a key factor in aging.

Note: 70% to 90% of doctor visits are related to stress.

To learn more about how to increase your health and wealth by joining Dr. Kaplan’s Isagenix team, go to <http://www.5minutemotivator.com>.

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Pillar 2

Ageless Essentials

Take your good health on the go at a great price! Forget the expensive, multiple supplements, now you can get your daily dose of premium vitamins, minerals and antioxidants in one cost-effective pack. The individually wrapped A.M. and P.M. packets in Ageless Essentials™ Daily Pack contain a synergistic blend of essential nutrients so you never have to worry about what to take and when.

The convenient packets in Ageless Essentials include Ageless Actives™, C-Lyte®, IsaOmega Supreme® and Essentials for Men or Women.

By providing you with the right blend of supplements, you'll get exactly what you need to protect and support your body's vital systems.

Get your daily dose of premium vitamins, minerals and antioxidants in convenient, individually wrapped A.M. and P.M. packets.

What should I know about Ageless Essentials Daily Pack?

Isagenix developed Ageless Essentials Daily Pack to give you a convenient way to achieve optimal intakes of vitamins, minerals and antioxidants, as well as special age-defying nutrients in easy to use packets. Furthermore, if you were to purchase a 30-day supply of each individual product in the Ageless Essentials Daily Pack, you would pay \$100; however, with 1 box of the Isagenix AM/PM packets sells for only \$69.

Ageless Essentials Daily Pack combats the effects of aging, while targeting the specific needs of men and women with the following supplements: Essentials for Men or for Women™, Ageless Actives™, IsaOmega Supreme and C-Lyte®.

How should Ageless Essentials Daily Pack be used?

The pack is made up of A.M. and P.M. sleeves, which should be taken at corresponding times of the day for optimal absorption. The A.M. packet should be taken with breakfast (preferably with the IsaLean® Shake) and the P.M. sleeve should be taken in the evening with dinner.

Can Ageless Essentials Daily Pack be used with other Isagenix products?

Yes. The packs can be used with other Isagenix products and as part of the 30 or 9-Day Cleansing and Fat Burning System and the Total Health and Wellness System.

What if I miss a pack?

If you miss a pack, there is no need to double up. Simply continue with the regular schedule.

Should I take Ageless Essentials Daily Pack if I'm on medications?

Although Ageless Essentials Daily Pack is safe for adults, however Isagenix always advises its consumers to consult a physician before using any dietary supplement.

I eat a healthy diet. Do I need Ageless Essentials Daily Pack?

Because we may not get the necessary nutrients from our foods and since we eat a diet of highly processed foods, we're not getting the necessary vitamins, minerals and antioxidants our bodies require. That's why it's important to supplement our diet with a rich array of supplements to protect our vital systems and help to slow the effects of aging due to our environment, genetics and the passage of time.

Chapter 8

Essentials of Youthful Aging

(Pillar 2: Ageless Essentials)

The prevalence of obesity and under-nutrition continues to grow despite continued practical advice from nutritionists to eat less and make fruits and vegetables a greater part of our diets. Rampant overeating of the wrong foods characteristic of the average adult in the United States has not afforded increased intake of vitamins and minerals.

On the contrary, clinical and epidemiological studies find that most Americans receive suboptimal intakes of these micronutrients and that most suffer from either undernutrition or are likely to exhibit a moderate deficiency in at least one essential vitamin or mineral.

We are indeed a population that is overfed yet undernourished. Consider these facts:

In 2009, less than 25 percent of U.S. adults consumed five or more fruit or vegetable servings per day.

Most Americans receive only suboptimal levels of vitamins and minerals needed to protect long-term health.

Recent evidence suggests that young adults may be deficient in B12 at much higher percentages than previously thought.

Remarkably, vitamin E intake is inadequate in 93 percent of all U.S. adults.

Almost all U.S. adults are extremely low in vitamin D.

Even with dietary supplementation, many U.S. adults do not meet estimated average requirements for vitamins D, A, E, C, and the mineral calcium (see chart).

Experts agree that the incidence of “subclinical,” or moderate nutritional deficiencies, have become far too common. These may cause metabolic and cellular harm over time. While nutrient intakes are high

enough to prevent overt, classical symptoms of deficiency states, they are too low for our body's optimal function. For example, vitamin C in the diet may be enough to prevent symptoms of scurvy, but not enough to maximize function as a coenzyme in skin health, or efficient quenching of free radicals, or in keeping the immune system vigilant. Other examples of subclinical or moderate insufficiencies have been described for magnesium, zinc, vitamin E, and vitamin C. Each of these nutrients is necessary to protect our cells and their components.

Vitamins and minerals work in synergy to keep cells functioning efficiently and our physical structures intact. Even a subclinical deficiency of one can affect the others. Folate and B12, for example, are required as methyl donors for maintaining DNA stability, important for cell health, and metabolizing homocysteine, a cardiotoxic amino acid. Additionally, seven vitamins and minerals are required in the diet daily for just one of many steps in mitochondrial energy production. Finally, a low vitamin E status requires other antioxidants such as vitamin C and selenium to take on greater responsibility in protecting our cells from free radicals.

Why take a multivitamin?

Do you spend time reading the nutrition facts panels of every food label and adding up vitamins and minerals to be sure you are meeting all dietary requirements? As the authors of a study published in the *Journal of Nutrition* summed up nicely, “nearly the entire U.S. population consumes a diet that is not on par with recommendations.” It’s a staggering conclusion.

If it weren't for the fortification of foods and dietary supplementation, another recent study just published in the same journal found that many Americans would fail to meet even the minimum nutritional requirements set by the Institute of Medicine (IOM). Based on national surveys (NHANES) from 2003 to 2006, dietary supplements were responsible for improving the status of 17 micronutrients among more than 16,000 participants.

Multivitamins are the most commonly used dietary supplement and play a large role in ensuring adequate nutrient intake in the diets of a large portion of the population. Not only do multivitamins help people meet their nutrient needs, but studies have also shown that taking them on a regular basis is associated with long-term health:

Reduced risk of accelerated metabolic disruption, mitochondrial decay, and degenerative pathologies associated with aging

Improved maintenance of healthy concentrations of serum homocysteine, C-reactive protein, HDL cholesterol, triglycerides

Improved maintenance of glucose metabolism and cardiovascular health

Improved cognitive performance, especially verbal memory, and mood

Improved calcium balance for cardiovascular and bone health

Improved maintenance of chromosomal telomere length, a biomarker of aging

Isagenix is redefining what it means to age gracefully. Taking control of your health is as easy as taking Ageless Essentials with Product B. Its component Essentials for Men/Women is designed to provide optimal doses of vitamins and minerals for healthy aging.

To create the most advanced multivitamin supplement, Isagenix laid the groundwork for Essentials for Men/Women by performing a thorough review of the latest scientific studies. The focus was to ensure that the pack reflected quantities and quality of nutrients that meet criteria in line with updated nutritional guidelines, therapeutic doses and forms.

The tablets are designed with sustained-release technology by using forms of nutrients with different molecular weights, sizes, and solubility rates. The combination of these elements creates a staggered release of nutrients into the small intestine, providing steady passage and absorption of the various nutrients into the bloodstream. The multivitamins (unlike typical “whole-food” supplements) take into account the avoidance of

anti-nutrient components such as phytates and reduction of mineral competitiveness. The separation into AM and PM packets also divides the doses over the course of the day for optimal absorption.

Lastly, Isagenix adheres to a “no compromise” policy that guarantees the products will deliver the nutrients we promise. Isagenix includes the right amount of nutrients listed on the label, often with a responsible overage, to be sure that the product will deliver the same potency for the duration of its two-year shelf life. All raw materials are tested for purity and potency. Isagenix even ups the ante by performing Finished Product Safety verification through independent, third-party laboratories.

To learn more about how to increase your health and wealth by joining Dr. Kaplan’s Isagenix team, go to <http://www.5minutemotivator.com>.

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Chapter 9

Vitamin K2: Healthier Arteries, Stronger Bones

(Pillar 2: Ageless Essentials)

It was a 16th Century English physician by the name of Thomas Sydenham who is credited with the saying, “A man is as old as his arteries.” Five centuries later and the adage still rings true. The age of our arteries, or our vascular age, can be a significant factor in determining how long we will live. However, our scientific understanding of vascular age has grown substantially compared to five centuries ago. Cardiologists are now able to better determine the health of our blood vessels through measurements of blood pressure, cholesterol, triglycerides, and arterial calcification.

Arterial calcification is the deposition of calcium within the arterial linings, literally turning arteries into bone. The deposits result in a thickening of the arterial walls, which robs arteries of flexibility and elasticity. They also contribute to the accumulation of arterial plaque structure with fatty deposits and cholesterol, which culminates in fatty streaks and eventually, atherosclerosis. Recently, cardiologists have also discovered that arterial calcification is often accompanied by the weakening of bones. The relationship between the calcification of blood vessels and the decalcification of bones has its roots in a protein known as Matrix Gla (MGP).

MGP is a vitamin K-dependent protein that acts as an arterial calcification inhibitor and could play a critical role for improving vascular age. This protein binds calcium ions, thereby promoting their proper biological activity. Vitamin K is necessary for MGP to function because it acts as a cofactor for the γ -carboxylation of the protein. Notably, the drug

warfarin being a vitamin K antagonist is long known to cause arterial calcification in rats. In contrast, a diet high in vitamin K inhibited arterial calcification and helped preserve arterial elasticity in warfarin-treated rats. However, caution should be exercised before combining vitamin K with warfarin and patients should always discuss supplementation or changes of diet with their doctors.

K1 versus K2

Vitamin K is a fat-soluble vitamin existing in two naturally occurring forms: vitamin K1 (phylloquinone) and vitamin K2 (menaquinone). Vitamin K1 is synthesized in plants and bacteria and can be converted into vitamin K2. A third, synthetic form also exists and is known as vitamin K3 (menadione), which can be toxic unlike the natural forms. The primary function of vitamin K is in a complex pathway involved in blood coagulation. Specifically, vitamin K is required for an enzyme that catalyzes the carboxylation of glutamic acid, forming γ -carboxyglutamate, a necessary amino acid for calcium binding and initiation of the blood clotting process. Other functions include bone mineralization and cellular growth.

Recent research suggests vitamin K1 and K2 should be appreciated as separate nutrients. Unlike vitamin K1, vitamin K2 is needed to activate osteocalcin, a bone-building hormone that is responsible for the clearance of calcium from arteries and shuttling it for the purposes of bone mineralization, thereby removing excess calcium otherwise available for arterial calcification. Unfortunately, a substantial portion of Americans are obtaining a suboptimal amount of vitamin K, which is inadequate to meet the essential γ -carboxylation required for vitamin K-dependent functions. Furthermore, low plasma levels of K2 do not maximize carboxylation of osteocalcin. In one prospective, population-based study, scientists examined the relationship between dietary intake of vitamin K1 and vitamin K2 and its relationship to arterial calcification.

The study found a strong inverse relationship between vitamin K2 and arterial calcification, while vitamin K1 was not related to any specific outcome. These conclusions remained after adjusting for BMI, smoking, education, diabetes, alcohol intake, and dietary factors. Overall, the results suggest that high vitamin K2 intake may be an important strategy for helping to preserve arteries elasticity.

The RDA for vitamin K is 120 µg/day and 90 µg/day for adult men and women, respectively. Good dietary sources of vitamin K1 include green leafy vegetables (kale, spinach, collards, and lettuce) and some vegetable oils. In contrast, dietary sources of vitamin K2 are mainly eggs, meat, and cheese. In fact, it is hypothesized that vitamin K2 may account for the reduced arterial calcification in France and Mediterranean countries because of their high cheese consumption.

Like other fat-soluble vitamins, a severe deficiency of vitamin K in westernized societies usually only occurs in individuals with genetic malabsorption syndromes (with the one exception being individuals who are on anti-coagulants such as coumadin). However, one study reported that only 17 percent and 27 percent of men and women in Ireland met the current RDA goals (5), while an evaluation of vitamin K intake in America suggested that the average intake was below the RDA.

Daily supplementation with vitamin K2 offers a convenient way of obtaining the protective benefits of this critical nutrient. Ageless Essentials Daily Pak, which I mentioned earlier, provides a total of 80 µg/day of vitamin K2 and is divided into two doses, one taken in the morning and one in the evening. The product also combines the vitamin with other complementary nutrients for cardiovascular and bone health (calcium and vitamin D). Along with proper diet and exercise, the combination represents a powerful strategy for supporting stronger bones while keeping arteries more flexible, elastic, and youthful.

After all, we're only as old as our arteries.

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Chapter 10

Fish Oil May Help Women Strengthen Bones

(Pillar 2: Ageless Essentials)

It's long been known that adequate intake of certain nutrients such as calcium and vitamin D, along with an active lifestyle, are important factors for promoting bone health during aging. Women are especially susceptible to the frailty, fractures and morbidity that accompany age-associated bone loss and osteoporosis. Now, before you lace up your tennis shoes for your next walk or run, or hit the weights, perhaps you should add omega-3 fatty acids from fish oil to your bone-enhancing arsenal.

In a just-published study in the journal *Nutrition and Metabolism*, researchers from the Urmia University in Iran, in collaboration with the University of Missouri, have evaluated the synergistic effects of six months of fish oil and aerobic exercise on biomarkers of inflammation and bone health in 79 post-menopausal women aged 58 to 78. They also determined whether fish oil and exercise alone could affect these markers implicated in bone loss.

The treatments consisted of a control group, an exercise alone group, a group that only supplemented with 1 gram of fish oil containing 180 milligrams EPA and 120 milligrams DHA, and a group that combined the fish oil supplementation with aerobic exercise consisting of walking or jogging for 25 to 30 minutes per day for three or four days a week.

After six months of intervention, the researchers found that those women in the exercise and supplement group had significantly lower biomarkers of inflammation (c-reactive protein, prostaglandin E2 and interleukin-6), and increases in their serum vitamin D, estrogen and bone mineralization compared with the control subjects. For many markers

of bone health and inflammation, the supplement alone and exercise alone groups also tended to observe benefits, although less than in the combined exercise and supplement group. In addition, the researchers linked inflammation and bone mineralization, and reported a strong negative association between bone mineral density and inflammatory mediators, indicating that those individuals who increased bone health also had less inflammation.

According to the authors, “These findings clearly show that the combination of PUFA (polyunsaturated fatty acid) supplementation with aerobic exercise provides numerous benefits on bone density and inflammation over exercise alone or supplementation alone.”

Finally, the authors noted that, “These changes in inflammatory indices following long-term aerobic exercise training and N-3 PUFA (omega-3 polyunsaturated fatty acid) supplementation may contribute significantly to the inverse relationship between inflammatory markers and osteoporosis.”

So to maximize your workout and minimize age-associated bone loss, consider the following—stretch, exercise, and follow your workout with a glassful of healthy, muscle-promoting Protein Shake along with a packet of vitamins, my preference is Ageless Essentials Daily Pak. My wife and I enjoy the convenience of all the necessary vitamins in a AM and PM pack. The key is maintaining bone-building calcium, vitamin D, vitamin K2, and purified, potency-guaranteed fish oil!

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Chapter 11

Things You Should Really Look for In a Multivitamin

(Pillar 2: Ageless Essentials)

In the coming chapters you will learn about the rest of the five pillars to health, but for now we will continue to focus on Pillar 2.

We live in a toxic complex world. Most foods have been depleted of their essential vitamins, which is why so many foods say vitamin enriched. Why is whole food enriched? Well let's take milk for example. Once pasteurized at 260 degrees most vitamins are destroyed. Thus the manufacturer replaces them. Most of these are synthetic in nature as synthetic vitamins cost less. So I guess what I am saying is you need a multivitamin.

Choosing a multivitamin-mineral supplement can be puzzling. Conflicting messages abound in the marketplace, especially on the Internet. And, as expected, the confusion is not helped by reports from the media that tend to overemphasize observational studies that confirm bias against supplementation. The reality is that the quality of multivitamin-mineral supplements ranges widely.

The highest quality dietary supplements are those designed according to current science and technologies—they use the most stable and efficacious forms of vitamins and minerals, have optimal solubility rates, are third-party tested for potency and shelf life, and provide optimal vitamin-and-mineral dosages that are divided over the course of the day for best absorption.

On the other end of the quality spectrum are the popular “one-a-day” supplements, which claim to provide all that the body needs in a single tablet; they may provide adequate amounts of many nutrients, but

severely neglect others. Other supplements use synthetic vitamins when science demonstrates the body's preference for the natural forms. Finally, some supplement companies claim higher absorption or bioavailability because their nutrients come directly from, or are paired with, "whole foods"; such claims are misleading because they are not presented with data. These vitamins do not actually come from whole foods, but are simply combined with botanicals that may even inhibit absorption.

Far be it for all marketers to paint a clear picture of the science, or for the media to do a little homework before lumping all dietary supplements in the same category of low quality and worthless. There have been well-designed studies showing clear benefits from taking supplements in forms appropriate and in dosages that assist in meeting dietary recommendations for optimal health. If this weren't true, or if multivitamins were somehow "dangerous", then why do most medical doctors continue prescribing prenatal multivitamins to women who are expecting?

A proper review and critique of multivitamin-mineral supplements should be based on how well it reflects positions of scientific consensus on dosage, forms, and delivery. A few of the things to look for in a supplement are these:

Quality – According to a recent Consumer Labs report, one in three supplements either contained fewer nutrients than promised on the label, provided far more nutrients than claimed, had incorrect labeling of ingredients, or simply failed to disintegrate in the allotted time for proper absorption. If uncertain about whether or not a supplement really provides what it claims to, it's probably a supplement to avoid. Take a multivitamin-mineral only if it comes from a reputable company that tests label claims through an independent laboratory.

Efficacy – It's well-known that some forms of vitamins or minerals are more stable, or more bioavailable, than others. For example, natural vitamin D3 exhibits greater retention in the body compared to synthetic vitamin D2 (1). Likewise, vitamin E in its natural form of d-alpha

tocopherol provides greater activity than its synthetic mixture counterpart, dl-alpha tocopherol, which contains only a small percentage of the natural form (2). Another example is vitamin B12 as cyanocobalamin, which is more stable than other forms of vitamin B12, thus allowing for greater shelf life.

Optimal dosages – Multivitamin-mineral supplement makers will often add a mineral such as calcium or an antioxidant such as coenzyme Q10 (CoQ10) to help it sell better in the marketplace, but not in high enough doses to really strengthen bones or support the heart. Such supplements should be avoided in favor of others that actually supply enough of each nutrient to truly be effective. Similarly, should a supplement contain omega-3 fatty acids, it should contain a high enough concentration of both DHA and EPA for heart health. In short, dosages should reflect the latest that science has to offer as recommendations for health and longevity.

Solubility – Have you heard of “bed pan bullets?” That’s what doctors used to call tableted multivitamin pills that passed through the body unabsorbed. Science has come a long way to provide technologies for better solubility, but there still are a few multivitamins on the market that don’t disintegrate appropriately enough to be absorbed properly. The standard for a quality multivitamin-mineral tablet is to disintegrate within 60 minutes or less in an acidic solution mimicking the environment in the stomach—even better is if it can disintegrate easily in plain water or rice vinegar.

Absorption and bioavailability – Companies make misleading claims when they market their supplements as more highly absorbed or bioavailable because they are from, or combined with, “whole food” or “vegetable components.” For one thing, the source of their vitamins is really not different than anyone else’s, which is obtained through yeast fermentation. The “whole-food” source supplements also seldom meet label claims or stability for shelf life. In addition, they don’t account for anti-nutrient components; for example, a supplement containing

leafy green vegetables such as spinach may also contain anti-nutrient compounds called oxalates that inhibit absorption of other minerals in the supplement through chelation (that's not to say people should avoid eating spinach, but that improved absorption and bioavailability from a spinach supplement is false). There are also supplements on the market (obviously not designed by nutritionists familiar with the science) that completely disregard well-known absorption problems when dosages of minerals such as calcium are too high, or when mineral competitiveness occurs between iron, calcium, zinc, and copper. A quality supplement will use forms of minerals without absorption-inhibiting anti-nutrients and have an appropriate amount of minerals in each tablet to be taken in divided doses over the course of the day.

Before ever venturing out to choose a multivitamin-mineral, each of the five points presented above should be considered by those looking to achieve the greatest value from their supplements. My wife and I take Ageless Essentials Daily Pack, which comes in convenient A.M. and P.M. packets. Over the course of the day, the pack provides optimal dosages of essential vitamins and minerals such as vitamin D3 (2000 IU), calcium (800 mg for men, 900 mg for women), vitamin E as mixed tocopherols and d-alpha tocopheryl succinate (90 IU), and vitamin K2 (80 mcg).

The pack also includes a potent combination of bioactive compounds that support optimal health and longevity. These include patented, lipid-soluble CoQ10 (100 mg) backed by studies showing eight times greater bioavailability, maximum concentrations of ultra-purified DHA and EPA omega-3 fatty acids (600 mg EPA, 440 mg DHA), trans-resveratrol (250 mg), and more.

The Isagenix Difference

Isagenix Ageless Essentials for Men and Women are products of collaborative research with top nutrition scientists and formulated by the Isagenix research and product development teams. The teams

capitalized on the most recent scientific literature for appropriate dosing — without overdosing — for long-term health and youthful-aging with consideration for the unique differences between men and women.

Ageless Essentials uses forms of vitamins and minerals that are well-studied for efficacy of absorption, bioavailability, and ultimate benefit to the body. For example, Ageless Essentials contains the natural form of vitamin E as d-alpha tocopherol, which is shown in studies to be clearly superior to the synthetic version, dl-alpha tocopherol. Unlike other multivitamins, the vitamin E is present along with tocotrienols (as in nature) to produce a synergy for guarding heart health. Another example is use of vitamin K2 versus K1 due to new knowledge of K2's involvement in supporting cardiovascular and bone health.

This advanced formulation is also built using rapid disintegration technology. Rapid disintegration facilitates dissolution, which optimizes nutrient absorption within the small intestine.

Optimum Nutrient Delivery

When a tablet is taken orally, it passes through the mouth, into the esophagus and enters the stomach, where it then (along with food) stimulates the secretion of stomach acid. The stomach acid converts the tablet into a suspension of small particles that are then pushed into the small intestine where nutrient dissociation and absorption takes place:

First, greatest absorption is achieved because Ageless Essentials for Men/Women are designed to be taken over the course of the day (two tablets, two times daily).

Second, the tablets contain minerals in amounts that take into account mineral competitiveness.

Third, the tablets avoid anti-nutrient components such as phytates that decrease mineral absorption.

Fourth, Essentials features a sustained-release technology by using forms of nutrients with different molecular weights, sizes, and separation rates.

The combination of these elements creates a staggered release of nutrients into the small intestine, providing steady passage and absorption of the various nutrients into the bloodstream.

Add in Product B (Pillar 3) to the order—Ageless Essentials with Product B—and as clearly displayed on every box: “Imagine adding life to your years with an increased feeling of youth, health and vitality.”

Well now you have the first two pillars under your belt, if you don't feel healthier yet, I bet you feel a lot smarter. When it comes to health, knowledge is power. So let review Pillar 2:

Helps your body with a daily dose of:

- Vitamins (13 vitamins)
- Minerals (12 minerals)
- Antioxidants (20+ bioactive antioxidants)
- Plus, 55 additional age-defying nutrients scientifically formulated to protect telomeres and promote higher antioxidant enzyme defenses.

Provided in an easy-to-use A.M./P.M. packets provide whole-body nutritional support such as:

- Immune System
- Brain • Vision
- Joint Health
- Cardiovascular Health.

Take-anywhere packets are an easy way to provide your body the nutrients it needs every day.

100 Separate nutrients speak to your body's health:

- Product B (Antioxidant Support - 30 nutrients)
- Daily Essential Vitamins, Minerals and Herbs - (42 n.)
- Ageless Actives: (Vitamin D-3 (1000 IU), Co-Q10, and Resveratrol - 8 Nutrients)
- IsaOmega Supreme (DHA & EPA Essential Fatty Acids)
- C-Lyte (Vitamin C, a trio of Vitamin 3 - Easy digestion)

To learn more about how to increase your health and wealth by joining Dr. Kaplan's Isagenix team, go to <http://www.5minutemotivator.com>.

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Pillar 3

Product B

Product B is the revolutionary product your body has been waiting for. Based on cutting edge scientific breakthroughs on the role of telomeres in youthful aging—Product B positively supports telomere health at the cellular level. Product B addresses the key mechanisms of aging, so you can add life to your years.

Go beyond surface symptoms to target the ultimate causes of aging. This is the revolutionary product your body's been waiting for.

What should I know about Product B Antioxidants plus Telomere Support?

Product B positively supports telomere health by combining scientific breakthroughs in telomere support and the benefits of antioxidants in youthful aging. Product B helps maintain youthful function of cells and healthy telomeres so you can live a longer, healthier life.

How can I benefit from using Product B Antioxidants plus Telomere Support?

Product B's full spectrum of natural bioactive antioxidants helps fight the effects of free radicals and oxidative stress, which can accelerate aging and contribute to poor health.

How does Product B work?

The science behind Product B goes beyond the symptoms of aging to target the ultimate source of aging. The latest research suggests quality of life can be a direct result of cellular performance, and more specifically, the role of telomeres in cellular aging and health. Product B, especially when combined with the Isagenix Systems, is uniquely designed to offer what Isagenix believes to be the best telomere supporting product on the market.

Is Product B safe?

The safety of all Isagenix formulas is ensured by careful evaluation of dosages and quality analysis of every individual ingredient. Isagenix also follows all Good Manufacturing Practices and exceed them through a Finished Product Safety verification program. The safety assessment includes a thorough evaluation of dosages backed by long-term studies in adults, the testing of raw materials before manufacturing, and Finished Product Safety verification by way of testing through independent contract laboratories. Isagenix processes for continual quality analysis is not widely adopted by the industry, but its commitment to safety and quality means Isagenix makes no compromise on the integrity of our products.

Can I just take Product B?

Product B was not designed to be a stand-alone product. For best results, Isagenix recommends taking Product B as part of an overall system to support better health and youthful aging. Using a system that includes Cleanse for Life, IsaLean Shake, Ionix Supreme and Ageless Essentials Daily Pack, among other Isagenix products, can help you maintain a healthy weight and lifestyle, which are key factors to living longer and healthier.

How do you take Ageless Essentials with Product B?

The daily packs consist of take-anywhere A.M./P.M. packets, which should be taken at corresponding times of the day for optimal absorption. The A.M. packet should be taken with breakfast (preferably with an IsaLean® Shake) and the P.M. sleeve should be taken in the evening with dinner.

Chapter 12

Can Taking a Multivitamin Daily Protect Telomeres and Slow Aging?

(Pillar 3: Product B)

Telomeres are protective, repeating sequences of DNA found at the end of chromosomes, and their length decreases with each cell division, making them a proposed marker of biological aging. Over time their shortening results in cellular aging and eventual cell loss increasing the risk of age-related breakdown of the body.

In the last chapter we spoke of the 3rd Pillar, Product B, developed by John Anderson, Isagenix founder and master formulator. John Anderson traveled through 8 countries in 60 days to track down new natural compounds. Product B is unique because it is comprised of the strongest natural botanical ingredients in the world that act in synergy to help support telomere health.

There are several diet and lifestyle habits known to help reduce the rate of telomere loss — such as quitting smoking, exercising, maintaining a healthy weight, and getting enough antioxidants, vitamin D and fish oil in the diet — but it was not known until just last year whether or not supplementation with a daily multivitamin has any effect on preserving telomere length.

National Institute of Health researchers were the first to report, in a study published in the March 2009 issue of *American Journal of Clinical Nutrition*, epidemiological evidence that regular multivitamin use was associated with longer telomeres among women.

The study found that when compared to non-users of multivitamins, the women who used multivitamins had an average of 5.1 percent longer telomeres, which can translate to a difference of a potential 9.8 years of age-related telomere loss.

To eliminate any variables that might have confounded their results, the authors were careful to exclude women who smoked, were obese, suffered from diabetes or cardiovascular disease, or who had reported a “fair or poor” health status.

In their report, the researchers write, “sixty-five percent of the women had used multivitamins at least once per month, and most (74 percent) took multivitamins on a daily basis” and that the multivitamins accounted for a significant amount of their total vitamin and mineral intake.

The micronutrients most likely to have an important role in preserving telomeres, wrote the scientists, were vitamins C, D, E and most of the B vitamins.

Based on prior cell culture and animal studies, the authors suggest that the higher dietary intake of vitamins C and E is thought to have made an impact on slowing telomere loss due to protection against free radicals, which cause oxidative stress.

Vitamin D is thought to play a role in reducing telomere loss through protective actions involving gene expression of several cellular pathways.

The B vitamins (such as folate and B12) are thought to act on slowing telomere loss by reducing amounts of the amino acid homocysteine in plasma.

Previously, epidemiological studies have suggested multivitamins are helpful for obtaining the Institute of Medicine’s recommended daily intakes of several vitamins and minerals for long-term optimal health and wellness.

Currently, according to National Health and Nutrition Examination Surveys, more than 35 percent of adults in the U.S. take multivitamin-mineral supplements.

However, not all multivitamins are the same—as the quality of multivitamins can vary.

A multivitamin should be designed with features for rapid disintegration and improved absorption. In addition, it should provide vitamins and minerals in dosages and forms considered optimal according to the latest science on healthy aging.

Telomere biology is an active area of research among scientists who are seeking to understand more about the aging process and how to improve the quality of life for older adults.

To learn more about how to increase your health and wealth by joining Dr. Kaplan's Isagenix team, go to <http://www.5minutemotivator.com>.

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Chapter 13

Exercise and Physical Ability are Associated with Longer Telomeres

(Pillar 3: Product B)

It's about that time to get up and do your workout. Despite your everyday stress, you just know you should do it. Think of the benefits to your cardiovascular system, the endorphin-stimulated “rush” you feel during and after the workout, and finally, the slimming effect on your waistline. Now, you can add a positive effect on telomere health.

So it was during my quest, my research I first learned about a product called Product B (Pillar 3) with telomere support which is the key component towards slowing down the age clock. Telomeres, those complex DNA structures at the tips of our chromosomes, shorten with age normally; however, this shortening and aging is accelerated by many lifestyle factors: obesity, toxins, oxidative stress, psychological stress, and poor nutrition. My research led me to Dr. Bill Andrews and the company Isagenix. Isagenix has developed a variety of products, which they call the 5 Pillars of Health. These 5 Pillars are part of my wife's and my everyday life. We studied these 5 Pillars that target each of these age-accelerating factors. It is amazing how these pillars work, now my family and other doctors with whom I consult utilize these products and their success and the success of their patients has been so favorable I am proud to endorse them.

To that list of age-defying pillars, don't forget to add physical activity. In a new paper published in the journal, *Mechanisms of Aging and Development*, researchers from Denmark have provided evidence that an increase in physical ability was positively associated with longer telomeres. In fact, they even calculated how many years increased physical ability could contribute to longer lifespans.

The researchers examined the relationship between telomere length and physical ability in 548 same-sex twins as part of an ongoing, long-term study in elderly Danish twins. The twins, averaging an age of 79 years and 67 percent of them female, had leukocyte (white blood cell) telomere length measured and were provided with questionnaires to determine both their physical ability and activity levels. Questions asked to determine physical ability included: “Can you walk up two flights of stairs?” “Can you run 100 meters?” “Can you carry 5 kg?” The study subjects answered the questions on a scale of one to four; one being that the activity could be completed without fatigue and four being the activity could not be completed. Activity levels ranged from zero to four; zero being no exercise and four being frequent, high intensity exercise.

Vitamin D supplementation has been rising in popularity because of its well-established role for supporting stronger bones, a healthy immune system, and heart health (1-3). Recently, researchers from the London School of Medicine have also found that vitamin D may help mediate the immune system and assist in supporting leukocyte (white blood cell) telomere length.

The study (1), published in 2007 in *American Journal of Clinical Nutrition*, comes at a time of widespread vitamin D insufficiency and amidst growing evidence that telomere length represents an important biomarker of biological aging.

Affected by habits and conditions ranging from smoking to obesity, the authors state that leukocyte telomere length (LTL) may also reflect levels of chronic stress and inflammation. Results from this study showed LTL was shorter in women with lower levels of vitamin D and when markers of inflammation increase (see figure).

The influence on telomeres by the sunshine vitamin is likely due to a possible “inhibitory effect” on inflammation, the researchers report.

The researchers analyzed C-reactive protein (CRP), a marker of inflammation, LTL, and vitamin D concentrations in 2,160 women with an average age of 49. They found that the women who had higher blood

levels of vitamin D (25-OH-vitamin D) had longer telomeres after adjusting for age, season, life-stage, use of hormone replacement therapies, and physical activity level.

Negatively correlated with CRP and positively correlated with vitamin D, the researchers demonstrated that LTL varied with levels of inflammation.

“The present study further supports the concept that LTL may serve as a cumulative index of an individual’s lifelong burden of oxidative stress and inflammation,” the authors conclude.

According to the authors, there was a strong correlation between physical activity and physical ability. The data revealed a strong, positive relationship between telomere length and physical ability, which interestingly was much stronger for females than males. The authors also noted that in this particular study, unlike previous studies, no association was found between cognitive function and leukocyte telomere length.

Using their data, the authors calculated that by increasing one’s physical ability score by one unit, telomere length increased to that of about three years prior. “Our findings are in line with the TL (telomere length)-longevity nexus in humans,” they noted, and concluded that, “Our study confirmed that physical activity correlated with both physical ability and (telomere length).”

So go on, put your workout outfit on, and lengthen those telomeres!

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Chapter 14

12 Ways to Enhance Telomere Protection

(Pillar 3: Product B)

I hope you didn't forget about telomeres. With the recent surge of interest in telomere shortening as an underlying cause of aging, it's no wonder scientists are enthusiastically researching how diet and lifestyle can influence telomere length. Now, Ligi Paul, Ph.D., of the USDA Human Nutrition Research Center on Aging at Tufts University, has reviewed the latest literature associating telomere length with nutrients, bioactive compounds, and lifestyle factors.

Telomeres protect the ends of chromosomes from fusing with each other, Dr. Paul reminds us, and their length is an indicator of biological aging. Although shortening is a normal part of aging, oxidative stress and inflammation can speed up the process of telomere shortening.

“Of interest to nutritionists, telomere length has been shown to be associated with nutritional status in human and animal studies. Healthy lifestyles and diets are positively correlated with telomere length,” Dr. Paul wrote. And according to his review, the most recent studies have found that the following nutrients may influence telomere length:

Vitamins and Minerals

Folate – This B vitamin is important for DNA and RNA structure and function.

Vitamin B12 – In conjunction with folate, this B vitamin is important for the methylation, or detoxification, of homocysteine. Higher levels of homocysteine are associated with increased oxidative stress.

Niacin (nicotinamide) – Can influence telomere length through its multiple regulatory and coenzymatic activities.

Vitamin A and beta-carotene – These antioxidants reduce concentrations of harmful signaling molecules and increase beneficial ones to help reduce oxidative stress.

Vitamin D – Higher levels of vitamin D lower levels of c-reactive protein (CRP), a protein with harmful effects and associated with shortened telomere length. Vitamin D appears to inhibit some of CRP's harmful effects.

Vitamins C and E – These antioxidant vitamins are widely acknowledged for limiting oxidative stress and its damage on DNA and telomeres.

Magnesium – The mineral required for the activity of a number of enzymes involved in DNA replication and repair. Low amounts of this mineral are also associated with higher concentrations of CRP.

Zinc – This mineral is necessary for a variety of enzymes including DNA polymerases, which are important for DNA and telomere maintenance.

Iron – In contrast to the other nutrients, iron supplementation is associated with shorter telomeres. This is likely because of iron's pro-oxidant ability to stimulate free radical generation. While iron supplements may increase oxidative stress, iron from diet or multivitamins (containing less iron) is not negatively associated with telomere length.

Other Bioactives

Curcumin and turmeric – Turmeric, and its primary component curcumin, are common dietary spices that stimulate synthesis of antioxidants, thereby protecting against oxidative stress. Mice fed diets containing curcumin had a trend for longer telomeres compared with controls.

Long-chain omega-3 fatty acids (fish oil) – Higher plasma levels of long-chain omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) may protect against oxidative stress by

enhancing activity of the antioxidant enzymes superoxide dismutase, catalase, and glutathione peroxidase.

Polyphenols – Polyphenols from grape seed and green tea provide additional protection for DNA and telomeres from oxidative stress. Those who drink tea regularly have longer telomeres while mice fed grape seed polyphenols had longer telomeres compared to controls.

Each of the mechanisms by which these nutrients and bioactives work may help explain why taking multivitamins is associated with longer telomere length. Those who take multivitamins, Dr. Paul notes, are also more likely to follow a healthy lifestyle. For example, they are more likely to combine a diet high in fruits and vegetables with exercise, to not smoke, and to maintain a healthy weight—factors all associated with longer telomeres.

“Since diet and lifestyle can influence inflammation, oxidative stress and psychological stress, all of which cause telomere attrition (shortening), they could also influence telomere length,” Dr. Paul wrote.

The Isagenix system for managing a healthy weight, along with the Ageless Essential Daily Pack, provides a solid foundation for maintaining telomere health. This combination of products contain high concentrations of all the telomere supporting nutrients and bioactives described by Dr. Paul and will help customers defy aging and preserve health and vitality. With Ageless Essentials Daily Pack you can forget about the different supplement bottles and oversized pill boxes—you have all the necessary nutrients listed above in convenient, individually wrapped A.M. and P.M. daily packets.

Add Product B to the mix for enhanced telomere protection and greater stimulation of antioxidant enzyme defenses. The ingredients in Ageless Essentials Daily Pack in combination with Product B are based on science, offering the ultimate telomere protection from harmful free radicals and the effects of accelerated aging that contribute to poor health.

Chapter 15

Seven Ways to Slow Telomere Shortening

(Pillar 3: Product B)

The future of the science of aging is nigh with minds like Bill Andrews, Ph.D., and Isagenix Founder and Master Formulator John Anderson on the scene of telomere biology research.

Telomeres are non-coding sequences of repetitive DNA at the end of chromosomes that are linked to human lifespan — and Drs. Andrews and Anderson are seeking out natural compounds that will turn on expression of telomerase, an enzyme that restores the length of telomeres.

Keeping telomeres long by reversing age-related shortening can potentially slow the onset of poor health and increase human lifespan.

However, as we await the latest developments in anti-aging strategies such as inducing telomerase activity, there are a few lifestyle changes we can make to slow down telomere shortening as much as possible.

In our interview with Dr. Andrews, a molecular biologist who has studied aging at a molecular level for more than 15 years, he shared seven of the best known ways science knows of now to slow down telomere shortening to live longer:

Don't ever smoke. Smoking is not only hazardous to your lungs and cardiovascular health, but is also found to increase rate of telomere shortening, which can lead to dysfunction and instability of chromosomes.

De-stress your life. The more stress you have in your life, the greater risk of increasing the rate of telomere shortening and aging more quickly. How to slow it down? As simple as it might sound, the key is to always have a positive outlook on life. Plus, enjoy a vacation once in a while,

enjoy friends and social activities, receive plenty of sleep every night, and try meditation.

Exercise regularly. By increasing amounts of physical activity, especially intense physical activity, research shows you could keep your telomeres long and healthy, even buffering the effects of chronic stress.

Get your antioxidants daily. When high amounts of free radicals attack cells (causing oxidative stress), they leave no stone unturned making chromosomes and their telomeres vulnerable to shortening. You can best protect yourself by getting plenty of antioxidants in your diet from eating fruits and vegetables daily and supplements.

Never go without fish oil. Fish oil contains long-chain omega-3 fatty acids that are well-known for being healthy to the heart, but recent evidence has shown that increasing amounts in the diet is associated also with slowing telomere shortening over time. You can get enough by eating fish a couple of times per week and by supplementing with long-chain omega-3s daily.

Get enough of the “sunshine vitamin.” Several discoveries have made vitamin D the most popular nutrient of the decade because of its many benefits including an association with longer telomere length. You can make sure you’re getting enough by practicing safe sun exposure and supplementing with vitamin D daily.

Practice safe weight loss. Maintaining a healthy weight is important to keep telomeres long. Incorporating Isagenix products into your weight-loss program such as cleansing and replacing meals with IsaLean shakes and bars is helpful for losing weight and slowing telomere shortening.

Chapter 16

Resveratrol May Provide Similar Effects as Exercise and Eating Less

(Pillar 3: Product B)

Wouldn't it be nice if you could enjoy the health benefits of losing weight without even trying? While an unlikely scenario, researchers continue to work to discover how to make it reality. According to a new study published in the November issue of *Cell Metabolism*, a daily dose of resveratrol could offer similar benefits of hitting the gym or cutting calories.

“Here, we show that resveratrol supplementation in humans exerted favorable metabolic adaptations that in many aspects mimic the effects of calorie restriction and/or endurance training,” wrote the researchers led by Prof Patrick Schrauwen of Maastricht University in the Netherlands.

The study followed 11 obese but otherwise healthy men for two 30-day trials separated by a four-week washout period. One trial involved one group of participants receiving a daily dietary supplement containing 150 milligrams of resveratrol and the other receiving a daily placebo. Then the groups switched so that those taking resveratrol were then taking the placebo and vice versa.

To evaluate changes in metabolism, the researchers measured metabolic rate. Results showed improved resting and sleeping metabolic rate, indicating improved metabolism.

Previous research in animals and humans has indicated that the substance present in grape skin might “soften” the effects of aging and support longevity as calorie-restriction has shown to do. The researchers wrote that this is the first, randomized, double-blind, crossover study that examined overall metabolic effects of resveratrol in humans.

How resveratrol and calorie restriction are believed to work similarly is that they both stimulate genetic expression of SIRT1, a protein that improves metabolic function and also keeps cells healthy when under stress. This was confirmed in the study by the researchers who took muscle biopsies and found that those taking resveratrol did have increased SIRT1 levels.

As promising as these results are, and as nice as it would be to lose weight without trying, taking resveratrol does not mean giving up an exercise routine or healthy-eating habits. These two lifestyle factors are still king when it comes to losing and maintaining weight and staying healthy. But it's nice to know you might be able to boost the effects even more by simply including resveratrol in your daily routine.

To learn more about how to increase your health and wealth by joining Dr. Kaplan's Isagenix team, go to <http://www.5minutemotivator.com>.

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Chapter 17

Athletes on CoQ10 Suffer Less Muscle Damage and Recover Faster

(Pillar 3: Product B)

I had the opportunity to meet with Jack LaLane when I was lecturing at the Arnold Schwarzenegger classic. He told me he exercised at least one hour per day and he hated it, until he was done. But he knew it was part of his being and the secret to his health. If you want to be healthy you have to pay the price. Now is the time to get up and do your workout. Despite your everyday stress, you just know you should do it. Think of the benefits to your cardiovascular system, the endorphin-stimulated “rush” you feel during and after the workout, and finally, the slimming effect on your waistline. Now, you can add a positive effect on telomere health.

In the last chapter we talked about Product B and telomere support. I mention this product many times because perhaps no other product is specific to telomere support. One key ingredient is Coenzyme Q10. According to *Health News*, Coenzyme Q10 (CoQ10) reduces the incidence of muscle injuries in athletes, according to a new study.

Intensive physical exercise may cause muscular injury and increase oxidative stress. Past studies have suggested that CoQ10 may enhance physical performance and reduce exercise-related fatigue.

The purpose of the current double-blind study was to examine the effect of the antioxidant CoQ10 on muscular injury and oxidative stress during exercise training. Eighteen male students, all elite Japanese student athletes practicing the martial art of kendo, were randomly divided into two groups. Ten subjects received 300 mg CoQ10 per day and 8 subjects received a placebo for 20 days. All subjects practiced their

sport for 5.5 hours per day for 6 days during the experimental period. Blood samples were taken two weeks before the study, at days three and five of the training period, and one week after the training.

At day three and five of the training period, serum creatine kinase (CK) activity, a measurement of muscle damage and injury, and lipid peroxides, a measurement of oxidative stress, were lower in the CoQ10 group than in placebo-treated subjects.

The researchers concluded, “These results indicate that CoQ10 supplementation reduced exercise-induced muscular injury in athletes.”

The researchers theorize that CoQ10’s effects were due to its antioxidant abilities.

To that list of age-defying pillars, don’t forget to add physical activity. In a new paper published in the journal *Mechanisms of Aging and Development*, researchers from Denmark have provided evidence that an increase in physical ability was positively associated with longer telomeres. In fact, they even calculated how many years increased physical ability could contribute to longer lifespans.

The researchers examined the relationship between telomere length and physical ability in 548 same-sex twins as part of an ongoing, long-term study in elderly Danish twins. The twins, averaging an age of 79 years and 67 percent of them female, had leukocyte (white blood cell) telomere length measured and were provided with questionnaires to determine both their physical ability and activity levels. Questions asked to determine physical ability included: “Can you walk up two flights of stairs?” “Can you run 100 meters?” “Can you carry 5 kg?” The study subjects answered the questions on a scale of one to four; one being that the activity could be completed without fatigue and four being the activity could not be completed. Activity levels ranged from zero to four; zero being no exercise and four being frequent, high intensity exercise.

According to the authors, there was a strong correlation between physical activity and physical ability. The data revealed a strong, positive relationship between telomere length and physical ability, which

interestingly was much stronger for females than males. The authors also noted that in this particular study, unlike previous studies, no association was found between cognitive function and leukocyte telomere length.

Using their data, the authors calculated that by increasing one's physical ability score by one unit, telomere length increased to that of about three years prior. "Our findings are in line with the TL (telomere length)-longevity nexus in humans," they noted, and concluded that, "Our study confirmed that physical activity correlated with both physical ability and (telomere length)."

So go on, put your workout outfit on, and lengthen those telomeres!

To learn more about how to increase your health and wealth by joining Dr. Kaplan's Isagenix team, go to <http://www.5minutemotivator.com>.

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Chapter 18

Antioxidants for Healthier Arteries

(Pillar 3: Product B)

Among the several ingredients in Ageless Essentials with Product B are vitamin C, coenzyme Q10 (CoQ10), vitamin E, and selenium. A recent study has found that this combination improves arterial elasticity when taken long term.

Arterial elasticity refers to how stiff or elastic arteries are, and more elastic means the better it is for your overall health and heart. Arteries become more rigid generally with age, hypertension or atherosclerosis.

The randomized, controlled trial, published in *Nutrition and Metabolism*, compared the effects of daily supplementation of the combination versus a placebo over six months on 70 participants who had at least two cardiovascular risk factors (hypertension, diabetes, high triglycerides, low HDL cholesterol, or smoking). After six months, the antioxidant-supplemented group showed significantly increased large and small arterial elasticity compared to placebo.

Previous studies have found each of the nutrients deliver other benefits to the cardiovascular system and to myocardial function.

Vitamin C status is associated with vascular endothelial function and protection against oxidative stress. In young women, higher plasma levels of vitamin C are associated with better levels of C-reactive protein (CRP). CRP is a protein that when measured in the blood reflects the amount of swelling in the body, and high levels can get in the way of having a healthy heart.

CoQ10 plays a key role as a fat-soluble antioxidant involved in the health of myocardial tissues and their function. Supplementation not only helps the body to fight off oxidative stress, but has also shown to

increase physical performance and power in athletes and non-athletes alike. CoQ10 is also important for recycling vitamin E.

Vitamin E is associated with better cardiovascular health when combined with other antioxidants and micronutrients in the diet. In addition, increased consumption of polyunsaturated fats also increases the requirement for the nutrient. In a survey of vitamin E intake of approximately 10,000 American adults, more than 90 percent failed to meet current recommendations for vitamin E intake!

Selenium is a trace mineral with antioxidant properties because it is required for the function of selenium-dependent enzymes known as selenoproteins. Selenoprotein examples include glutathione peroxidase, a key antioxidant enzyme involved in protecting against oxidative stress, which can harm cardiovascular health. Supplementation is shown to assist in reducing oxidative stress in overweight adults.

Ageless Essentials Daily Pack features the following: C-Lyte, which provides 520 mg of vitamin C per day as mineral ascorbates that are easier on the stomach; Ageless Actives, providing 100 mg of coQ10 per day in a lipid-solubilized form developed by Bill Judy, Ph.D. The coQ10 is eight times (800 percent) more absorbable than typical dry powder forms; Essentials for Men or Women, providing 90 IU of vitamin E (as natural mixed tocopherols and d-alpha tocopheryl succinate) and 100 mcg of selenium per day. With complementary nutrients such as fish oil (omega-3s) and vitamin K2, Ageless Essentials Daily Pack represents a convenient strategy for better cardiovascular health

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Chapter 19

Seven Supplements for a Healthy Brain

(Pillar 3: Product B)

If you read this far and have learned about the pillars to health, you have a healthy brain. How do we keep it that way? Well first we must learn about the brain and then we will study brain health.

Weighing in at about 3 pounds, the human brain is comprised of about 100 billion neurons, each of which form 1,000 synapses, and about 10 to 15 trillion neuroglia. It's this astonishing complexity that houses our faculties for making conscious choices, storing treasured memories, and producing a unique personality.

After a peak of brain function at about age 22, a normal part of getting old is a cumulative loss in cognitive skills and memory. While our genetics cannot be altered, we can reduce the compounding physical and emotional stressors that work against the health of our minds and bodies. Fighting age-related decline is a life-long process that requires careful planning and attention to our body's warning signs.

Regular exercise, socializing, puzzle-solving, and playing a musical instrument are all examples of ways in which you can keep your mind active and healthy. Eating a healthy diet rich in fruits and vegetables is also helpful, as the brain benefits from the uptake of several antioxidant nutrients that help protect it from oxidative stress.

In addition, Isagenix is dedicated to providing quality nutrition to support your body and support your cells. Their Ageless Essentials Daily Pack with Product B, delivers ingredients backed by ample research to keep your brain young.

Brain Supplement #1: Fish oil

Fish oil contains docosahexaenoic acid (DHA), a long-chain omega-3

fatty acid that is the predominant structural fatty acid of the human brain. The brain acquires the majority of its DHA during infancy and it plummets with age. Studies show that consuming more DHA in the diet can maintain and even promote growth of brain tissue throughout adulthood. Found in IsaOmega Supreme, fish oil provides an abundant supply of this critical fatty acid. Supplementation can support attention span, verbal fluency, and memory in the elderly.

Brain Supplement #2: Coenzyme Q10

The brain requires large amounts of energy. When mitochondria—the powerhouses of the cell—produce energy in the form of ATP, they also release free radicals that can damage sensitive tissues of the brain. Preserving these valuable cells in the brain with coenzyme Q10 (coQ10) supplementation supports memory and overall cognition. CoQ10 is the major antioxidant of the mitochondria and it reduces oxidative stress on the neurons and tissues in the brain.

Brain Supplement #3: Antioxidant Vitamins E and C

CoQ10 is a valuable cellular antioxidant, but it cannot do the job alone. Vitamins E and C work in synergy to combat free radicals. Supplementing with both vitamins has been shown to reduce oxidative stress in the brain and support memory in elderly populations. Remember that DHA is the primary fatty acid in the brain? Because DHA is a highly unsaturated fatty acid, it is also especially vulnerable to oxidation. Vitamin E, a fat soluble vitamin, helps protect these lipids from being oxidized. Vitamin C, along with CoQ10, is important because it will regenerate Vitamin E and prevent further oxidative stress.

Brain Supplement #4: Vitamin D

Getting adequate amounts of vitamin D has been linked with a healthy weight, bone strength, cardiovascular health and, now, cognition. However, the majority of elderly are at the greatest risk for neurological

decline because they are vitamin D deficient. Vitamin D aids in nerve signaling and the development of brain cells. Vitamin D also enables calcium to bind more efficiently to protein receptors in the brain, activating valuable genes and initiating the creation of beneficial proteins. In the brain, this activation cascade can improve memory and promote clarity.

Brain Supplement #5: Resveratrol

Resveratrol is a versatile compound that acts to slow aging through several mechanisms including improving brain health. The grape and red wine-compound is involved in boosting blood flow in the brain and may even help enhance motor skills and support memory.

Brain Supplement #6: B Vitamins

B vitamins are necessary for maintaining the brain's function. Often, however, people don't receive the amounts that are optimal for brain health or cannot absorb them properly. As we age, the ability to absorb vitamin B12, for example, diminishes. Vitamin B12 requires very specific conditions in the body to be assimilated, transported and utilized. Even what's considered a minor insufficiency of B12 can result in poor brain health in the long term. This is because vitamin B12, as well as folate, helps to regulate homocysteine. Getting ample amounts of all B vitamins also help to deal with stressors and maintain the brain.

Brain Supplement #7: Curcumin

A potent polyphenol found in Indian-spiced curries, curcumin is a powerful antioxidant that can guard against oxidative stress in nerve cells. In the laboratory, this Indian spice has been shown to improve memory in rodents. Proactively working to reduce harm from oxidative stress with intake of antioxidants will help maintain your body and your mind.

The body is constantly under attack from free radicals and oxidative stressors. Preserving the body on a cellular level is the key to maintaining

health, youth and vitality. Eating a balanced diet, practicing stress-relieving activities and taking these vitamins will provide you with a great support against cellular aging.

As the population gets older, we must become more conscientious about how we live and the impact we put on our bodies. The Ageless Essentials Daily Pack gives you the tools to keep your body healthy from the inside, out.

So there you have it, youth in a bottle, or is it an insurance policy on aging? Actually it is a combination of both. So now let's further review Pillar 3: Product B.

Imagine adding life to your years with an increased feeling of youth, health and vitality.

Research has shown that accelerated aging can be broken down into four key mechanisms:

- Exposure to Toxins
- Obesity
- Stress
- Poor Nutrition

Note: As these mechanisms play out in our bodies, they trigger complex biological reactions that negatively affect “Healthy Longevity” and “Youthful Aging”.

One such result is the shortening of telomeres:

- A telomere is the protective cap at the end of our chromosomes, and the health of your telomeres could mean the difference between just living long and enjoying those extra years with a prolonged feeling of youthful health and vitality.
- Product B combines the breakthrough efforts in the cutting-edge field of telomere support with the benefits of antioxidants to fight the ravages of oxidative stress
- A complex blend of 28 botanicals and minerals,
- Product B is uniquely designed to offer the best telomere supporting product on the market.

- Product B helps maintain youthful functions of cells and healthy telomeres.
- Product B contains a full spectrum of 20 natural bioactive antioxidants to help protect you from harmful free radicals that can accelerate aging and contribute to poor health.
- Targets the sources of aging, such as oxidative stress caused by free radicals

Free radicals come from environmental toxins:

1) Pollution

“Every day, the average person inhales about 20,000 liters of air. Every time we breathe, we risk inhaling dangerous chemicals that have found their way into the air.”

Source: http://www.greenconcerns.org/air_pollution.php

2) Chemicals

“Scientists estimate that everyone alive today carries within her or his body at least 700 contaminants, most of which have not been well studied.”

Source: <http://www.chemicalbodyburden.org>

3) Drugs

“Doctors in the US, on average, now fill out 12 prescriptions per year for every American; up from an average of seven per person in the 1970s.”

Source: <http://www.guardian.co.uk>

4) Radiation

“The human environment has always been radioactive and accounts for up to 85% of the annual human radiation dose.”

Source: <http://www.world-nuclear.org>

5) Occur in your own body when you exercise.

“Exercise can create an imbalance between oxidant and antioxidant levels, a situation known as oxidative stress.”

Source: <http://plaza.ufl.edu/cleuwen/CMC8.PDF>

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Pillar 4

IsaLean Shakes

A satisfying and delicious meal replacement, you'll love each sip of our smooth IsaLean shake. This deliciously complete meal replacement contains 23 grams of the highest quality New Zealand whey and casein protein from grass-fed cows with no added hormones or antibiotics, as well as filling fiber, calcium and vitamins to support your body's vital functions. This perfectly balanced shake also contains Ionic Alfalfa™, Isagenix' proprietary blend of 70 super-charged minerals, trace minerals and alfalfa juice. Active enzymes in each serving help maximize the absorption of key nutrients.

IsaLean Shakes are an important part of your Isagenix Cleansing and Fat Burning System and may help you slim down, while preserving and building lean muscle mass.

IsaLean Shakes are delicious, nutritionally complete meal replacements that take your health and performance to new levels.

What should I know about IsaLean Shakes?

IsaLean Shakes contain 23 grams of high-quality undenatured whey and casein protein from New Zealand that exceed USDA organic standards. Available in Natural Creamy Chocolate and Natural Creamy Vanilla, our shakes are also low in saturated fat, sodium and cholesterol and have added enzymes that break down carbohydrates, proteins and fats to maximize the absorption of key nutrients. Best of all, at only 240 calories, 6 grams of fat and less than \$3.50 a meal, an IsaLean Shake is the perfect, well-balanced meal, no matter your lifestyle.

How can I benefit from using IsaLean Shakes?

Packed with premium nutrition that includes a balanced ratio of high-quality protein, healthy fats and energy-boosting carbohydrates,

IsaLean Shakes support weight loss and an increase in lean body mass.

What makes IsaLean Shakes unique?

IsaLean Shakes contain superior nutrition compared to other meal replacement shakes on the market. IsaLean Shakes contain exclusively sourced IsaPro® Complex, the highest quality whey protein concentrate and casein protein from the world's largest dairy group in New Zealand, whose standards exceed the USDA organic standards. The cows are pasture-fed and not treated with hormones or antibiotics. The protein in the IsaLean shakes is extracted from the milk using a proprietary technology that no other company in the world can mimic. As a result, IsaLean Shakes contain lower lactose levels and a superior amino acid profile. IsaLean Shakes also contain Ionic Alfalfa™—a proprietary alfalfa juice concentrate enriched in ionic minerals to keep the body running at peak performance.

Why are IsaLean Shakes so important for the body?

IsaLean Shakes provide balanced nutrients to maximize nutrition while minimizing caloric intake for safe weight loss and effective weight management. These shakes, exclusive to Isagenix, also have added enzymes to break down the carbohydrates, proteins and fats for maximum absorption of key nutrients.

How do IsaLean Shakes support Nutritional Cleansing?

Protein is an important nutrient needed by everyone on a daily basis. It is made up of essential and non-essential amino acids, which are the “building blocks” for healthy bodies. The high quality whey protein concentrate found in the IsaLean shakes contains a superior amino acid profile for optimum health and wellness. Protein has a number of different roles in the body including the following:

- Repair body cells

- Build and repair muscles and bones

Provide a source of energy

Curb cravings

Control many of the important processes in the body related to metabolism

What can I add to my IsaLean Shakes?

These delicious shakes are perfect enjoyed just as they are. However, they are also extremely versatile and can be mixed with other great Isagenix products. For extra nutrition, add a scoop of IsaFruits®, Isagenix Greens!™, Want More Energy?®, IsaPro, Isagenix FiberPro™ or a half of an Oatmeal Berry SlimCake. You can add fresh fruit to your shake. Isagenix provides a wide variety of recipes.

Chapter 20

Protein Can Help Control Overeating

(Pillar 4: IsaLean Shakes)

Worried about overeating high-calorie goodies during the upcoming holidays and piling on the pounds? Eating foods with a higher percent of calories from protein may be all it takes to help control appetite and manage weight, a new study suggests.

Researchers from the University of Sydney in Australia, Cambridge University in the United Kingdom, and Massey University in New Zealand found that lean adult men and women fed foods containing 15 or 25 percent calories from protein over a four-day period ate 12 percent fewer calories overall than subjects fed foods containing 10 percent calories from protein.

The study, published in *PLoS One* in October, 2011 also found that the subjects fed the lower protein (10 percent) diet reported they were hungrier after breakfast in comparison to those fed a higher (25 percent) protein diet.

“In our study population a change in the nutritional environment that dilutes dietary protein with carbohydrate and fat promotes overconsumption, enhancing the risk for potential weight gain,” the authors wrote.

“Protein Leverage Theory”

When placing blame on contributors to the increasing obesity epidemic in the United States, the usual suspects that come to mind are easy access to high-calorie foods and too little time spent exercising. This study was designed to test a “protein leverage theory”, which proposes that when faced with a diet lacking enough protein—a more hunger-satisfying nutrient— people compensate by overeating.

The protein leverage theory is not far-fetched—studies in other species including non-human primates, pigs, rodents, birds, fish, and insects all consistently show that when the percentage of protein is reduced in their diets, they compensate by eating more calories from non-protein sources such as carbohydrate and fats.

Between 1961 and 2000, the protein percentage in Americans' diets declined from 14 percent to 12.5 percent. Although it's less than a 2 percent drop, it was paired alongside a 14 percent increase in total caloric intake from fat and carbohydrate.

Study Design

Twenty-two healthy, lean men and women participated in three, four-day study sessions where the subjects stayed overnight and had all meals provided and their eating habits monitored.

The recipes for the foods made were modified to contain 10, 15, or 25 percent calories from protein. Fat was kept constant at 30 percent, and carbohydrate was also modified to be 60, 55, or 45 percent of calories. The study's meals were prepared in a way so the participants could not tell the difference in the fat, carbohydrate, or protein content of the foods eaten. Meals served included apricot yogurt muesli for breakfast, teriyaki sushi roll for lunch, and chow mein for dinner. Outside of meals, snack foods, or 'anytime foods', were also available to the participants whenever they liked, and these were either sweet or savory options—carrot cake, apple crumble muffins, and cheese scones among the choices.

When comparing what subjects ate on the 10 percent protein diet versus the 15 percent protein diet, researchers found that subjects consumed an average of 12 percent more calories over the 4-day session. Of that 12 percent increase, 57 percent was due to eating more savory foods, and 43 percent due to eating more sweet foods.

The authors noted that 70 percent of the caloric increase in the

subjects on the 10 percent protein diet came from eating foods that were available anytime (snack foods). The increase in calories was evident from the first day of the trials and persisted throughout.

“If subjects maintained the level of increased intake observed on the 10 percent protein diet in our study, without an accompanying increase in energy expenditure through increased activity,” the authors wrote, “a 1.0 kg (about 2 pounds) weight increase per month would be expected.”

Protein Shake

I start my day off with a protein shake. I have found whey protein to be one of the easiest to digest and most readily absorbed. One convenient way to obtain hunger-satisfying protein is the IsaLean Shake. The complete meal replacement contains only 240 calories, of which more than 35 percent comes from high-quality protein. I love the taste and my wife enjoys them, also. I prefer the chocolate. A high-protein shake with whey and casein protein, which is clinically shown to promote healthy weight loss, helps maintain or build muscle when combined with exercise. Whey protein is ideal for boosting fat burning and promoting muscle maintenance. What makes the protein in the IsaLean shake so unique is its origin. The undenatured whey protein comes from free-range New Zealand cattle that graze on grass pasture not treated with pesticides and herbicides. The cows are not given hormones or antibiotics and are milked according to season. This is why some say this yields some of the best whey protein in the world.

I recommend this shake as it is only 240 calories and serves as a meal replacement. It is a meal replacement with the right amount of carbohydrates, protein, and fat. It supports lean muscle mass and strength, satiety and metabolism. It is clinically proven to support weight management, satisfy cravings, help control calories and is kid approved. Added benefits are it contains zinc, low lactose, (for those lactose

intolerant), low sodium, low glycemic carbohydrates, fiber and a broad spectrum of vitamins and minerals.

Isagenix uses New Zealand-sourced whey and other dairy proteins including casein in the IsaLean Shake to take advantage of both fast and slow-digesting properties to maximize muscle retention through sustained blood amino acid levels, increase thermogenesis, promote satiety, and encourage healthy weight management.

To learn more about how to increase your health and wealth by joining Dr. Kaplan's Isagenix team, go to <http://www.5minutemotivator.com>.

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Chapter 21

Whey's Amino Acid Profile Best for Building Muscle in Older Men

(Pillar 4: IsaLean Shakes)

Whey protein stimulates more muscle-building in older men when compared to other proteins because of its superior amino acid profile, according to a new study by researchers from Maastricht University Medical Center in the Netherlands.

The study, published in the *American Journal of Clinical Nutrition*, reveals that in addition to being a fast digesting protein, whey also has a preferable ratio of amino acids for protein retention in the muscles.

As we age, muscle synthesis declines and muscle loss accelerates. Muscle loss is not only a problem in terms of physical activity, total body muscle is also a huge factor in regulating body weight and determining resting metabolic rate. Sarcopenia, or age-related loss of muscle and strength, is becoming an increasingly relevant concern for an aging population and is directly associated with quality of life.

Promoting muscle synthesis through diet and exercise is effective in maintaining long-term health. The authors of the current study suggest that increasing muscle protein synthesis through ingestion of whey proteins may provide “effective nutritional strategies to attenuate age-related losses of muscle mass.”

Higher rates of muscle protein synthesis are likely “attributed to the faster digestion and absorption kinetics of whey, which results in a greater increase in postprandial plasma amino acid availability and thereby further stimulates muscle protein synthesis,” report the researchers.

Although previous research shows that whey protein supports higher levels of protein retention than casein, it has not been clear if

retention was due to quick digestion and absorption of whey proteins, or if the amino acid content of whey may have contributed as a factor. Whey, for example, is characteristically higher in branched-chain amino acids, including leucine.

To test the hypothesis that amino acid content played a role, the researchers included hydrolyzed casein protein, which is partially broken-down casein protein, to speed up the digestive process similarly to whey.

The researchers randomly assigned 48 healthy, older men to one of three protein groups. They received a 20-gram drink containing whey, casein or casein hydrolysate protein along with labeled phenylalanine to determine protein fractional synthetic rates. None of the subjects had a history of diabetes or participated in a regular exercise program.

Plasma was collected over a six-hour period and muscle biopsies were taken at baseline and at three and six hours. The appearance of, availability and absorption of amino acids were measured for all three dietary groups.

Results from this carefully monitored study showed both casein hydrolysate and whey increased available amino acids earlier than the non-hydrolyzed casein proteins.

However, the researchers report, “whey protein is more effective than casein and casein hydrolysate at promoting postprandial muscle protein accretion in healthy older men.”

While initial amino acid availability was similar between whey and casein hydrolysate, whey stimulated a higher net availability of amino acids than either casein protein supplement over the six-hour time period. The researchers concluded that rate of absorption is not the only determining factor for after-meal muscle protein retention.

A greater increase in plasma leucine concentrations following whey protein intake “seems to be in line with the suggestion that leucine forms a key factor regulating postprandial muscle protein synthesis.” The amino acid composition within each protein was shown to be as important as rate of absorption in stimulating amino acid uptake.

Chapter 22

Whey Protein and Weight Loss

(Pillar 4: IsaLean Shakes)

Does the phrase “weight-loss plateau” ring a bell? If you’ve ever embarked on a weight-loss journey, it more than likely does. And now there’s good news for you—results from a just-published study show that losing more belly fat and gaining more muscle is easier by eating more protein from dairy. The researchers credit the results to the whey protein fraction of the milk.

The study, published in the September issue of the *Journal of Nutrition*, followed 90 overweight or obese women (aged 19-45) for 16 weeks as they followed a weight-loss program—500 calories lower than normal. The women were randomly assigned to one of three groups: the first group consumed 0 to 1 servings of dairy each day (low dairy and adequate protein), the second group consumed 3 to 4 servings of dairy each day (medium dairy and adequate protein), and the third group consumed 6 to 7 servings of dairy each day (high dairy and high protein). One serving of dairy was equal to about 1 cup of milk or about 1.5 ounces of cheese.

The diets were designed so that the women consuming the most dairy were eating two times more protein and lower carbohydrates than the other two groups, and twice the amount of dairy than the medium dairy group. All women engaged in an exercise program that included aerobic exercise five times a week and resistance training two times.

At the end of 16 weeks the women in the high dairy and high protein group lost significantly more fat, particularly belly fat, and gained more muscle mass than the women in the other two groups. All the women in the study lost weight, but lead author of the study and graduate student

in the Department of Kinesiology at McMaster University, Andrea Josse, points out, “One hundred percent of the weight lost in the higher-protein, high-dairy group was fat. And the participants gained muscle mass, which is a major change in body composition.”

Body composition after weight loss is important because as with any weight-loss program, fat is lost, but at the same time so is muscle, which may help explain the “plateau” effect. Not only that, but muscle plays a crucial role in regulating levels of glucose and fats in the blood, which means losing muscle could have negative effects on long-term metabolic health.

Also detrimental to preserving metabolic health is belly fat, or visceral fat. “Fat in the abdomen is thought to be especially bad for cardiovascular and metabolic health, and it seems—according to what we found in this study—increasing calcium and protein in the diet may help to further promote loss of fat from the worst storage area in the body,” Josse said.

The authors suggest the increased fat loss seen with higher consumption of dairy is “likely related to other bioactive components such as the protein fraction (whey) rich in branched-chain amino acids (leucine, isoleucine, and valine).”

Well sickness, disease and aging, must be quaking in their boots. I love my shake and it not only starts my day right, heck, who doesn't like a chocolate shake for breakfast but I find it filling as well. So let's review Pillar 4:

The IsaLean Protein Shake is “Clinically proven to help you lose weight, stay full, maintain lean muscle and provide a balance of healthy fats, high-quality protein and low-glycemic carbohydrates.”

The IsaLean Shakes also provide:

- 23 grams of undenatured whey protein
- No hormones or antibiotics
- 8 Digestive enzymes

- Prebotic fiber (4 g of dietary fiber)
- Only 240 calories
- Cost per shake: \$2.51

IsaLean Shakes are clinically proven to:

- Reduce cravings (using branched-chain amino acids)
- Control calories
- Approved for children as young as 4 years old

To learn more about how to increase your health and wealth by joining Dr. Kaplan's Isagenix team, go to <http://www.5minutemotivator.com>.

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Pillar 5

Cleanse for Life

Every day we're exposed to toxins in the food we eat, the air we breathe, the water we drink and the items we touch. Cleanse for Life® helps give your body the nutrition it needs to cleanse itself naturally, and unlike other “cleanses,” laxatives or diuretics that can deplete your body, Cleanse for Life nourishes and feeds your entire body with vitamins, minerals, antioxidants and botanicals.

Deep and daily cleansing with either our powder or liquid forms of Cleanse for Life, supports your mental and physical performance, resistance to stress and digestive health. It can also help protect your body from the cumulative damage of environmental toxins and oxidative stress.

Naturally rid your body of harmful impurities while nourishing it with vital nutrients, antioxidant botanicals, vitamins and minerals.

What should I know about Cleanse for Life?

Everyday we're exposed to toxins in the food we eat, the air we breathe, the water we drink and the items we touch. Cleanse for Life helps give your body the nutrition it needs to cleanse itself naturally, and unlike other “cleanses,” laxatives or diuretics that can deplete your body, Cleanse for Life nourishes and feeds your entire body with vitamins, minerals, antioxidants and botanicals.

How can I benefit from using Cleanse for Life?

Deep and daily cleansing with either our powder or liquid forms of Cleanse for Life, supports your mental and physical performance, resistance to stress and digestive health. It can also help protect your body from the cumulative damage of environmental toxins and oxidative stress.

What are the new updates to Cleanse for Life Natural Rich Berry Powder?

Isagenix is committed to remaining on the cutting-edge with our no-compromise ingredients and extraction technology. Natural Rich Berry Cleanse for Life benefits from our ongoing research and we're proud to introduce the next evolution of this incredible product.

Improved Technology

Through improved manufacturing and extraction techniques, the potency of each rare, no-compromise botanical ingredient has been improved. In some cases, the ingredients are 2 to 3 times more potent than the original version because of this improved extraction process that pulls all of the phytochemical properties from the botanicals at the cellular level.

New Ingredients

Now the new Natural Rich Berry Cleanse for Life features a higher concentration of bioactives for increased potency for cleansing at the cellular level and greater protection against oxidative stress. Plus, new increased levels of burdock and the addition of turmeric support liver health and offer a protective effect against toxins.

Improved Taste

Thanks to the new extract process and our already naturally-sweet ingredients (such as bilberry, blueberry and raspberry), the new Natural Rich Berry flavor of Cleanse for Life powder will make every Cleanse Day even more enjoyable.

How does Cleanse for Life work?

Cleanse for Life is not a colon cleanse or laxative product. Cleanse for Life is different because it nourishes the liver and promotes whole-body cleansing on a cellular level. And, unlike other products on the

market that may deplete the body of vital nutrients, Cleanse for Life actually nourishes the body as it cleanses.

What are the differences between liquid and the powder?

The Cleanse for Life Liquid and the Cleanse for Life Powder both provide nutritional cleansing benefits with only slight variations in active ingredients. The main differences in the two formulations are the forms. Both are perfect for different lifestyles. Cleanse for Life Liquid is already blended, so there is no mixing needed. Alternatively, the Cleanse for Life Powder is portable; you can take the powder with you and mix it with water whenever you want. Both taste great.

Do I need both everyday cleansing and deep cleansing?

Nutritional Cleansing is most effective when Cleanse for Life is used as both a daily and deep cleanse. Everyday cleansing aids the body as it naturally removes the impurities you are exposed to on a daily basis. Deep cleansing aids in the removal of contaminants that have collected deep within the body tissues over time. Deep cleansing has the ancillary benefit of promoting weight loss.

How often should I use Cleanse for Life?

For everyday cleansing, use 1 scoop powder up to twice daily. For deep cleansing, use 2 scoops powder up to four times daily, as part of the Isagenix Cleansing and Fat Burning System.

Chapter 23

Cleanse for Life

(Pillar 5: Cleanse for Life)

I liked the name of the fifth pillar so much I named a chapter after it. One of the biggest threats to our health today is our toxic environment. The food we eat is nutritionally bankrupt. We no longer rotate our fields, rotate our crops, we just plant and harvest. Thus many vitamins and minerals are lost. Our foods are overly processed and laden with pesticides. Compound this with the water we drink. The water many of us drink is laden with chemicals. The air we breathe is filled with toxic particles and gases. We live in a toxic world, so how can we expect our bodies not to be toxic? And what do we do?

Imagine that 51% of the carbon monoxide in the air is caused by car pollution. This is compounded by the fact that 73 different pesticides have been found in ground water-potential drinking water. So how do we stay healthy in this toxic environment?

The answer is simple, we clean our bodies as we clean our house, one room at a time, one organ at a time, in essence, we cleanse. We clean the outside of our bodies every day, don't you think we need to clean the inside?

Isagenix developed a product called "Cleanse for Life." This product helps to naturally rid your body of harmful impurities while nourishing it with vital nutrients, antioxidants, vitamins and minerals. This allows the body to cleanse and vitality is restored to its fullest.

"Cleanse for Life" helps to protect your body from cumulative damage of environmental toxins and oxidative stress. It assists and supports mental and physical performance while boosting energy and endurance. My energy levels at 59 are greater than they were at 50.

Removing toxins and cleansing helps your immune system and digestive system. Cleanse for Life, encourages safe and effective weight-loss by gently removing impurities that accumulate in your fat and tissues. I know of no other product like it.

So, what is the secret, what does it contain?

One of the key ingredients is Ionic Alfalfa, this is their proprietary blend of alfalfa juice concentrate enriched with a blend of trace minerals which support the body's functions.

Then it incorporates powerful antioxidants like bilberry, blueberry and raspberry. In health today the best defense is a good offense. Now is to time to take action and begin to cleanse your body. These powerful antioxidants are just the beginning; now add B3, B6, B12. Now throw in zinc and niacin and we are not even half way there. These powerful antioxidants help protect your cells, your cardiovascular system and other vital organs from the effects of free radicals. Now put this together with Ionix Supreme and you have a one, two knock-out punch.

Another key ingredient is ashwagandha, a calming adaptogen that supports a healthy immune system promotes brain health and helps to guard against the cumulative effects of free radicals.

The Four Layers of Aloe Vera

Gel, where the leaf stores the majority of its nutrients and is used in Cleanse for Life. The inner filet leaf gel contains enzymes essential amino acids, vitamins and minerals, which support digestive health and the immune system while encouraging detoxification.

Mucilage acts as a barrier and keeps the inner filet gel very sterile.

Sap, the yellowish portion of the plant containing anthraquinones, which have a gentle cleansing effect.

Rind, a hard layer 15 cells thick. The rind acts as filler in many products and has few nutrients.

Isagenix uses only what they need and doesn't utilize the mucilage, sap or rind.

Cleanse for Life uses all natural ingredients that nourish the body without laxatives, diuretics or stimulants. Their products do not rely on one fruit or berry like many other popular fad cures. Cleanse for Life uses a combination of proven bioactive ingredients and nutrients to support cleansing of the whole body on a cellular level.

So there you have it—one product, one pillar, one unique blend of botanicals from all over the world that support cleansing in the body. A product which protects and supports the immune and digestive systems. A product that encourages safe and effective weight loss by supporting the body to gently remove impurities that accumulate in fat and other tissues.

To learn more about how to increase your health and wealth by joining Dr. Kaplan's Isagenix team, go to <http://www.5minutemotivator.com>.

Chapter 24

Fasting and the Isagenix System

(Pillar 5: Cleanse for Life)

Fasting and Cleanse Days

The study may potentially offer new insights into the science behind Isagenix products and systems. “The biological mechanism by which fasting turns off the proteins that stimulate fat and cholesterol synthesis may explain partially our success with our two weight-loss programs, where we incorporate one to two days per week of Cleanse Days, which we’ve shown successfully produce healthy weight loss in adults,” says Susie Rockway, Ph.D., director of Isagenix Research and Science.

Dr. Rockway adds, “Similarly, the new study is interesting as it could have other implications because it offers support to intermittent fasting, or Cleanse Days, as a potential alternative to caloric restriction for stimulating SIRT1.”

In late April, Dr. Rockway presented the results of two pilot studies—a nine-day study and 28-day study—both of which found Isagenix products and Cleanse Days supported adults with healthy weight loss, maintaining healthy lipid profiles. The studies also found subjects felt better about their weight, health and energy levels.

Cleanse Days—days of limited food calories and water complemented by the botanical-based detox drink, Cleanse for Life—are a component of the Isagenix Cleansing and Fat Burning System, a nutritional program developed by the company to help customers achieve their health goals with cleansing and detoxification, replenishing with proper diet and nutrition, and controlling caloric intake.

So there you have it, 5 pillars, the foundation to health, or as I call

it, “The Power of the Pillars.” Now let’s review Pillar 5.

Cleanse for Life is a synergistic blend of 16 gentle cleansing herbs and other natural compounds scientifically formulated to help support the body’s natural ability to remove toxins and impurities. As the toxins cleanse out, energizing nutrients flood in.

The 9-Day Cleanse and the 30-Day Cleanse both offer 4 one-day (24-hour) fasting cleanses. It is a known fact that fasting promotes an increase in fat-burning hormones.

“Hormones are usually at the root of most of your metabolic functioning, and fat burning is no different. Growth hormone is the most important fat-burning hormone in your body. Fasting pushes growth hormone production into high gear and this makes your fat-burning furnace start to work overtime. Fasting also decrease your insulin levels, which ensures that you burn body fat instead of storing it.”

(Source: “Eat Stop Eat,” by Brad Pilon, MS)

The human body has powerful cleansing systems, including our:

- Stomach
- Intestines
- Lymphatic system
- Liver
- Kidneys
- Skin that naturally eliminate toxins.

Note: These defensive cleansing systems can become overloaded with exposure to environmental toxins such as:

- Pesticides
- Herbicides
- Processing agents
- Artificial ingredients

Note: An accumulation of these toxins may eventually influence our body's natural functions and health.

Cleanse for Life:

- Has no preservatives
- Protects cells from free radicals
- Promotes a healthy immune system
- Provides whole-body support with Ionic Alfalfa

Chapter 25

Living To Be Young

My next book will be titled *Living To Be Young*, which is why I named my last chapter of this book the same. Throughout the course of this ebook, my goal was to empower the reader with “Pillar Power,” a way to enhance their life and lifestyle. Today, Americans increasingly recognize the importance of taking an active, natural, holistic approach to aging and overall well-being.

During his twilight years, American author, Mark Twain, noted that “life would be infinitely happier if we could only be born at the age of 80 and gradually approach 18.”

Twain’s remarks were not uncommon by authors and celebrities who rendered complaints about aging. Actually, they have been recorded for as long as humans have dreaded the downside of a long life or what some refer to as our “Winter Years.” The ancient Greek poet, Homer, called old age “loathsome,” and William Shakespeare termed it “hideous winter.”

It’s not hard to understand why there have always been hopes and rumors that something soon to be discovered—maybe stem cell research—will do away with old age.

Imagine a world where health can be attained and we could actually slow the process of aging. With the right amount of science and by introducing the Power Pillars to your health, this can be realized.

Natural ingredients offer a holistic, balanced synergy of nutrients and antioxidants that nourish, replenish, and protect every cell in your body. Now with Product B improving your telomeric health, we can address aging by using handcrafted products that may not be actively marketed as *anti-aging* products, but that include nutritive ingredients that benefit every cell in our bodies.

The process of aging is the most natural process. It is unavoidable,

but the only thing you can do is that you can take some steps to reduce the impact of various aging factors. This is where the 5 Pillars fit in. Combine that with the mental techniques offered in www.5minutemotivator.com and you can reduce the process of aging. The main causing factor of the premature aging is the sun. There are many tips and herbal anti-aging supplements to address the process of aging.

Dr. Kaplan's "5 Minute Wellness" Tips

1. Drink more water—eight 8-ounce glasses of water per day.
2. Make use of high quality skin care products.
3. Increase your intake of bright-colored fruits like strawberries, blueberries etc.
4. Increase your intake of products that are high in antioxidants like Aging Essentials.
5. Utilize the sun with caution, never in excess, and use sunscreen.

Some of the other factors for preventing aging are green leafy vegetables, berries, good fats which are present in fish oil, plenty of water, minimizing alcohol intake. Some of the major factors that contribute to the process of aging are smoking, stress, and poor dietary habits. All these factors result in high levels of free radicals.

The best natural remedies to address aging are herbal supplements such as Ageless Essentials with Product B for telomere support. These supplements are effective for addressing the aging process because the herbal supplements often contain vitamins and minerals that are very effective as it increases antioxidants. These herbs also protect our body from the different effects of the modern lifestyle.

What we have learned throughout this book is that the "5 Pillars" assist us in using the natural ways to address the aging process of our bodies and our cells. It's even possible to age backwards without pulling the plug on your bank account or going through risky procedures. A

natural approach to youthful-aging focuses on the whole, not just a few obvious areas.

In the past, many people looked to traditional methods of anti-aging that revolved around exterior fixes, whether they were surgeries to help erase years worth of poor self-care or creams and shots to help plump etched-in lines. Remember, however, that a 60-year-old man or woman with a face lift still has a 60-year-old liver, spleen, heart, lungs, gallbladder, etc. We need to fix this from the inside out.

When you consider that the aging process generally means loss of muscle tone, a decline in mental function, and a lack of energy, you begin to realize you're going to need a lot more in your 'anti-aging' kit than just a quick fix. I titled a chapter in my recent book, *The 5 Minute Motivator*, "The Road to Success is Always Under Construction." 'Anti-aging' works along those same guidelines. 'Anti-aging' is a daily commitment to health.

As I discussed, all aging begins inside, well before you see its physical manifestations and experience its symptoms. With natural youthful-aging measures, you can address many of those characteristic signs. But to get the best results naturally, you need to design a well-rounded youthful-aging effort. This approach will spark healthy changes that will naturally show a change in the effects of the clock and now we can do this with 5 Pillars, 5 Minutes at a time.

Nutrition, along with key supplements and exercise, play an active role in natural youthful-aging. If you subsist on a diet of highly-processed, nutrient-free foods, it'll show. For starters, your energy levels plummet and your skin becomes dull. That is why we need to reduce stress and remove toxins from our bodies. (See Pillars 1 and 5.)

A healthy diet that's high in protein will help build and maintain muscle. It will also boost the natural production of human growth hormone (HGH), your body's natural "fountain of youth." Production of HGH goes down as we age. The best way to step up its production is through strenuous exercise and a diet that focuses on high protein intake. (See Pillar 4.)

To learn more about HGH and any other vitamin, go to www.5minutemotivator.com, to read the first chapter of my first book, *Lifestyle Of The Fit And Famous* that Donald Trump called, “The Taj Mahal of health books.” This book, along with *The 5 Minute Motivator*, will give you all the tools you need to know for mind, body and spirit anti-aging therapy.

Dr. Kaplan’s “5 Roads To Wellness”

1. **Eat protein:** The more lean protein you eat, the fuller you’ll feel. This will help keep your blood sugar levels stable. Spikes can lead to insulin resistance, which is the foundation of chronic diseases that can shorten your life span. Centenarians have been found to have a low degree of insulin resistance.
2. **Select antioxidant-rich foods:** Free radicals are the agents of aging, especially when they’re out of control. Antioxidants found in colorful fruits and vegetables will help scour them from your system.
3. **Cook wisely:** Let’s be smart in the kitchen. The rawer the food, the better it is for you. Avoid fried food and processed foods. Cook your food at low temps.
4. **Incorporate omega-3s into your diet:** Whether you eat fatty fish, such as salmon or mackerel, or take a fish-oil supplement, you need omega-3s. They fight inflammation, improve your brain health, and make your skin look better. Eating well is an excellent foundation, but add these steps to your natural youthful-aging protocol.
5. **Know your numbers:** There are five reversible, chemical biomarkers of aging. It’s crucial that you know your numbers so you can work to modify them. Ask your doctor for advice on

this and any weight loss plan prior to going on any regime. Your doctor is your friend; he or she wants you to be healthy and at your ideal weight.

Dr. Kaplan’s “5 Numbers to Wellness”

1. **Insulin:** Maintained at normal levels, it leads to a high level of energy and weight management.
2. **Triglycerides:** One of the most important numbers for heart health, it can greatly impact your risk of heart disease.
3. **HDL:** Boosting this number (your good cholesterol) is a more effective way to focus on cholesterol.
4. **LDL:** Your bad cholesterol number—we want to lower this number as we raise our HDL.
5. **CoQ10:** A powerful antioxidant and a much-needed energy source for your heart. Production peaks at age 20 and drops in half by 40.

Dr. Kaplan’s “5 Tips to Better Health”

1. **Skincare:** Good skincare. Your skin has to withstand a lot of abuse, whether it’s toxins from the environment or bad habits that are surfacing from the inside. The sun is a natural source of vitamin D, so it’s good to get about 15 minutes a day, but no more without good sunscreen. UV rays can cause the breakdown of fibers called elastin, which leads to sagging skin. For your skin, use natural skin-care products. They don’t contain harsh chemicals and additives. Whether your skin is prone to being oily or dry, there are products made to address your type and help keep your skin supple and healthy.

2. **Quit smoking:** Smokers are not healthy people. Smoke triggers the release of free radicals in your body, which age everything, including your skin. Also, the repetitive motions of smoking create wrinkles.
3. **Start Exercising:** One of the greatest natural age-fighters is regular, strenuous exercise. A major sign of aging is sagging muscles, so pumping iron can boost your physical appearance. Even more important, stronger muscles can help protect your bones. Well-developed muscles lower your risk of falls because you're steadier on your feet, and better able to catch yourself. Exercise promotes better blood flow, which is healthy for every organ in your body especially your brain. A study showed that brain scans of older adults who get regular exercise had more small blood vessels in, and better blood flow to, the brain compared to those adults who didn't exercise.² Aim for short, intense bursts of exercise.
4. **Take Nutritional Supplements:** From the frontiers of anti-aging medicine comes Product B, the amazing new supplement that's loaded with antioxidants and supports telomere health that will enhance your immunity and help to slow down the aging process.
5. **Lower stress, remove toxins, and rest**

Meditation/breath: Research has uncovered that meditation can have an anti-aging effect by reducing oxidative stress (with the resultant free radicals). The reduction was measured during meditative practice.

Rest: To maximize the production of melatonin and HGH each night, you need adequate sleep. Melatonin has been found to delay the effects of inflammation and free radicals.

Imagine in “5 minutes” a day, you can change your life *one* second, *one* minute, *one* hour, *one* day, *one* week, *one* month, *one* year at a time. Do you want to know where you stand health-wise? If yes, you may be only “5 minutes” away from wellness. At the conclusion of this chapter, I provide you a special bonus of 2 health quizzes to determine your wellness level. These will give you a general idea of your wellness quotient. These quizzes will give an overview of your stress and toxicity levels. Stress combined with toxicity will deprive your body of health and wellness. It may also prevent you from losing weight or feeling great.

If you are suffering from any health problems, please discuss them with your primary care doctor. This book is a guide to wellness, but your doctor is a major part of your wellness team and should be included in all your health decisions. I am proud that I have two sons—one in medical school and the other in chiropractic school. Our goal has always been to bridge the gap of Eastern and Western medicine.

There are a total of 8 Health Quizzes that were shared with me by Dr. Ted Brooks, Ph.D., MS., Nutrition, and who I’m proud to call my friend. Today, right now, take the next “5 minutes” to take the two health quizzes below. The first one is the Stress Test that allows us to determine your stress levels. This is followed by the Toxicity Test, which allows us to determine if you are toxic and at what stage. Listed below are all 8 quizzes we offer on my web site. The 6 additional quizzes allow us to go deeper to determine your overall wellness quotient.

These quizzes do not provide diagnoses and in no way replace your need to be examined by your primary care doctor. These quizzes are for you and to increase your wellness knowledge about yourself and to determine if you’re meeting your health potential. Spend the next “5 minutes” and take the tests at the end of the chapter. You’ll find them fun, educational, and informative. Once you’re done, go to www.5minutemotivator.com/quizzes to take all 8 health quizzes.

The 8 Health Quizzes

1. **Stress** - may lead to food cravings and thyroid malfunctions.
2. **Liver** - may lead to thyroid malfunctions.
3. **Yeast** - may lead to thyroid and protein absorption malfunctions.
4. **Adrenal Stress** - may lead to thyroid malfunction, water retention and loss of lean muscle mass.
5. **Nutrients** (Vitamins and Minerals) - may lead to thyroid malfunctions.
6. **Thyroid** - the temperature control center for the body.
7. **Hypoglycemia Tendency Check-List for Sugars**
8. **Are You Toxic?** (Everyone needs to take this test.)

Health, wellness, weight-loss, and nutritional cleansing success is just a test away!

Once you've taken the quizzes, feel free to contact Dr. Eric Kaplan at quizzes@5minutemotivator.com to discuss weight-loss and cleansing solutions.

So thank you for reading *5 Minutes to Wellness*. Together we can make the world a happier and healthier place, one person at a time. Sit back, relax, and take the tests I've included. If you desire, send me your scores when you're done and either myself or a qualified health consultant will call you to review your results. If you'd like to take more tests and find out more about your thyroid, liver, hypoglycemia tendencies, yeast disorders, or your adrenal functions, all of these tests are available on my website.

From this day forward, let's make a commitment to take a more active role in our own health and care decisions. It's important to take the proper steps to achieve your optimal health before a sickness, disease, or crisis arises. We begin by spending "5 minutes" each day to take the proper steps to health and well being. These include eating a healthy diet

and taking the correct supplements. My experience has shown that “an ounce of prevention is worth a pound of cure.” If you’re looking to solve the puzzle of health, then let’s start with the basic pieces. Knowledge and prevention are two pieces of the puzzle to obtaining your optimal health. If you are sick and tired of being sick and tired, let’s start here, now, today.

Let’s start Living To Be Young “5 minutes” at a time.

“To wish to be well is a part of becoming well.”

Seneca

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Special Bonus: Health Quizzes

Here is a health quiz to help you determine your current state of health. To download all 8 health quizzes, please visit <http://5minutemotivator.com/quizzes> After completing the quizzes, please send an email to quizzes@5minutemotivator.com for more help interpreting the results of your quizzes and to learn how to use the Power of Pillars to magnify your health.

#1 - Stress May Cause Weight Challenges. Check Your Stress Levels.

Each Yes equals 1 point. A score from 5 to 10 means your stress levels are moderate and may cause your weight challenge. A score of 11 and over indicates that it is almost certain that your stressful existence may contribute to your weight challenge.

- 1. Is your energy level lower than it used to be?
- 2. Are you especially competitive at work, sports, or relationships?
- 3. Do you feel you work harder than most of your colleagues?
- 4. Do you find yourself often doing several tasks at the same time?
- 5. Do you get very impatient if people or circumstances delay you?
- 6. Do you feel guilty each time you try to relax?
- 7. Do you become angry easily?
- 8. Do you have a constant need to be recognized or to achieve?
- 9. Are you unclear about your goals?
- 10. Do you have difficulty getting off to sleep, sleep poorly/lightly, or wake up with your mind racing?
- 11. Do you find it hard to say NO to people?
- 12. Do you often bottle up your feelings?
- 13. Are you always in a hurry to get somewhere, or get something done?
- 14. Are there any long-term stressful situations in your life (parents, marriage, job, children, finances, etc.).

- ___ 15. Has anyone very close to you died recently?
- ___ 16. Have you recently been divorced or separated from your partner?
- ___ 17. Have you had to leave a job recently?
- ___ 18. Do you feel you have a poor self-image, low self-esteem, or poor self-confidence?
- ___ 19. Do you eat to cheer yourself up, or often eat when you are not hungry?
- ___ 20. Are you getting married or have you recently been married?

_____ **Total YES scores**

Note: Yes = 1 point. A score from 5 to 10 means your stress levels are moderate, and may cause your weight challenge. A score of 11 and over is almost certain that your stressful existence may be contributing to your weight challenge.

- Please Note Disclaimer -

Disclaimer -The information in these quizzes is for educational purposes only and should not be used to diagnose and treat any health disorder or disease. This quiz presents information and research which is intended to be reliable, but its accuracy cannot be guaranteed. All serious health conditions should be treated by a competent health practitioner. Neither the publisher nor the author of this quiz in any way dispense medical advice, prescribe remedies, or assume responsibility for those who choose to treat themselves. If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. These statements have not been evaluated by the FDA. This health quiz is not intended to diagnose, treat, cure or mitigate any disease.

Special Reports

For a limited time, Dr. Kaplan is giving away a free copy of *Pillar Power: 11 Special Health Reports*. These reports are filled with the latest results from scientific research and each one provides a boost of information that will help you increase your health dramatically.

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SPECIAL REPORT: Skin Health

SPECIAL REPORT: Brain Health

SPECIAL REPORT: Oxidative Stress I

SPECIAL REPORT: Oxidative Stress II

SPECIAL REPORT: Losing Weight

SPECIAL REPORT: Calcium

SPECIAL REPORT: Fiber

SPECIAL REPORT: Anti-Aging I

SPECIAL REPORT: Anti-Aging II

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