

October 2011 E-News

The Secret to Aging and What You Can Do About It

In 2009 a team of scientists won the Nobel Prize in Medicine for their work on telomeres and telomerase which unlocked the mystery of why and how we age. This research also discovered how it is possible to extend your life and avoid most degenerative diseases that afflict older people.

Quite simply, telomeres are strands of DNA which keep your chromosomes intact like those plastic caps on the end of your shoe laces. When a cell divides the telomeres shorten ever so slightly. Eventually the telomeres get too short and the cell dies. As you age, you reach a point at which more cells die than can be replaced leading to senescence, degenerative disease, and ultimately death. The good news, however, is that research shows there are ways to slow telomere shortening and even rejuvenate your body to some extent. It may soon be possible to extend life expectancy beyond 120 years, the so-called Hayflick limit which has been exceeded only once that we know of by Jeanne Calment who lived to 122.

The most up-to-date research indicates that the following steps can extend your productive life by: Choosing the right diet for your metabolic type; embracing the right supplement plan; engaging in the best kind of exercise including high intensity, endurance and resistance training, and by reducing stress.

To learn more, call me at 240-888-5453 or e-mail me at sr.seater1941@yahoo.com . **Wellness consultations are usually \$60.00 an hour but are on sale for this month at \$50.00/hour.**

Other Services:

Personal training in your home or at Full Circle Fitness Studio at the Meadowood Shopping Center on New Hampshire Ave in Silver Spring, MD. Call or e-mail for pricing.

Russian Kettlebells. Discover the magic of kettlebell exercise to become fit, strong, supple, and sculpted. Kettlebells are the only handheld weight that allows you to exercise aerobically for cardio conditioning and also for increased muscular strength. It is like having a gym in your hand because it replaces all barbells, dumbbells, and cardio equipment, most machines, weighted bars and grip devices. You will lose weight, build strength and stamina, and defy aging by preventing osteoporosis, and muscle wasting. Group classes are forming now both indoors and outdoors. Call for locations in Montgomery County and for pricing.

Nutrition and Supplement Counseling. Services include weight management, metabolic typing, and dietary and supplement counseling, as well as safe and effective alternatives to prescribed drugs. Consultations on sale at \$50.00 an hour.

All clients receive this free monthly wellness news letter covering the latest research in exercise, diet, supplements and longevity strategies.

Be well. Steve Seater CPT, CN, CNC 240-888-5453 or sr.seater1941@yahoo.com

