



# Total Wellness Concepts Newsletter

## What is Cortisol?

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### What Is Cortisol?



**Stressed to Death.** There is now plenty of evidence that stress may be the biggest cause of disease in America. You see Americans seem to want everything: promising careers, family, second home, expensive furnishings, international vacations, etc. To have all this most have to work long hours and meet regular deadlines and often do so without adequate sleep or needed exercise. The problem with this is that Mother Nature did not design us for such hectic lives. Our bodies respond to stress by secreting a hormone called cortisol. As your stress increases so does your cortisol blood level. **Cortisol** is the strongest immunosuppressant known and leads to a much weakened defense against disease especially if you are highly stressed. Even something as seemingly unimportant as not getting enough sleep can have a dramatic effect on immunity. Studies have confirmed that the less sleep you get the more likely you are to contract colds and the flu. You say that you don't feel all that stressed. Well here is how you can know for sure. Ask your doctor to run a cortisol saliva test. My advice to you if you want to live a long healthy life is to sleep more and eat less. Why risk getting Type II Diabetes, cardiovascular disease, cancer and a host of other diseases when you really don't have to.

#### **Severe caloric restriction is the only proven way to extend life.**

Unfortunately for humans such a regimen is very difficult if not impossible to adhere to. Constant hunger and muscle wasting and fatigue are too much to bear for most people. A few nutrients hold out some hope to slow down aging and possibly even reversing it. A reaction in your body called glycation causes tissues to lose function over time by cross linking glucose (blood sugar) with protein. This is the cause of wrinkles, stiffness in muscles and joints. A naturally occurring substance in meat called carnosine (not to be confused with carnitine) blocks or partially blocks this reaction. Another natural substance which seems to retard aging is resveratrol found in grapes, red wine, grape juice, and blueberries. Both of these substances are available from some vitamin/nutrient suppliers. Call me if you are interested in purchasing them: **240-888-5453**. The National Institute on Aging recently conducted a study of a compound called rapamycin. It actually increased the life span of mice by 10%. As yet, no one knows what its effect on the human life span is, but research is continuing.

#### **Intermittent fasting promotes health and possibly also longevity.**

When scientists fed mice about half their normal diet they lived twice as long as normal, the equivalent of 160 years in humans. They not only lived twice as long but were also much healthier than other mice. Follow-up studies in monkeys and humans in which subjects fasted intermittently had a 40% reduction in heart disease risk. Evidence is mounting that most degenerative diseases, including cancer are forestalled by caloric restriction. Scientists who study primitive people say that our ancestors who lived hand to mouth and endured a certain amount of dietary inconsistency and also got plenty of daily exercise may have been considerably healthier than modern populations that have plenty of food available and who exercise little or not at all.

I hope you found this information useful; let me know if I can answer any questions. Contact me to set up a Metabolic Typing screening so that we can customize a diet based on your unique biochemical make up. Be well.

Sincerely,

**Steve Seater**  
**Total Wellness Concepts**

Steve Seater, CPT, CNC, CN, is a life long fitness enthusiast with a strong interest in holistic nutrition and wellness. He is a certified nutritionist (CN), and a certified nutrition consultant (CNC). Additionally, he is a certified personal trainer (CPT) and a certified spinning instructor.

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# Save 25%

Contact me today to take advantage of my special 25% off your 1st 2 Metabolic Typing or Personal Training sessions. Please mention the September newsletter and this coupon when you call.

**Offer Expires: 10/15/2010**