

## Healthy Aging - Our best routines

November 20, 2023

### **Summary:**

#### **Books:**

*The Power of Habit* by Charles Duhigg

*Miracle Morning* by Hal Elrod: *in the first hour of the morning: Silence, Affirmations, Visualization, Exercise, Reading, Scribing.*

#### **Other Habits:**

*The night before plan your next day - what you must accomplish before doing anything additional, and also what to wear.*

*Get to bed early - to sleep before 11 PM.*

*Get out in the sun in the morning, gardening or walking. At least 15 min of light.*

*Wake up early and slowly - music instead of an alarm.*

*Meditation - different types. Use sound and hand movements.*

*Eye exercises.*

*Tapping.*

*FIR/red Light Therapy*

*Take supplements in coffee or tea.*

*Eat healthy food - fermented foods, olives, capers, sun dried tomatoes - for polyphenols, blueberries, pomegranate.*

#### **Tests that are helpful:**

*NTx (N-telopeptide and Creatinine), B12, Hormone tests (Thyroid, Adrenal, Sex hormones, Parathyroid, Vitamin D, A1C and blood glucose levels, Iron, Dexascan.*

#### **Supplements** were covered in other talks, but some mentioned here are:

*MSM, iodine on skin, benfotiamine (fat soluble B1), Chloroxygen (chlorophyll concentrate).*

#### **For specific problems:**

*Ear and sinus infection/ cold: Onions on bottom of feet in socks.*

*Neck pain: chiropractor, acupuncture, neck exercises.*

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### **Discussion:**

**Connie:** Book: *The Power of Habit* by Charles Duhigg

Adopted routine in the beginning of Covid. Gradually add more healthy habits to it.

Newest - FIR and red lights on feet and face, 10 min each.

Listening to this interview, I will add a meditation each day.

<https://youtu.be/gPb1XzPx5ag?si=JjvzTn1bnsF2jgxL>

**Alta:** Dealing with neck pain: Uses the chiropractor, acupuncture and exercises. Focusing on pain helps.

**Liz** - Goes outside and walk in the sun every morning. Needs more energy.

**Nancy** - Stretches in bed before she got up. Wasn't stiff when she got up. Moving throughout the day kept her loose.

**Monica** - Also wakes up to music that gradually gets louder. Gets up 5:30 bed at 11 PM. Stretches and breathing before bed. Rebounder 20 jumps every time she gets up during the day.

Start the morning the night before - prepare your mind for what you want to do tomorrow.

Write 6 things you want to do tomorrow. Don't do anything else until you do these things.

Follows the book, **Miracle Morning** by Hal Elrod - Gets up early and do 6 things every day in the first hour. SAVERS stands for:

Silence

Affirmations

Visualization

Exercise

Reading

Scribing

Monica did each thing just 5 min at first, then got longer - Now, she is up to 2 hours total. She also writes down at night what she wants to accomplish the next day. The brain starts to prepare in her sleep. She doesn't do anything else until the list is done.

[https://www.amazon.com/Miracle-Morning-Updated-Expanded-Not-So-Obvious/dp/B0CHZ43QVY/ref=sr\\_1\\_1?crid=2ISQNJ6YLC5S&keywords=Miracle+Morning&qid=1700496769&srefix=miracle+morning%2Caps%2C167&sr=8-1](https://www.amazon.com/Miracle-Morning-Updated-Expanded-Not-So-Obvious/dp/B0CHZ43QVY/ref=sr_1_1?crid=2ISQNJ6YLC5S&keywords=Miracle+Morning&qid=1700496769&srefix=miracle+morning%2Caps%2C167&sr=8-1)

For exercise, she hikes with a group twice/week. She also stretches before bed, which helps her deep sleep. Monica sits a lot for her work and knows she should move more, so she has a rebounder that she uses whenever she get up for any reason. Each time is 20 bounces.

She loves coffee. She attended a conference on Brain Health: People who live the longest in the US drink 6 cups of coffee. This is if there is no heart problem that caffeine might exacerbate. Some of us have negative reactions to coffee.

We had a discussion about how cholesterol is not bad for us. Salt has glass, scratches the arteries, then the cholesterol is deposited as a 'bandaid'. Himalayan and Celtic salt are good and have many minerals. Connie also learned years ago from cholesterol researchers from Jefferson Medical School how important cholesterol is in regenerating cells and as a precursor to hormones. The industry used scare tactics to create a market for their statins back in the 70s.

**Jeanne** - Goes out first thing in the morning 15 - 20 minutes in the light. Wakes up listening to music rather than an alarm. Sleeps well and wakes up refreshed. She has trouble with routines. She has too much energy in the morning and tries to get everything done then.

She was listening to a talk on brain health. They suggested making a tamponade out of capers, sun dried tomatoes, greens and using it as a condiment with meals. It has beneficial polyphenols and helps digestion. Fermented foods like sauerkraut, kimchi, and kefir also help digestion and the microbiome. Connie got kefir culture from Swanson and used it with raw milk from the local farmer. It was great tasting and resulted in 'good moves'.

**Sue:** Puts Iodine on her skin and it's absorbed.

Started a new routine. AM Meditation - Hand movement and singing involved. Link:

<https://www.youtube.com/watch?v=41rXTnjakV4>

This is the explanation of the method:

<https://kripalu.org/resources/incredible-power-kirtan-kriya-conversation-brain-health-and-longevity-dr-chris-walling>

She also walks in the afternoon - usually 30 - 45 min.

At night, she uses a guided meditation.

Eye exercises - following your thumb helps with eye/hand coordination.

She also follows Steven Rochlitz. Here is a talk on the Vagus:

<https://youtu.be/8eO23tKTmMU?si=Ge7uE5vxATpRy0ln>

Self care takes about an hour and a half.

**Liz:** Doing things with your fingers helps brain activity - like knitting.

**Nancy:** Eats fermented sauerkraut and kimchi. She checks the calendar the night before to plan for the next day.

**Samira:** Wakes up and smells coffee. Gardens for at least 30 min in the sun. Routine prayers several times/day. Meditation sometimes.

Makes a list before bed. This helps start the morning.

She hates deciding what to wear, so she pre-decides what to wear and what to cook. She dresses in the morning and that's it for the day.

She uses spreadsheets to organize homeschooling for her son.

We have to make too many decisions each day, if you can make decisions ahead of time and stick to that routine, it saves time and brain activity.

**Jeanne** suggests tapping on her problems with decisions on what to wear. She uses this on her students with math anxiety. It works. She asks what is the reason for the anxiety?

**Samira** had a bad sinus and ear infection. She took everything she could think of, but when she put onion slices on her feet, she immediately felt better. She could feel it working on her ear canal.

**Sue** liked going to a school with uniforms. Jeanne read that students were better when they wore uniforms. Less peer pressure.

**Nancy** - Takes her amino acids on an empty stomach in the morning. If it's a free amino acid (starts with an L-,

She eats blueberries and pomegranate for the brain.

**Jeanne** likes Celestial Seasoning Bengal Spice Tea - tastes strong like coffee, but without caffeine. It has cinnamon, ginger, cardamom and cloves, a caffeine-free interpretation of chai.

**Nancy** uses Herbs Etc - Chloroxygen - chlorophyll concentrate. She muscle tests positive for this. It's good for building red blood cells that carry oxygen.

**Connie** and her son were poisoned with uranium in her water in CT. It damaged their brains and gave her a cardiac arrhythmia. She found it in hair testing for heavy metals. Don't test blood for minerals or heavy metals because they only show a snapshot of about a week or two. Once it's in storage, it's not in the blood. Hair isn't perfect, but it's a larger snapshot of most metals. Calcium is stabilized in the blood by the parathyroid hormone, so it's more of an indication if parathyroid

**Sue** - Iron is toxic and the problem is with copper. Iron tests low if there's not enough copper. Balance zinc and copper supplements. They work in a ratio.

**We suggested some Blood Tests that are useful:**

B12

Thyroid test

Adrenal test

A1C

Hormones - Progesterone, Estradiol, Testosterone

Insulin

Parathyroid/Calcium

Activity of osteoblasts vs osteoclasts -

Dexascan for osteoporosis.

Vitamin D - over 50 ng/ml

Iron - Cilantro redistributes iron. Cilantro mobilizes metals.

'Normal' Blood Levels are based on the average American, who is usually not healthy.

Food sources of B12 are various meats, eggs, seafood, and nutritional yeast. It's absorbed best under the tongue.

**Food sources are better for minerals**, but the soil is depleted unless we grow our own food and add minerals to the soil.

**Liz and Nancy:** They feel a difference Carnitine supplements. It increases energy. Liz reminds us to take K2 for osteoporosis.

**Sue:** Uses MSM for plantar fasciitis and inflammation.

Also benfotiamine for peripheral neuropathy. It's a more bioavailable and absorbable than regular B1.

**Jeanne** wants to get back into the habit of taking her supplements.

**Nancy:** Eye care important with all the technology we use.

**Liz: In reference to bone mineral density and using the NTx test for Osteoporosis:**

The N-telopeptide and Creatinine are used to calculate the N-telo/Creat. Ratio which is referred to as "NTx". Suggested guidelines for the clinical use of NTx are as follows:

1. Menopausal Women not on Hormone Replacement Therapy (HRT): Women with a baseline NTx value >38 are at significant risk for a decrease in bone mineral density (BMD) after 1 year compared to women on HRT. The probability of a decline in BMD increases with NTx value as follows: (1): Baseline NTx Probability of Decrease in BMD 18- 38 1.4 p=0.28 38- 51 2.5 p=0.03 51- 67 3.8 p=0.0006 67-188 17.3 p=0.0001

2. Menopausal Women Receiving Antiresorptive Therapy: The probability that treatment is effective after three months is increased when the measured NTx value is  $\geq 30\%$  from baseline. [1] .

3. Patients with Paget's Disease of Bone: The probability that treatment is effective after one month is increased when the measured NTx value is within the reference range, or NTx has decreased  $\geq 30\%$  from baseline.[2] .

Reference: Chesnut CH, Bell NH, Clark GS, et al. Am J Med, 102:29-37,1997. (1):M757, 1996.

2. Bone H, Tucci J, et al. J Bone Min Res.11(1):M757,1996 .

<https://www.contemporaryobgyn.net/view/assessing-bone-resorption-levels-predict-skeletal-responses-hrt>