Anti-Aging Secret #3
Keep Insulin and Blood Sugar Levels Regulated

Simple Carbohydrates
- Rob the body of nutrients
- Raise insulin levels
- Higher insulin levels promote inflammation

Are You a Sugar Addict?
- Do you crave sweets?
- Does your energy frequently “crash” in the afternoon or when you haven't eaten?

Excessive Sugar Consumption Contributes to Aging
- Increases insulin production which promotes:
  - Increased inflammation
  - Increased fat deposition
  - Increased risk of cancer and heart disease
  - Hyperinsulinemia and diabetes

Restricted Caloric Intake Is the Only Effective Way To Increase Lifespan in Laboratory Animals

The Herbal Fountain of Youth
Tonics

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Blood Sugar and Insulin Problems Contribute to
- Hypertension
- Hardening of the arteries
- Rapid aging
- Functional hypothyroidism
- Anxiety
- Depression
- Reduced Immunity
- Poor tolerance to stress
- Adrenal fatigue

Insulin and Glucagon
- Insulin
  - Helps cells absorb sugar
  - Storage hormone
  - Stimulated by simple carbohydrates
  - Depresses glucagon production
- Glucagon
  - Releases sugar from the liver
  - Mobilization hormone
  - Stimulated by protein
  - Depresses insulin production

Balancing Blood Sugar
- Eat lots of good quality fats (avocados, nuts, coconut oil, organic whole milk dairy, etc.)
- Eat small portions of protein regularly
- Use low glycemic carbohydrates, avoid high glycemic carbs

Supplements to Help Regulate Blood Sugar
- Astragalus & Aster Combination (Lung Support)
- Super Algae
- Licorice
- Goldenseal
- Nopal
- Spirulina

Anti-Aging Secret #4
Manage Stress (Reduce Stress Hormone Output)

HPA Axis
Effects of High Cortisol

- Hypertension
- Diabetes (Hyperglycemia)
- Bone Loss
- Impaired Immune Function
- Muscle Wasting
- Abdominal Fat
- Psychosis
- Poor Wound Healing
- Retention of Sodium/Loss of Potassium

Effects of Adrenal “Burnout”

- Hypotension
- Hypoglycemia (Sugar Cravings)
- Restless Sleep and Dreams
- Constant Fatigue
- Hypersensitive Immune Response
- Emotional Sensitivity and Mental Confusion
- Short Term Memory Loss

Seven Keys to Stress-Less

1. Breathe Deeply
2. Practice the Relaxation Response
3. Avoid Caffeine and Other Stimulants
4. Avoid Sugar and Other Simple Carbs
5. Exercise Regularly
6. Feed Your Nerves
7. Supplement with Adaptagens and Nervines

Supplements for Stress

- Adaptagens
  - Siberian Ginseng
  - Chinese Mineral Chi Tonic
- Nervines
  - Camomile & Passion Flower (STR-J)
  - Hops and Valerian with Passion Flower
- Adrenal Tonics
  - Chinese Mineral Chi Tonic
  - Licorice
  - Vitamin C
  - Nutri-Calm

What is a Tonic?

- An herb that improves the “tone” (structure and function) of the body

Properties of Tonics

- Enhance immune function
- Boost energy levels
- Improve glandular function
- Improve organ function
- Counteract the effects of aging
**Tonics Build**
- Drugs and medications can't tonify the body
- Tonics restore normal function to weakened body systems
- People who are weak need tonics rather than cleansing remedies

**Contraindications**
- Tonics are generally not used for acute inflammatory diseases
- Many are not suitable for children, teenagers and young adults (except with specific illnesses)

**What is an Adaptagen?**
- An herb that reduces the output of stress hormones, enhancing general body function

**Properties of Adaptagens**
- Affect the HPA axis to reduce stress hormone output
- Improve energy, athletic performance and memory
- Enhance immunity
- Balance hormones and improve general health

**Tonic and Adaptagen Remedies**

**Biological Markers in Aging**
- Increases w/ Age
  - Insulin Resistance
  - Systolic Blood Pressure
  - Percent of Body Fat
  - Lipid Ratios
  - Hormonal Imbalances
- Decreases w/ Age
  - Glucose Tolerance
  - Aerobic Capacity
  - Muscle Mass
  - Strength
  - Temperature Regulation
  - Immune Function
  - Hormonal Output
Anti-Aging Goals
• Decrease insulin resistance and blood pressure
• Reduce body fat and increase muscle mass
• Improve immune function
• Improve hormonal function
• Increase oxygenation

Panax Ginseng
• Considered the “king” of tonics
• First written about over 2,000 years ago in the Chinese Materia Medica

Benefits of Ginseng
• Increases energy, stamina and endurance
• Improvements in physical and mental performance, memory, and reaction time
• Does not interfere with sleep (not a stimulant like caffeine)
• Benefits both men and women
• Balances blood sugar

More Ginseng Benefits
• Long-term anti-stress effect
• Enhances mood
• Treats Chronic Fatigue Syndrome
• Relieves hangover symptoms and improves alcohol clearance
• Improves congestive heart failure, blood circulation to the heart, lowers cholesterol

Still More Ginseng Benefits
• Treats anxiety when due to stress
• Stabilizes diabetes
• Lessens symptoms of menopause, including vaginal atrophy

Siberian Ginseng
• Russian researchers coined the word adaptagen to describe the effects of Siberian ginseng (eleuthero)
**Siberian Ginseng**
- Reduces stress hormone output
- Improves immune function and white blood cell count
- Enhances sexual function
- Helps with insomnia, fatigue and dizziness
- Improves athletic performance and mental concentration

**Siberian Ginseng by the Numbers**
- 6 compounds with anti-oxidant activity
- 4 with anti-cancer action
- 3 with cholesterol lowering action
- 2 with immune enhancing effects
- 1 has gall bladder stimulating activity
- 1 balances insulin levels
- 1 helps protect against radioactivity
- 1 shows anti-inflammatory and anti-fever activities
- 1 has activity against bacteria

**Dong Quai**
- Found in Raspberry and Dong Quai Combination (FC with Dong Quai) and other formulas
- Used by millions of Oriental women to maintain reproductive health
- Aids digestion, helps build healthy blood, overcomes anemia
- Helps both men and women
- Relieves pelvic congestion
- Contains B12, vitamin E and niacin

**Dong Quai Contraindications**
- Pregnancy
- Overly hot or febrile people
- Diarrhea
- Endometriosis
- Breast Cancer

**Licorice Root**
- The most widely used of all Chinese herbs
- Considered a longevity herb when used consistently

**Benefits of Licorice**
- Strengthens the adrenals
- Relieves inflammation (cortisol)
- Improves digestive function
- Increases stamina and endurance
- Balances blood sugar levels
- Aids fluid/mineral balance (aldosterone)
- Keeps mucus membranes moist
- Counteracts weakness and fatigue
**Astragalus**

- Mild, food-like herb with sweet, tonic properties
- Enhances immunity

**Astragalus Benefits**

- Found in Astragalus and Aster Combination (Lung Support) and Astragalus and Gaonderma Combination (Trigger Immune)
- Chi tonic (boosts energy and endurance)
- Improves adaptation to stress (adaptagen)
- Enhances immunity (especially for viral conditions)
- Helps regulate blood sugar
- Builds the blood
- Reduces water retention
- Increases muscle mass and body tone
- Builds bone marrow

**Traditional Uses**

- Asthma
- Chronic sores and ulcerations
- Chronic ulcerations and sores
- Edema
- Fatigue
- Frequent colds
- Heart palpitations
- Loss of appetite, muscle numbness
- Nephritis
- Nervousness
- Night sweats
- Numbness
- Prolapsed organs
- Rebuilding after childbirth
- Recovery from severe blood loss
- Shortness of breath
- Wasting disorders

**Cordyceps**

- A fungus that grows on caterpillars
- Improves energy, sex drive and athletic performance
- Helps with fatigue, dizziness, cold tolerance, tinnitus, nighttime urination, low libido and memory loss in elderly persons

**Cordyceps**

- Found in Immune Formula
- Can help asthma and other chronic respiratory problems
- Inhibits liver fibrosis
- Helps balance blood sugar
- Has cardiovascular benefits
- Aids the immune system

**Ginkgo**

- Hardy, long-lived tree
- A living fossil
- Extract of leaves used for circulation and anti-aging
Ginkgo Benefits

- Improves memory and concentration
- Relieves tinnitus
- Slows macular degeneration
- Stabilizes Alzheimer’s disease and dementia patients

- Eases vertigo
- Improves peripheral circulation
- Reduces asthma symptoms
- Improves alpha-wave activity in the brain

Gotu Kola

- Decreases fatigue and depression
- Increases sex drive
- Stimulates the central nervous system.
- Increases blood flow through the brain
- Improves memory function and retention of knowledge with regular use
- Helps liver ailments (jaundice and cirrhosis)

Tonic and Adaptagenic Formulas

Astragalus & Ganoderma Combination (Trigger Immune)

- Astragalus, panax ginseng, dang gui, ganoderma, lycium fruit, schizandra fruit, licorice and others
- Improves energy and immune function
- Helpful for severely depleted individuals

Astragalus & Aster Combination (Lung Support)

- Astragalus, dang gui, lycium, panax ginseng root, schizandra fruit, licorice
- Helps weakness and deficiency of the lungs
- Aids chronic respiratory problems
- Helps with weakness and shortness of breath
- Balance blood sugar
- Supports first layer of pH buffering

Chinese Mineral Chi Tonic

- Gynostemma, lycium, schizandra, eleuthero, astragalus, licorice root, reishi mushroom, ginkgo
- Mineral tonic that also acts as an adaptagen and adrenal builder
- Relieves fatigue and depression
- Enhances general healing
Ginseng & Ginger Combination (Spleen Activator)

• Panax ginseng, astragalus, atracylodes, dang gui, licorice and others
• Aids weak digestion
• Overcomes debility and wasting
• Improves muscle tone and mass