



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

## Best Way To Slow Down Aging

### *Increase Lean Muscle Mass*



## Best Way To Slow Down Aging

**“Increasing our percentage of lean muscle mass is the number one anti-aging strategy.”**

Did you know the biggest way to slow down the aging process is to increase lean muscle mass? Increasing our percentage of lean muscle mass is the number one anti-aging strategy. If something is the most important strategy to reduce falls, increase longevity, and our independence, we should pay attention, right?

Skeletal muscles make up about 40% of our muscle mass and secrete over 100 chemical messengers called myokines.

"Myo" refers to muscle and "kines" refers to messenger. So, a myokine is a messenger that is stimulated by using our muscles. Researchers are showing myokines have major effects on how we think and feel. Myokines are associated with improved cognition and

stimulate brain derived neurotrophic factor (BDNF). BDNF increases how our brain repairs and functions regardless of age. Myokines activate muscle, fat, liver, pancreas, bone, heart, immune, and brain cells. They also participate in tissue regeneration, repair, and maintenance of healthy bodily functioning. Myokines support a healthy immune system and how cells communicate to each other, a process called cell signaling.

It's exciting to see all the amazing things skeletal muscle activates. And yet with all the benefits of healthy muscle, sarcopenia is still rampant in the elderly. Sadly, whether we like it or not, sarcopenia or the loss of muscle mass and strength, occurs with all of us

as we age. But with the benefits of myokines, it behooves all of us to add a few pounds of lean muscle mass to our frame, because it's never too late to build muscle. Of course, to build muscle we need to stress muscles with resistance as well as cardio exercise.

Beyond exercise, we need to eat and digest enough protein to support lean muscle. To support existing lean muscle, the RDA recommends .36 grams of protein per pound of body weight. And yet almost 40% of people 70 years of age are deficient. Consuming a low protein diet below the RDA leads to a significant decline in muscle strength and muscle mass, especially in older women. But if we want to gain muscle mass, we need to eat

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and digest a minimum of about 0.54 grams/pound of protein each day. So, for a 170 lb. Person, that's 92 grams of protein. That's a lot of protein. You can see why a heart-to-heart conversation with your wellness clinician to find high quality protein is important. Biotics Research makes several forms of protein: a filtered whey protein called Whey Protein Isolate, Pea Protein Isolate, and Hydrolyzed Collagen Protein.

Since collagen is necessary for hair, skin, nails, and connective tissue, I personally use the Hydrolyzed Collagen Protein. It provides 20 grams of predigested protein per 2 scoops, in addition to 17 grams of valuable collagen. I also like the Whey Protein Isolate because it mixes with anything and has the casein filtered out. Both the Hydrolyzed Collagen and Whey Protein Isolate come in vanilla and chocolate.

When building muscle, and especially with sarcopenia, we also want to consider growth hormone. Growth hormone, among other things, has been associated with a reduction in adipose fat, increases in oxygen utilization, muscle strength, and muscle growth. Growth hormone also increases calcium retention and mineralization of the bone, which is very important to prevent or even treat osteoporosis. Perhaps even more important is the role of growth hormone in tissue repair.

So, if we are going to increase strength and reduce the potentials falls and injury, let's look at how to naturally increase growth hormone. A supplement that has been virtually untapped in the prevention and treatment of sarcopenia is Gammanol Forte. Here's why: Dr. David Brownstein did a small study assessing growth hormone using IGF-1 as a marker. Using Gammanol Forte, two 3 times a day, Dr. Brownstein found 10 out of 10 women, ages 29 to 77, had increases in growth hormone after supplementing for 5 weeks.

Gamma Oryzanol is a fat soluble antioxidant compound that comes from rice. The molecule also contains small amounts of a water soluble component called ferulic acid or FRAC. However, most of the research pointed to the water soluble component ferulic acid as having the strongest phytochemical properties. In light of this, Biotics Research substantially increased the ratio of ferulic acid to pure gamma oryzanol in Gammanol Forte. Each tablet is 50 mg of water soluble ferulic acid and 25 mg of pure gamma oryzanol.

People routinely say they just feel stronger, especially the elderly, and that's the point of this discussion. Regardless of your age, talk to your wellness clinician about ways to build muscle and support natural growth hormone production. We can't stop aging, but we can definitely slow it down by building muscle.