



Wellness Minute

Health Information You Can Use On Your Path To Wellness

AMPK

The
Holy Grail
of Anti-Aging
Enzymes



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Have you heard of AMPK? The metabolic health promoting enzyme AMPK has been described as a kind of magic bullet for health. And from what we are learning of AMPK, it could also be called the holy grail of anti-aging enzymes. AMPK is an enzyme that burns fat, improves metabolism, breaks down sugars, acts as an antioxidant, facilitates oxygen delivery, aids in weight loss, provides similar benefits as exercise, improves blood circulation, helps with fertility, promotes production of mitochondria, helps reduce inflammation, improves heart health, and increases testosterone levels.

The enzyme “AMPK” is short for adenosine monophosphate-

activated protein kinase. Finding ways to activate AMPK is a subject you will be hearing a lot about in the future because AMPK fights aging and increases lifespan. As we age, AMPK activation progressively declines. But it can be increased by lifestyle modification and supplements. This enzyme is so powerful it is often referred to as the “metabolic master switch.” AMPK activation has been shown to facilitate several longevity pathways to foster healthy aging, and it is essential for maintaining energy balance.

One of the ways it works is to enhance autophagy. Autophagy is an amazing process that our body uses to canni-

balize inefficient organelles and then recycle them. It works like a “clean up” crew for garbage. AMPK stimulates mitochondrial autophagy as well as mitochondrial repair. AMPK also optimizes other critically important pathways like insulin, leptin, and other components that affect cell growth and metabolism. It also increases nerve growth factor and helps protect against the type of oxidative stress that leads to Parkinson’s disease.

In essence, increasing AMPK enzyme activity tells cells to stop storing fat and start using it to create ATP or “energy for the cell.” This master regulator of metabolism shrinks body fat stores especially in the belly region, lowers blood sugar,

and lipid levels, and produces other beneficial effects that slow the aging process.

As I mentioned, your AMPK levels naturally decline with age. And as you might expect, the standard American diet consisting of too much unhealthy fat, sugar, and a deficiency of anti-oxidants also inhibit AMPK activity. Insulin resistance is also a powerful inhibitor of AMPK. Obviously, the goal is to stop the decline of AMPK and find ways to increase it. As you might expect, AMPK is activated naturally through caloric restriction, intermittent fasting, vigorous exercise, and physical stresses like saunas and cold showers. And not surprising, there are many natural compounds that have been shown to raise AMPK.

Knowing the power of AMPK, Biotics Research Corporation assembled key phytochemical botanical extracts together with core vitamins and minerals known to support AMPK activation in a supplement called GlucoResolve.

GlucoResolve comes in 180 count bottles and contains therapeutic levels of Pomegranate Seed Extract, Berberine, Lipoic Acid, Green Tea Extract, Forskohlii, Acetyl-L-Carnitine, Grape Seed, Quercetin, Vitamin E, Selenium, Chromium, Biotin, CoQ10, Taurine, Vanadium, Phytolens plus vitamins and minerals essential for blood sugar regulation.

When you think of GlucoResolve, think increased AMPK activity which has been shown to support glucose and insulin balance, healthy weight management, and an optimized metabolism. Ask your wellness professional about the dosage that is right for you.

When the body gets the energy it needs to work, sugar is burned. So, diabetics should monitor their blood sugar and work with their clinician to monitor progress. It's an exciting time to live, as anti-aging research helps us live longer and better lives. Ask your clinician about ways to enhance AMPK and ask about GlucoResolve.