

Anti-Aging Cocktail

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One of my colleagues shared a challenge with me. He said if you will take this anti-aging cocktail every day for a month it will change your life. He said I have been doing it for a year and a half and it is one of the things I look forward to every day. He laughingly calls it his "secret morning ritual". But since he has an honorary doctorate in naturopathy and a fellowship in anti-aging, and has spent 25 years of his life studying health, he's really not kidding. Oh, did I mention that he is in his 50s and looks 35. He says, "First thing in the morning when I wake up, I drink my magic concoction, usually 30 minutes before breakfast."

Here's his anti-aging drink. Mix these ingredients in 12-16 oz. of water:

- MSM powder 1 tsp
- D-Ribose powder 1 tsp
- IAG powder 1 tsp
- L-Carnitine powder 1/2 tsp



It's important to use them in powder form as the body can react and absorb nutrients faster when they are tasted due to a neuro-lingual response.

One thing these nutrients have in common is that they all facilitate cellular energetics. By that I mean all four ingredients of the anti-aging drink increase nutrient absorption, ATP production, waste elimination, fat burning capacity, cellular integrity and antioxidant protection. Let's examine these nutrients briefly.

MSM, methylsulfonylmethane, is 34% sulfur by weight. Sulfur, the 8th most predominant mineral in the body is necessary for virtually every cell. MSM considerably increases the permeability of cells and increases the cell's capability to flush out excess fluids and toxins. MSM improves your body's ability to make its own antioxidants, particularly glutathione, lipoic acid, NAC etc.

Glutathione is the holy grail of antioxidants. Without sulfur, glutathione cannot work. Sulfur is often referred to as the beauty mineral, and the sulfur provided by

MSM produces generous quantities of collagen and keratin, both of which are vital for healthy hair and nails. Moreover, research shows that MSM is quite helpful in the treatment of skin conditions such as: psoriasis, eczema, rosacea, dermatitis, acne and dandruff.

D-Ribose is a simple, 5-carbon sugar that provides the structural backbone of our genetic material, DNA and RNA, certain vitamins and other important cellular compounds. Who needs supplemental ribose? Everyone needs ribose. Ribose helps the body actually make energy while other supplements may help the body use energy more efficiently. Ribose speeds energy recovery, increases energy reserves, builds ATP and maintains healthy energy levels in the heart and muscles.

Research has shown that ribose promotes cardiovascular health, reduces cardiac stress associated with strenuous activity and helps athletes reach new heights. Whether you are a trained athlete, a weekend warrior or are concerned about your cardiovascular health, ribose may help give the energy boost your body needs.

IAG arabinogalactans belong to a group of carbohydrates called polysaccharides. I consider IAG one of the best kept secrets of the nutrition industry. In simple terms, IAG improves cell to cell immunity by adding a coat on the surface of the cells and making cells supercharged and significantly more capable of recognizing and attacking the "enemy". Clinicians use IAG for infections, including the common cold, flu, ear infections in children and viruses. IAG is also used to provide dietary fiber, lower cholesterol, and boost the immune system.

Carnitine is a potent fat burner including visceral belly fat because it does a complete job by transporting fats into the cells to be used for energy, and removing the waste material at the end. Since carnitine is the delivery system for long chain fatty acids, make sure Omega 3 and 6 fatty acids are consumed that day in an ideal ratio as found in Biotics EFA-Sirt Supreme. The less available carnitine, the less fatty acids get into the cell, meaning you don't burn them for energy. By elevating carnitine, fat burning increases and gives the cell the right genetic machinery to raise metabolism.

Carnitine is emerging as a supplement that can help prevent type 2 diabetes because it improves fat metabolism and displays antioxidant properties. One study found that fertile males had higher levels of carnitine and was associated with healthier sperm. The men who were classified as infertile had lower carnitine and compromised sperm health.

When combining all four powders with water, the taste is rather tart; so you may want to experiment with apple, orange or your favorite juice.

My colleague is very passionate about his anti-aging cocktail and quite honestly I am going to join him and try it for 30 days. I've never thought of putting together a combination like this so it sounds like fun. I'm up for the challenge, even if I only get some of the benefits. I like the sound of fine tuning my cellular energetics.

Thanks for reading this week's edition. I'll see you next Tuesday.