

YOU, TOO, CAN BE A SUPERAGER

www.dailymail.com.uk

At 89 years old, Donald Tenbrunsel is a decade past the average male life expectancy.

But his brain is as sharp as a millennial's.

The highly engaged and delightful conversationalist, who reads, volunteers and routinely researches questions on the Internet, is just as likely to talk to you about Chance the Rapper as reminisce about Frank Sinatra.

And now, his dynamic skill set is the focus of a groundbreaking scientific study at Northwestern Medicine that shows there is such a thing as 'SuperAgers', a rare group aged 80 plus whose memories are as sharp as those of young people. Over the course of the 18-month study, researchers have found SuperAgers' brains shrink much slower than their age-matched peers, meaning they have greater resistance to 'typical' memory loss and dementia.

Normal agers, meanwhile, lost volume in the cortex twice as fast as SuperAgers.

'Increasing age is often accompanied by 'typical' cognitive decline or, in some cases, more severe cognitive decline called dementia,' said first author Amanda Cook, a clinical neuropsychology doctoral student in the laboratory of Emily Rogalski and Sandra Weintraub.

'SuperAgers suggest that age-related cognitive decline is not inevitable.'

Donald, who lives with his daughter's family, is intent on being a good conversationalist with his three grandchildren.

'I have to adapt to that kind of life,' Donald said. 'They don't know much about Frank Sinatra or Franklin Delano Roosevelt, so I have to keep saying, "Is Chance the Rapper

coming this week or is it Taylor Swift?"

By studying what makes SuperAgers unique, the scientists said they hope to uncover biological factors, such as the reduced cortical brain atrophy demonstrated here, that might contribute to the maintenance of memory ability in advanced age.

SuperAger research at Northwestern is flipping the traditional approach to Alzheimer's research of focusing on brains that are underperforming to instead focusing on outperforming brains.

'Sometimes it's useful to turn a complex problem on its head and look from a different vantage point,' Rogalski said.

'The SuperAging program studies people at the opposite end of the spectrum: those with unexpectedly high memory performance for their age.'

HOW TO AVOID SURGERY? LEAFY GREENS!

We all know that leafy greens vegetables are good for us, but do you know why they're so good? There are plenty of reasons but, in terms of heart health, the secret may be nitrates and chlorophyll.

In a paper published in the Journal of Clinical Investigation, researchers from the University of Pittsburgh propose that high levels of dietary nitrate might in part explain the vascular benefits of diets rich in leafy greens.

Since the 19th century, nitrates have been administered to patients with angina to dilate their arteries and increase blood flow.

Vascular diseases (disorders of the circulatory system) can lead to heart attacks, strokes and even death. The Pittsburgh researchers pointed out that typical treatments for these disorders, such as bypass surgery and angioplasty, actually induce vascular injury and can lead to an over-proliferation of the cells of the blood vessels in a way that limits blood flow.

According to researches, nitric oxide is an important molecule that helps maintain the contractility and health of vascular smooth muscle cells. Multiple studies have linked vascular disease to a decreased level of nitric oxide and it is believed that therapies increasing the availability of nitric oxide could help protect vascular health.

Usually, nitric oxide in our bodies is synthesized from the amino acid L-arginine by an enzyme called nitric oxide synthase. In the University of Pittsburgh research, it was found that when rats sustained blood vessel injury that synthesis was disrupted. However, a secondary process that generates nitric acid from nitrate was activated.

The researchers found that supplementing rats with nitrate before inducing vessel injury significantly limited the extent of the damage, while a diet low in nitrate exacerbated it.

Chlorophyll is an essential heart health nutrient for two reasons: 1) it contains magnesium,

which is used to produce energy in every cell of the body by being part of all enzymes either utilizing or synthesizing adenosine triphosphate (ATP), along with being an essential component in over 300 enzyme reactions in the body. Given that the heart muscle demands constant energy, chlorophyll's contribution to the body's magnesium stores can greatly support cardiovascular health. 2) it is converted through digestion into dietary metabolites that enter into our mitochondria and allow an increased production of ATP and mitigation of reactive oxygen species. This process can amp up the available energy to our heart muscle.

Leafy greens and root vegetables are good sources of nitrates, with wheatgrass, beetroot, turnips, celery, spinach, lettuce, carrots and radishes having the highest levels.

Besides vascular health, there are many reasons to eat your leafy greens. Greens have a wide range of nutritional benefits. They contain vitamins A, C, E and K as well as prodigious amounts of calcium, iron, potassium, magnesium, phosphorous and zinc, not to mention the fiber, folate, chlorophyll, micronutrients and phytochemicals that protect against disease.

They also contain informational molecules such as microRNAs, which coordinate gene expression. This makes these ancestral foods essential for maintaining our health and wellbeing.

Greens are also rich in cancer-fighting antioxidants. The darker the leaves, the more nutrient-dense the vegetable.

While iceberg lettuce, Boston bibb, or even romaine all have a place at the table, it is best to add more nutrient-dense dark greens. These include serious greens such as kale, bok choy, collards, Swiss chard, mustard greens, broccoli, escarole and dandelion. These greens are powerful allies for your body, assisting in purifying the blood, strengthening the immune system, promoting good intestinal bacteria (probiotics) and improving circulation, liver and kidney function.

**YOU CAN MAKE LASTING CHANGES IN YOUR LIFE –
ONE DAY AT A TIME**

*** Interpersonal and Mindfulness**

- Wake early.
- Spend time in prayer and/or meditation first thing in the morning. Or, if you can't fit it in then, find time later in the day.
- Practice gratitude, and be specific when thanking someone.
- Keep a personal calendar.
- Write something, anything, everyday.
- Study a foreign language for a few minutes every day.
- Eat meals with people you love.
- Keep in touch with close friends.
- Read to your children, and take pictures of them frequently.
- Read for at least 15 minutes daily.
- Read or watch something new daily. (Ideally something you're curious about.)
- Ask questions often.
- Don't slouch.
- Learn to dance.
- Phone your parents and grandparents.

- Go on lots of first dates. (If single.) (Law of large numbers.)
- Introduce yourself to new people.
- Before dinner, write down tomorrow's priority list.
- Restrict your TV time. Or substitute TV time for your most potent distraction. For me, that's Twitter.
- For young people, phone or email people you admire in your area for an interview. The likelihood of a positive response in both scenarios is probably higher than you expect.

***Finances**

- Negotiate your salary.
- Practice making money online. For a fun place to start, try www.predictit.org
- Contribute early and often to your retirement fund.
- Invest as you're able to. Save a predetermined percentage from your paycheck.
- Pay off your credit cards monthly.

***Health**

- Sleep 8 hours or more each night. Limiting your blue light exposure after sunset can improve your sleep quality.
- Try not to use your cell phone in bed. You can also go even further, and put away your phone 30 minutes, an hour, or even two hours before bedtime.
- Increase your water consumption, and whenever possible, drink it to the exclusion of everything else.
- Reduce your sugar, carb, and processed food intake.

- One way you can do this is by bringing your lunch from home to work rather than ordering takeout. And you save money!
- When you do eat out, choose the vegan options.
- When grocery shopping, focus on fresh foods.. Avoid processed foods with numerous ingredients.
- Use the stairs if and when you can. If you live in a walkable area, walk everywhere within a mile.
- Don't overeat— stop just before you're full.
- If you can, try intermittent fasting at least once a week.
- Exercise daily. Try exercises that you enjoy; otherwise it's unlikely that you'll stick with them.
- Incorporate resistance weight-training into your routine.
- Floss your teeth!

By Wanda White, Ph.D.

FOODS THAT CREATE MUCUS:

- | | |
|--|--|
| <ul style="list-style-type: none">• Dairy products (yogurt, milk, sour cream, cottage cheese, ice cream, butter, ghee)• All corn products• Bananas• Potatoes• Eggs• Sugary treats (cookies, cake, pies, pastries, soft drinks)• Deep-fried foods | <ul style="list-style-type: none">• Wheat (rye, oats, barley, bread, pasta, pretzels, cereals, buns, bagels, muffins)• All soy products• Safflower/sunflower/corn/canola oil• Jams and jellies• High-fat red meat• Alcohol• Caffeine |
|--|--|

FOODS THAT ELIMINATE MUCUS:

- | | |
|---|---|
| <ul style="list-style-type: none">• Radishes (red, daikon, horseradish)• All leafy greens and herbs• Cauliflower and broccoli• Garlic• Celery• Pumpkin• Asparagus• Bamboo shoots | <ul style="list-style-type: none">• Onions• Ginger and turmeric• Citrus fruits (lemons, limes, grapefruits, oranges, kumquats)• Pineapple• Berries• Brussels sprouts• Hot peppers |
|---|---|

THE FOUR AGREEMENTS

by Don Miguel Ruiz

BE IMPECCABLE WITH YOUR WORD.

Speak with integrity. Say only what you mean.

Avoid using the word to speak against yourself or to gossip about others.

Use the power of your word in the direction of truth and love.

DON'T TAKE ANYTHING PERSONALLY.

Nothing others do is because of you.

What others say and do is a projection of their own dream.

When you are immune to the opinions and actions of others,
you won't be the victim of needless suffering.

DON'T MAKE ASSUMPTIONS.

Find the courage to ask questions, and to express what you really want.

Communicate with others as clearly as you can to avoid misunderstandings, sadness
and drama.

With just this one agreement, you can completely transform your life.

ALWAYS DO YOUR BEST.

Your best is going to change from moment to moment.

Under all circumstances, simply do your best.

You will avoid self-judgement, self-abuse and regret.