Is age just a number?
By Dr. Melissa Bennett

We have all heard the famous quote “age is just a number.” This is very true, until you hit around 90 years of age and realize that the numbers may be running out. Unless, of course, you were like my Great Aunt Tealie, whom on her 96th birthday started celebrating backwards so each birthday subsequently started at 95 and the following year 94. When Aunt Tealie was in her 80’s, she would also race you at a red light in her daughter’s Chevy Camaro. She did not let age define her! I attribute her longevity to good genes AND the giant pot of collard greens she would cook every time we would visit. Aunt Tealie is the epitome of the quote “age is just a number,” and at some point, the numbers really do not matter. What does matter is how we feel at that current age.

Seasons of aging

As we age, our bodies are constantly moving through different seasons; not only of metabolic and physiological changes, but also of emotional growth and maturity. The combination of mind, body, and spirit are in a constant state of transition from the time we are conceived until our last dying breath. Since our bodies are in this constant state of flux, our everyday choices can contribute to our overall health. Aging healthily is important because then you can enjoy life to its fullest potential.

We know that the world’s population’s life expectancy is at an all-time high. This is awesome. But are we sacrificing quality over quantity?

Would you want to live to 100 in a nursing home debilitated and over-medicated, or would you rather live to 90 loving life and grateful for each passing day because you are feeling well? Would you give up 10 years of your life to have quality over quantity?

The answer: You do not have to choose! There are many factors in your control that can help you age healthily at any age.

Nutrition and aging

The most important aspect of healthy aging is nutrition. The ultimate goal with healthy aging is to reduce the chance of having an age-related disease and to improve overall wellbeing. Food has changed over the years from whole natural foods grown in nutrient rich soil to boxed foods that have the words “natural food” printed on the
The good news is if you’re from the generation of individuals who grew up in an era of farm food, you have established a good foundation for aging. Those who grew up with TV dinners and processed food may have a shaky foundation; but the body has an amazing ability of restoration, especially if it is given real food that is not full of chemicals, preservatives, and refined sugar. Adding in healthy foods from an organic source or farm-raised, if possible, is a great first step.

The following are 10 superfoods that can help you age healthily:

- **Berries:** High in Antioxidants.
- **Leafy Greens:** Support bone, cognitive, and heart health.
- **Tomatoes:** Lycopene is great for heart, eye, and skin health and is also anti-cancer.
- **Nuts:** Almonds and walnuts support heart and brain function.
- **Red Grapes:** Resveratrol and antioxidant in red grapes are anti-inflammatory and support heart health. Animal studies have shown resveratrol to actually extend life span.
- **Fish Omega-3 fatty acids:** Keeps the heart and brain healthy.
- **Legumes:** Nutrient dense, high in fiber, and supports heart health.
- **Herbs and Spices:** Turmeric and ginger contain anti-inflammatory compounds that might reduce the risk of Alzheimer’s disease and cancer.
- **Cruciferous vegetables:** Anti-cancer properties.
- **Vitamin D rich foods:** Supports bone and immune health. Also possesses anti-cancer properties.

**Lifestyle factors play a role in how we age**

The three main players are sleep, stress, and exercise.

- **Sleep:** At Emory University we were taught that those who sleep less than 6 hours and more than 9 had a higher mortality rate. This study excluded college kids who can adapt to no sleep and catch up during the day. Sleep also helps regulate our bodies’ ability to regenerate, plays a critical role in immune function and also cardiovascular health.
- **Exercise:** Lowers your risk of heart disease, boosts energy, and promotes mental energy and mood. I always recommend Lumosity for brain healthy games to keep your brain neuropathways regenerating.
- **Stress:** I personally feel stress is linked to all health conditions on some level. Most patients I see are experiencing some type of stress and it is not always emotionally based. Stress can come from not sleeping, negative emotions, food/chemical sensitivities that overload the body, improper nerve function, and lack of exercise among so many additional stressors that affect the aging process. Stress is an indicator that your body has been pushed to its limit and cannot tolerate any additional burden. This is why in Matthew 11:30 “The Lord says, “For my yoke is easy and my burden is light.” This world has all types of stressors and because He came and lived with us, He knows what we are dealing with and He wants us to depend on His love to help ease our burdens and worries.
Xooma’s supplements can support healthier aging

Many patients in my office often ask about adding supplements to their daily regimen. I agree as long as they are using supplements to “supplement” their healthy diet and not a replacement for nutritious whole foods. Xooma has a great line of supplements to support healthy aging.

X2O™ is the foundation

- **X2O™** is a small sachet that transforms plain water into mineral-rich alkaline water. X2O is an exclusive marine-made mineral complex that contains calcium and magnesium and 70 essential trace minerals. X2O delivers vital electrolytes into your water that improve your overall hydration at the cellular level. Ensuring that your body gets the optimal level of minerals it needs is a vital component to overall health.

Xooma Essentials Pack, Item #1160

- 1 - Assimilator™ (90 capsules)
- 1 - Berry Balance™ (60 capsules)
- 1 - Omega 3/75™ (60 soft gels)
- 1 - LifeSource™ (120 capsules)

Here is a little background on these four products

- **LifeSource™** is the foundation of the Xooma Essentials Pack. It contains optimal daily levels of vitamins and minerals along with targeted longevity ingredients.
- **Assimilator™** is a potent combination of natural plant-based enzymes necessary for optimal digestion. It promotes cellular health, enhancing the removal of unwanted waste and debris from the cellular environment.
- **Omega 3/75™** is a unique and powerful combination of pure fish oils. It contains a trademarked blend of potent EFA’s (Essential Fatty Acids) available to help you maintain a healthy cardiovascular system and the health of your body’s natural immune/defense system.
- **Berry Balance™** is a powerful and unique multi-berry extract with several patented and trademarked ingredient complexes. It’s rich in anthocyanins, possessing many biological functions that deliver potent health benefits including antioxidant activity, cardiovascular protection, blood sugar support, enhanced brain function and mental clarity, anti-aging properties and more.

The following products are also wonderful for inflammatory conditions and cognitive support.

- **KardiaXyme™** is supported by over 35 Million Dollars in extensive research and studies. The ingredients in KardiaXyme (KX) deliver noticeable health benefits throughout the entire body. This exclusive formula contains a potent, highly bioactive polyphenol complex that optimizes cellular, cardiovascular and metabolic health. KX removes free radicals and toxins, helps maintain normal cholesterol levels and also minimizes the debilitating effects of chronic inflammation.
- **RevitalMind™** is a clinical-level brain support formula that can significantly improve memory, concentration, focus and mental performance. Already based on key scientific research, three of the nutrients in this formula are trademarked and branded ingredients. RevitalMind is a one-of-a-kind formula that can be both preventative and restorative for optimal brain functioning and fighting against age-related mental decline.
Supporting healthy aging

For those interested, you can receive a "check up" to see your own health score card and how well you are aging, along with recommendations to help you get back on track. This service can be done remotely so you do not have to be in Georgia to participate. For additional information, please contact Rebekah at The Olive Leaf at 404-997-9989 and mention Xooma Aging Article.

Yours In Health,
Melissa Bennett, ND

Dr. Melissa Bennett, ND is the owner of The Olive Leaf, LLC which is an integrated practice with two locations in Atlanta, Georgia. She is also the Naturopathic Consultant of New Vitality Medical Institute's age-management program.

Melissa Bennett, ND, CTN, CNW is Certified as a Traditional Naturopath through the American Naturopathic Certification Board. She is board certified in nutritional wellness and has completed her accreditation as a health partner in predictive medicine through Emory University. She is also a member of the American Association of Christian Counselors through Liberty University.

Dr. Bennett is a Certified Natural Health Practitioner and is skilled in the Zollinger method of reflexology from the Heal Center. A devotee of the science of blood type, she is an IFHI Master – earning her designation under the guidance of Dr. Peter D'Adamo. Melissa focuses on total wellness and prevention. Her mission is to help people achieve optimal health and Xooma’s products help her fulfill that mission. Melissa personally recognizes that all aspects of health care serve a constructive purpose. In 2000 she was diagnosed with breast cancer on her 33rd birthday. She underwent two years of chemotherapy and 46 radiation treatments. In part from this experience, Melissa is an advocate of integrated healthcare and knows what it feels like to be sick and also the blessing of being healthy. She believes true health is achieved when your Spiritual, Emotional and Physical states are in harmony. She also believes our Lord is the true Healer and He will direct you if you place your trust under His guidance.

Note: The statements in this publication have not been evaluated by the Food and Drug Administration and are not intended to replace the services of a qualified health professional, nor are they intended to prevent, cure or treat any illness or disease.