

# eWellness magazine

## Maximize your longevity... Now!

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Life is a constant flow of growth and evolving; as powerful human beings we have the innate power to change so much but we cannot stand still in time. The aging process is something that we all have in common and is a process that we must embrace with grace; beauty is sometimes found in the oldest things that still manage to keep both value and attraction. Time stands still for no one so the wisest thing to do is to look at ways to preserve both your inner and outer beauty through a consistent process of self-care. As 2017 approaches it is even more important to begin a new year with good intentions, new goals, and a solid strategy to keep you vibrant and full of energy. Here we look at a few ways you can stay looking and feeling at your best as the clock moves forward!

### A tale as old as time - top tip!

There is something truly beautiful about something that is old and has stood well against the test of time. We look to our youth as being our greatest years but in actual fact, it is in maturity that we realize our true value and strength; and this is beautiful, we are ever evolving into the best of us that we share with others and ourselves. Part of the aging process is to accept it with love and gratitude; it is essentially just another stage of life, another stage of learning and emerging wiser and stronger. Embrace age with the appreciation it deserves!



## **Holding back the years**

**Holding back the years essentially means doing everything you can to look after yourself well enough, so the years may show as numbers on a page rather than through your body. When you do so, you continue to hold all your beauty, as you understand its worth. Set yourself some self-care goals and value the body you live in. Goals should always be reviewed and renewed to maintain their potency and the action you take towards them!**

- **Take care of your skin! Always make sure you have a solid regimen of cleansing, moisturizing, and protecting your skin from sun damage or other harmful factors. Everything shows through your skin; keep it glowing and vibrant by giving it the attention it deserves.**
- **Sleep well. Sleep time is where we regenerate and renew physically through our body but also mentally and emotionally. You need good quality sleep to live a good quality life! As you age, you may find that you need to sleep longer through the night or take more naps through the day, grab it when you can; your body needs it. Aiming for at least 8 hours each night, with maybe a nap or two through the day, can work wonders. Power naps can be potent!**
- **Eat well and make time for daily exercise. Nutrition and activity are obvious factors to consider when you want to hold back the years; as you move into 2017 set some new goals to refresh and revitalize yourself. Old fitness routines can sometimes create a plateau or stagnancy so it's good to mix things up and try new things and set new goals; this also provides a boost to your metabolism by kick starting it with something different. New nutrition goals are worth their weight in gold too; there are always improvements we can make. A good tip is to keep a food diary for a week and review it to highlight where you can make changes.**

Essentially what we all strive for is to maintain our longevity and presence; we are all individuals so different and thus, different things work for different people. Find what is right for you for 2017 and beyond, and the main thing, keep moving forward in the most productive way possible! There is always lots of ongoing research on how to defy the aging process; it is something that we cannot avoid but it is something that we may have the ability to influence.

Pro HealthSpan is a company that was co-founded in 2016 by Charles Brenner, Ph.D. to develop advanced, science-based products that help you to maximize your health span while helping you age better. They believe in their product TRU NIAGEN® and its power to do just that!



**What is TRU NIAGEN?**

The active ingredient in TRU NIAGEN® is a compound called Nicotinamide Riboside or NR for short. In 2004 a small team at Dartmouth College led by Charles Brenner, Ph.D. discovered that your body can take NR and very efficiently turn it into a substance called 'NAD'. NAD is vital to your health. At the cellular level, NAD is responsible for defending against harmful free radicals. It controls cellular metabolism by converting fats, proteins, and carbohydrates into energy. It also regulates the sirtuin genes, which play a critical role in aging and long-term health. The bottom line is your cells depend on NAD to function properly and there is not always enough.

Because your cells are consuming NAD all the time your supply of NAD does not always keep up with your body's demand for it. Shortages of NAD leave cells and tissues causes the cells to work ineffectively. And when a cell depletes its NAD supply, it dies.

Recent studies now show that NAD declines with age. Even if you eat healthy, exercise, and do everything right; as you get older your NAD levels are going to decrease. Now that we know this, it suggests a compelling explanation for why we succumb to certain health issues as we age. With less NAD your cells simply cannot perform like they did when you were young. Up until now, this was just a fact of life. Now, with TRU NIAGEN® there is a science-based strategy to replenish NAD levels and give cells what they need in order to do the work they were meant to do.

**About Charles Brenner, PhD**

Charles Brenner is the world's foremost authority on NAD metabolism. He earned his Ph.D. at Stanford University and did post-doctoral work at Brandeis University before holding faculty positions at Thomas Jefferson University, Dartmouth College and the University of Iowa. He

**currently serves as the Roy J. Carver Chair & Head of Biochemistry, Professor of Internal Medicine, and as Founding Co-Director of ProHealthspan.**

**If you would like to know more about what ProHealthSpan do and how it can help you on the process to maximizing your longevity please visit them [here!](#)**

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