

Restore Your Astounding Metabolism

There is a marketing statement that most of us hear regularly if not daily, but I highly doubt that anyone really 'hears' the message. In a very subtle, almost undetectable persuasion, we are misled from the start. In support of the questionable need of drugs, most pharmaceutical ads begin with the phrase, "if diet and exercise don't work". This sums up the mentality of the past decades in which we are somewhat brainwashed to think that we are at the mercy of aging. That nothing short of the illusive fountain of youth could restore our health and vitality.

Fortunately times are coming around to the understanding that slowing the aging process, increasing strength, supporting immunity, enhancing memory, reducing fat and battling cardiovascular disease is truly in our hands. The evidence and effective measures are showing that we really are learning that we can and are winning the battle. The real battle is in determination and continuing to learn what we can do and what steps to take, not to give in to ineffective solutions, and that it is not too late to start. The key is to take action and be persistent.

Don't get the wrong idea that we aren't all mortal and gaining in our chronological years. But the rate of our metabolic aging is something we can definitely do something about. We don't have to succumb to future years of accelerated disability and degeneration.

The first step is to realize that the system of treating symptoms fails when it comes to revitalizing our health. An older medical doctor summed it up well when he told me that when he first started in practice, treating patients involved a simpler approach. Then treatments turned to a new diagnosis and a drug for everything. Now he attests that the naturopathic approach is once again gaining favor, simply due to better results.

As a scientist at heart, I have spent most of my earlier years at the lab bench and now continue studying the clinical science behind better health and nutritional practices that enhance physical, metabolic and even hormonal health. It is the foundation of my understanding of biologic life, that there never have been nor ever will be artificial means to effectively support or enhance youthful aging.

As the scientific community has come to terms with this, the research studies are more clearly focused. The keys to improving our health come down to the simplest means of improving cellular repair and enhancing metabolism, while decreasing cellular damage thus slowing the rate of degeneration. There are no synthetic or artificial means that have ever accomplished this without causing further damage.

Furthermore, scores of scientific studies clarify that it is metabolism and not genetics that is the primary factor that influences our rate and quality of aging. In fact 65% of our metabolic function is within our ability to change. The two general aspects of our metabolism are the build-up or anabolic

metabolism and the break-down or catabolic metabolism. The better we shift the balance to repair and decrease damage, the more influence we have on our healthy aging.

It's easy to witness the vibrant metabolism of children. Should a child fracture a bone, they will heal and be out of the cast in a matter of weeks. But we are always so concerned about our grandparents falling because a fractured hip could be devastating. Not because of the brittleness of their bones, but because they often lack the anabolic drive to provide for the healing. Unfortunately 40 percent of elderly hip fractures require lifelong care and 20 percent never leave the hospital.

At our full potential, our bodies are capable of living 120 years or more. But we mostly suffer from illness and decrepitude that is entirely preventable. In our country the average life expectancy is a mere 76.7 years, which makes that 76th birthday a bit tense!

If that's a statistic you would like to avoid, or you have decided you just want to live healthier then contact us to take action and enjoy a much higher level of wellness. That subtle seed may have been sown, but don't you dare let it take root – "If diet and exercise don't work" is the biggest travesty that has been imposed on the American people. The truth is diet and exercise don't fail.

The information that will help you to restore and revitalize your health, repair metabolism and reduce cellular damage is more than I can simply describe in an article. That's why I provide the presentations that allow you better answers and a sensible program to improve your health, have more energy and enjoy a longer life.

Contact Dr. Wilson to learn what can greatly help to:

- Restore anabolic or 'build-up' metabolism
- Attain more natural metabolic energy
- Improve blood sugar balance and insulin sensitivity
- Reduce joint cartilage damage
- Reduce cellular damage from inflammatory factors
- Much More!