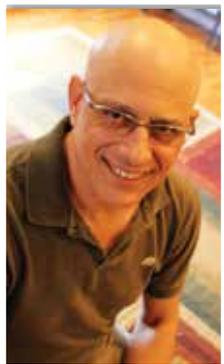


# Aging Well

BY IAN KENNEDY, TRUE WELLNESS OF PA



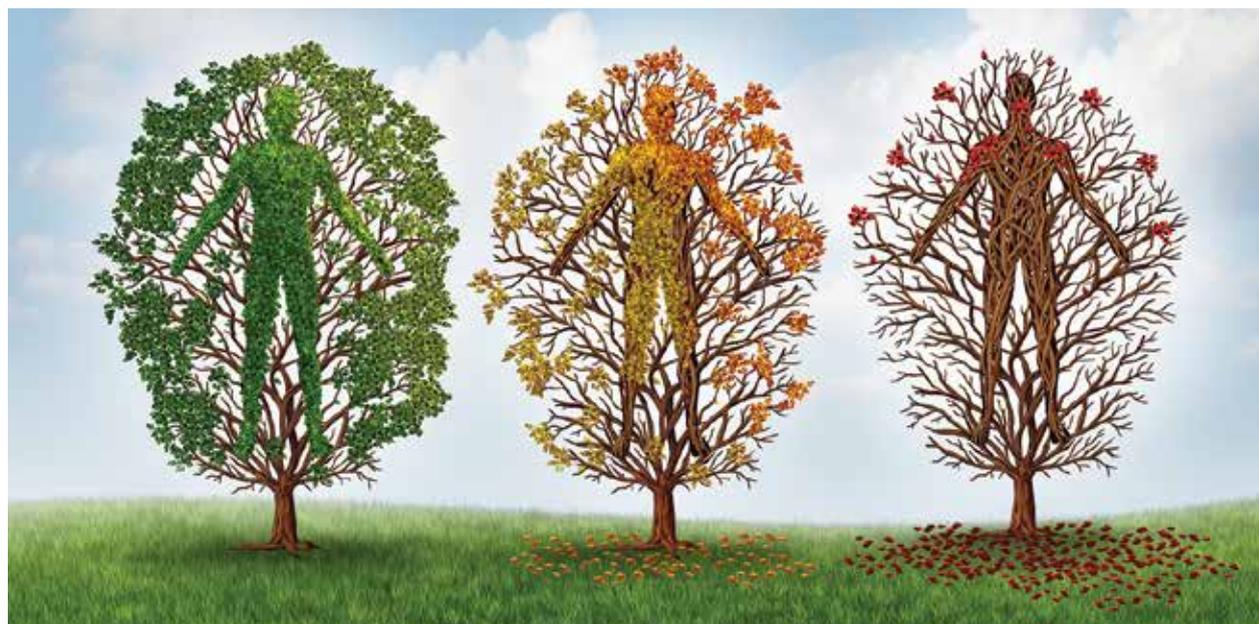
Our health is not a stagnant state of being, but rather a dynamic oscillation between degeneration and regeneration. This is true from the moment we are born to the moment we die. For instance, as a fetus we go from one cell to trillions of cells in just 9 months. As a newborn, we double our weight in the first year. As a child, our growth slows down until adolescence, even though most of the hormones in

the body are increasing throughout this time. Even for the elderly, cells regenerate, just more slowly. In seven years all our cells in the body are renewed.

The biological view of this process is that there are vital nutrients, systems and organs that are responsible for the renewing or what is known as the “up building forces” in the body. By supporting these we can support the body and its vital force even as we age. Helping people age well is one of the strengths of European Biological Medicine.

So what are the components of aging well with biological medicine?

The first component is to ensure organ drainage and function. A mistake often made is attempting to detoxify without ensuring that the pathways to draining the toxic



load from the body are open. Detoxing without drainage is like flushing a clogged toilet, no where for the waste to go but on your bathroom floor. Without proper drainage the toxic load remains in the body.

The second step is to begin to lower the hyper protein levels. A daily intake should be 45 to 70 grams of protein. Many Americans consume around 120 grams per day. This leads to problems in digestion and sinus function as well as thickening the lymphatic fluid.

Third we increase the essential amino acids and antioxidants. Essential amino acids are the building blocks to rebuild our cells. Antioxidant rich foods such as blueberries and other foods high in vitamin C and E are beneficial.

Fourth on the list, we look at the intestinal mucosa lining, the intestinal flora, our gut and the liver function. These are the primary focal points for therapy in renewing the

regenerative powers within the body. The intestinal mucosa on the intestinal walls takes two to four weeks to rebuild using certain remedies and strict dietary changes. The majority of our immune system lies within the intestinal mucosa with its billions of bacteria that need to be in ecological balance. The liver is responsible for over five hundred functions in the body and is key in maintaining youthful health. The liver can take about six months to rebuild and supporting good liver function will remove a large burden of toxic sludge from the body and stimulate the up building forces within the body. This is done through liver flushes, neural therapy and specialized remedies that open and support drainage and detoxification of the liver.

Fifth our lymphatic system is the body’s sewer system and toxic waste dump. By ensuring proper lymphatic flow and drainage of the waste, we again support the body in proper function with less effort and stress on the system. This is best accomplished with sessions of lymphatic enhancement therapy, specific remedies that open and maintain drainage. Easy ways to maintain lymphatic health at home are dry brushing and rebounding.

Lastly, we strongly recommend a practice of some sort, this is vital in remaining young. Activities such as yoga, ti-chi, and walking help keep our bodies flexible. Get your body moving!

Conventional medicine has rallied around the anti-aging tagline and has worked at selling this idea to the public. If we think about it, everyone ages and with every life comes a death sentence. The only time we stop aging is when we have died. Anti-aging or going “against aging” is not in alignment with the natural process and forces of life. Fighting the aging process is always a losing battle. We need to age, it’s good to age, and it is why we celebrate birthdays!

The idea of aging well is in harmony with the principles of life and therefore we can support these forces that help us age well. Aging is the natural progression in life and with it brings experience and the wisdom that comes with time. Caring for our bodies and minds with good whole foods and supporting our regenerative forces will ensure that we can and will age well.

For more information on aging well and European Biological Medicine, join us for our free workshops in our office happening Wednesday, September 21st at 7pm. Please RSVP so that we may save a seat for you!

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