

The Rouse Report

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40+ Conundrum

The season of life from age 40 onward offers many health challenges. It's like a mystery and a riddle wrapped in an enigma.

There is no doubt with presbyopia (can't read the fine print anymore) also comes a plethora other 40+ ailments. Things like rosy cheeks and red veins on the nose. Which by the way, are directly associated with the stomach – it just doesn't produce as much hydrochloric acid and pepsin as it use to. Add other digestive problems to the scenario and there's no doubt that the old pancreas isn't producing the quart-and-a-half of pancreatic juices it use to when we were younger. Check out the color of the skin and when a slightly yellow or brownish-yellow tint starts showing up here and there (especially on the shins of the legs) it indicates the thyroid isn't what it use to be (under active) and the metabolism of sugars is a problem.

Even skin tags under the arms and around the neck area can be a “distant warning” sign of Type II (maturity onset) diabetes. It's definitely time to have a glucose-insulin tolerance test (GITT) to

determine “insulin resistance.” If the body isn’t handling insulin sufficiently, then surely it’s having trouble with all types of carbohydrates, and storing fat midsection is one of the most common tell-tale signs.

Small, slightly raised dry spots are called “actinic keratosis” – often found on hands, face, and forearms. The skin is begging for a little vitamin A rub to rejuice the sun-dried skin. It’s most common in the 40+er.

Check out the forehead for wrinkles. The laugh lines are all part of the aging process, but if the wrinkles run vertically (up and down), not across the top, and are accompanied by abdominal pain, there’s a good chance a duodenal ulcer is lurking somewhere down in the food chamber. That little critter known as *Helicobacter pylori* is beginning to show up every where. And when the *H. pylori* is active, the ulcers are forming.

How about varicose veins? Is it just part of motherhood or growing older? Probably, but so is the need for higher requirements of flavonoids which strengthen veins and even prevent them in the first place. See, momma told you should eat your fruits and vegetables!

Another 40+er problem is rough skin on the feet that begins to crack and callous over. That’s a signal of nutritional deficiency. It’s a lack of essential fatty acids – nobody’s getting enough of them, unless they’re into fish oil or flaxseed oil or perilla oil. And

when you're down on the omega-3 oils, the body begins to "resist" weight loss. The liver gets tired and the mid-section begins to plump up.

People ask me all the time, what do I have for gray hair? A lot of respect! The Bible says a gray head is a crown of glory on a head of righteousness. Let's live up to what our hair is testifying.

40+ also brings on thinning hair. In women it's a sure sign of a lack of stomach acid (called hypochlorhydria). How about some of those new prescription drugs for heartburn (like the "purple" pill) that create hypochlorhydria? No wonder we're seeing such a resurgence of hair loss in the 40+ women. And if the hair loss is somewhat substantial from the outer half of each eyebrow, remember the thyroid (it's likely very low on fuel).

But the four major events that are causing real havoc in the 40+ folks are (1) cholesterol levels that over the line, (2) blood sugars that crying for some form of sugar-buster technique, (3) blood pressure that's slightly elevated, and (4) weight that is extra stubborn to lose and stuck in the mid-section area primarily. We call that "metabolic syndrome" or "Syndrome X" or "insulin resistance." They all come with aging and they have a lot to do with what we have eaten in the past and the amount of exercise we avoided at all cost. Now the pasta and bread has come back to haunt us with a medical phenomenon that is sweeping America.

Is the answer an ACE inhibitor, a statin drug, a proton-pump inhibitor, a serotonin enhancing drug, a Type II diabetic prescription pill, or an appetite suppressant such as phenteramine? To me, that would be like putting “duct tape” on the problem. What is the “root cause” analysis? It is a four-way intersection, and all incoming lanes need to be dealt with simultaneously.

Go back upstream to the term “insulin resistance.” Just that one problem alone can cause other problems as well: It can cause the liver to produce “bad” LDL cholesterol and it will easily prompt the kidneys to retain sodium and the adrenal glands to pump too much adrenalin which automatically results in high blood pressure. Add the Standard American Diet (abbreviated S.A.D.) and a combination of refined sugars and the wrong types of carbohydrates and the excess insulin secretion that results will immediately cause an increase synthesis of triglycerides (the fat inside body cells), resulting in obesity.

Side Bar Note: If you have a medical condition or disease, please talk to your doctor. Do not self-diagnose. Proper medical care is critical to good health. If you are currently taking a prescription medication, you absolutely must work with your doctor before discontinuing any drug or altering any drug regimen. Make your physician aware of all the nutritional supplements or herbal products you are currently taking to avoid any negative interactions with any drugs you are taking. Any thing I say especially about a product or supplement has not been evaluated by the US FDA and are not approved to diagnose, treat, cure or prevent disease.

What should you do if you’re 40+ and wanting to get into the best of health? To become “better than good” as Zig Zigler says.

- 1. Have a glucose tolerance insulin resistance test (GT-IRT)**
Type II diabetes can sneak up on anybody, especially the Baby Boomer.
- 2. The sugary stuff and unhealthy carbohydrates have to go.**
We were designed by God to digest and metabolize whole, natural foods, not refined foods that are more correctly called by their nickname – “junk foods.”
- 3. Eat meals that are higher in protein and lower in carbohydrates**
- 4. Put exercise to the test.** You will be amazed at how much the body will appreciate a daily walk and a giggle or two.
- 5. Take your vitamins.** There are “zillions” of enzyme reactions involved in these metabolic processes and without the “basic nutrients” the liver, the adrenals, the thyroid, the pancreas, and all the rest of the stuff will become sluggish and less apt to perform properly. This is where OPC+ and AloeRed and isGreen are very beneficial!

It is now estimated that 60 million US adults meet the criteria of metabolic syndrome. And the greater majority of them are 40+. By the year 2012, there will actually be more people in America 50+ than under the age of fifty.

This humongous disruption of physiological processes is a lot of bodies out of whack. As Maxwell Smart and Agent 99 were always on the look out for “CHAOS,” so must we be on the offensive with preventive care against the metabolic factors common among 40+ers. According to Dr. Michael Murray, CHAOS stands for

coronary artery disease, hypertension, addult onset diabetes, obesity, and stroke. Any of these nemeses can create a high risk factor for health.

But we can impact the key triggers for metabolic disruptions by supplying the body with “things” it need:

- **Calcium and Magnesium** – the metabolism has no where to go but down, down, down when these two major minerals are missing. Think *OPC+ and AloeRed and isGreen*.
- **Therapeutic Multivitamin & Mineral** – the B vitamins are what make the minerals respond. If we’re low in B6 we’ll always come up short on energy and we become more prone to form kidney stones and headaches and sleeplessness. Think *OPC+ and AloeRed and isGreen*.
- **Fiber** – I personally take a fiber called PolyGlycoPlex (PGX) every day because this soluble fiber reduces blood glucose levels and increases insulin sensitivity. I’m 58+ and need all the help I can get. And PGX lowers blood cholesterol and makes my Fat Loss Patch work even more efficiently.
- **Chromium**– Improve your set point and the body’s ability to metabolize carbohydrates and breakdown unnecessary fats. Think *isLean and CalorieFree and isLean Select*.
- **Select** – To help curtail the aggravating cravings for carbohydrates and to curb the appetite.
- **isLean and CalorieFree** – Toxic substances are everywhere. When chemicals load up the liver, weight loss becomes stagnant and you’ll hit a plateau. Think of what it would be

like if you only took the trash out in your house once a year. A mess! Most Boomers 40+ have a liver mess. Help the liver out and the body will respond with easier weight loss and a whole lot more energy. These two nutritionals open the gates so that the heavy-hitter, *isLean Select* can do its clean up work.

There is no denying the fact: obesity is now a major epidemic in America. We have some of the greatest tools in America to battle the war against the bulge. And *isXperia* has the best-of-the-best!