

# SUPPORT FOR HEALTHY AGING

## *HT WELLNESS EDUCATIONAL SERIES*

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Aging is not simply “getting older.” It is a gradual decline in the body's ability to repair, regenerate, and protect itself. Over time, we see increases in inflammation, oxidative stress (free radical damage), cellular wear and tear, and reduced mitochondrial function.

Mitochondria are the energy engines of our cells. They produce ATP, the fuel that powers every system in the body. As mitochondrial function declines, energy production drops and cellular repair becomes less efficient. Supporting mitochondrial health is one of the most important strategies for healthy aging.

Aging is influenced not only by genetics, but by lifestyle, environment, stress, diet, and emotional health. The encouraging news is that many of these factors are within our control.

### ***Lifestyle Practices That Support Healthy Aging***

**Movement:** Regular movement improves balance, strength, coordination, and metabolic function. Yoga in particular has been shown to support flexibility and reduce markers of oxidative stress. For those with limited mobility, chair yoga or gentle stretching is beneficial.

**Reduce Oxidative Stress:** Oxidative stress contributes to metabolic, cardiovascular, and neurological changes associated with aging. Key contributors include smoking, excessive alcohol intake, environmental toxins, and excessive sun exposure. Reducing these exposures supports long-term health.

**Intermittent Fasting (When Appropriate):** Intermittent fasting may support insulin sensitivity, growth hormone release, and autophagy (cellular cleanup and repair). Some individuals benefit from extending the overnight fast to approximately 14–16 hours. This approach should be individualized based on health status and lifestyle.

### ***Whole Food Nutritional Support***

**Adequate Protein:** As we age, the body becomes less responsive to amino acids — a process called anabolic resistance. This increases the need for high-quality protein to maintain muscle mass and metabolic strength. Quality sources include beef, poultry, eggs, fish, and dairy (if tolerated). Maintaining muscle mass helps prevent metabolic decline and supports independence as we age.

**Polyphenol-Rich Foods:** Polyphenols are plant compounds that help reduce inflammation and support cellular repair pathways. They are found in berries, pomegranate, cocoa, peanuts, grapes, and grape skins. These foods support antioxidant defense and healthy cellular aging.

**CoQ10 from Whole Foods:** CoQ10 is concentrated in the mitochondria and supports energy production and antioxidant balance. Food sources include oily fish such as salmon and tuna, organ meats such as liver, and whole grains. Supporting CoQ10 intake helps maintain cellular energy and protect against oxidative stress.

Healthy aging is not about chasing youth — it is about protecting cellular function, maintaining strength, and supporting energy at every stage of life. Small, consistent lifestyle and nutritional choices create long-term impact.

## Supplement Brands Mentioned

### Standard Process

- B Vitality with CoQ10
- Cataplex E2

### Premier Research Labs

- Max B ND

### Fullscript

- Thorne ResveraCel (NAD Support)

