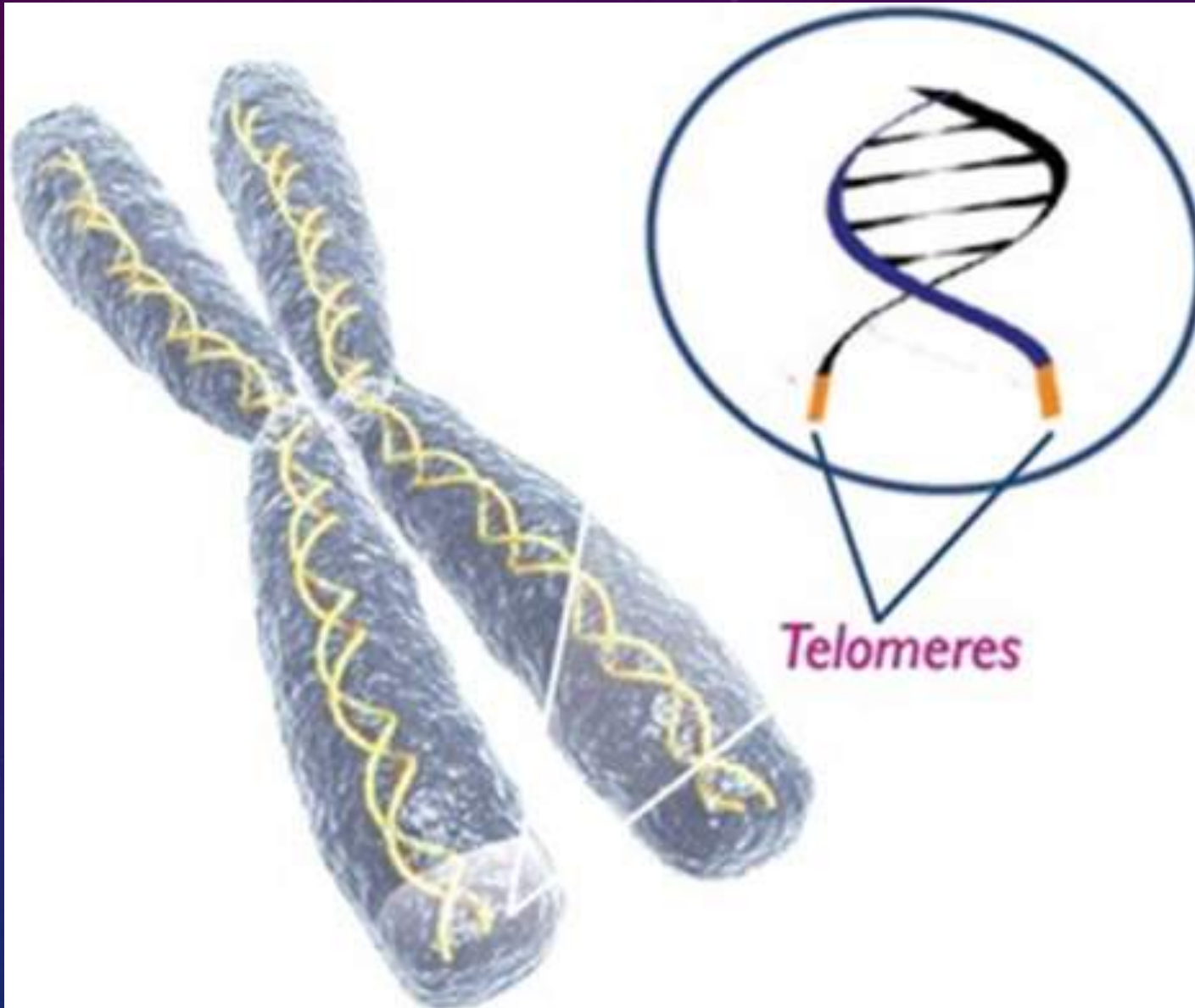


RADIANT HEALTH AGELESS BEAUTY

CHRISTINE HORNER, MD FACS

THEORIES OF AGING

- **Programmed and error:**
 - damage from oxygen free radical and toxins damage
- **Molecular:**
 - Gene expression
- **Cellular:**
 - Senescence theory
 - Free radicals and inflammation
- **Systems-Based Theories**
 - Immune, Endocrine, Nervous
 - Aging--Decreasing ability to survive stress



Telomeres

STRATEGIES TO EXTEND LIFESPAN

Calorie restriction

- Increased insulin sensitivity
- Strengthens neuroendocrine and immune systems
- Reduced energy metabolism
- Increased protein turnover
- Reduced cholesterol, triglycerides, blood pressure, arterial stiffness
- Increased HDL
- Autonomic nervous system balance
- Preserved telomere length
- Decreased white adipose tissue

AYURVEDA

- The science of how to live a long, radiantly healthy life, to its full potential.
- Achieving and maintaining a state of refined balance
- Ultimate goal “Enlightenment”

BASIC PRINCIPALS OF AYURVEDA

- Perfect Balance = Enlivened Internal Healing Intelligence
- Individualized
- Doshas: Vata, Pitta and Kapha
- Daily routines
- Seasonal routines
- Panchakarma first
- Herbs last

DIET AND DIGESTION

- Fresh whole organic plant-based
- Avoid red meat, processed foods, sugar and refined carbs
- Dosha constitution and imbalances
- Digestion
 - Main meal at noon
 - Regular times
 - Sit
 - Avoid cold drinks
 - $\frac{3}{4}$ of capacity
 - Full attention

LIFESTYLE

- Exercise
- Sleep
- Stress
- Emotions

FILLING THE GAPS

- Nutritional Supplements
- Addressing the theories of aging
- Anti-inflammatory
- Antioxidant
- Telomeres
- Skin and connective tissue

VITAMIN D

- Discovered 1932
- Steroid hormone
- 2,000 gene interactions
- Vitamin D receptors all tissues and systems
- All cells require it for optimal function
- Critical for good health and prevention of disease
- Optimal blood levels: 40 to 60 ng/ml
- 80% to 90% of Americans are low in vitamin D
- 2,000 to 10,000 IU/ day

WHAT HAPPENS IF DEFICIENT

- Heart disease
- Strokes
- Diabetes Mellitus
- Multiple sclerosis
- Autoimmune Diseases
- Arthritis
- Osteoporosis
- Parkinson's Disease
- Alzheimer's Disease and dementia
- Cancer
- Chronic Fatigue Syndrome
- Fibromyalgia
- Obesity
- Depression
- Poor sleep quality
- Impaired immune function
- Impaired gut microbiome and intestinal barrier
- Increased inflammation
- Premature aging
- Shortened lifespan



- **Vegan D3**

- **VegD3®** is Cholecalciferol (Vitamin D3) of organic, 100% non-GMO plant-origin, produced from algae
- Easy to use and perfect for Vegan D3 fortified products
 - Identical to animal-origin (1:1 replacement)
 - VegD3® is chemically-identical to Vitamin D3 of Lanolin (or animal carcass) origin and can be used as a direct replacement.
- Strong certifications
 - Vegan Society approved
 - Non-GMO Certified
 - Organic Certified
 - Kosher and Halal certified.

AHCC

- Supports all cell types in the immune system
- Decreases the risk of many different cancers
- Improves survival in cancer patients
- Decreases infections including viral
- Eradicates HPV
- Lyme Disease
- Decreases inflammation

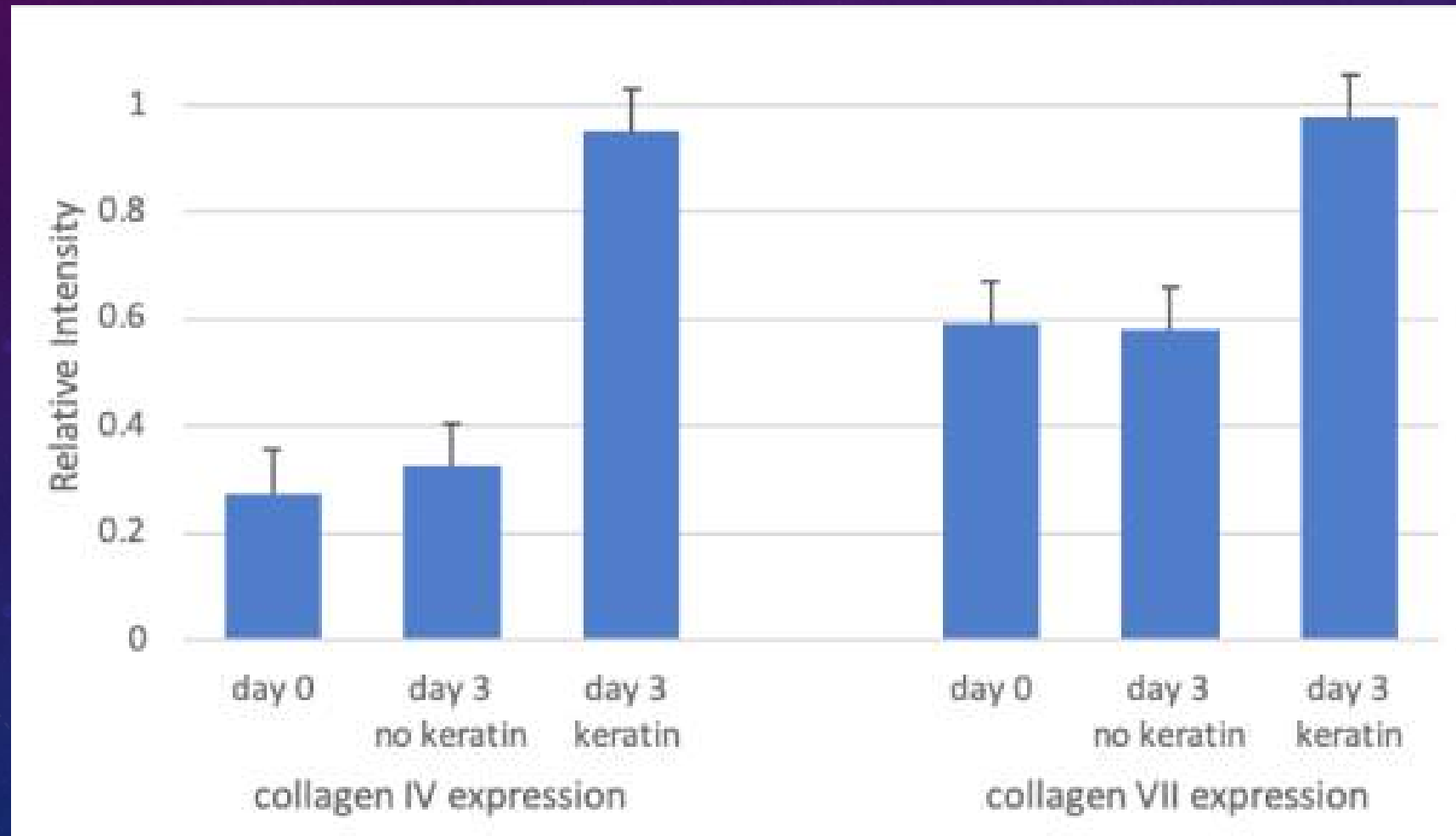
SUPPLEMENTS FOR TELOMERES

- Omega-3 fatty acids
- Resveratrol
- Turmeric
- CoQ10
- Selenium
- Ginkgo Biloba
- Ginseng

KERATIN VERSES COLLAGEN

- Collagens have different roles within the body
 - Collagen I – dermis, volume and hydration in skin.
 - Collagen II – cartilage structure
 - Collagen III – dermis, alongside collagen I
 - Collagen IV and VII – dermal epidermal junction of the skin, essential for strong, smooth skin.
- Keratin triggers skin cells to make more collagen IV and VII, converting any dietary source to boost collagen IV and VII for skin smoothness and strength.

KERAGEN-IV™ STIMULATES COLLAGEN IV AND VII



KERAGEN-IV

- Encourages faster collagen production
- Builds lean muscle mass
- Antioxidant through boosting glutathione pathway
- Anti-inflammatory: decreases Prostaglandin 2
- Decreases joint inflammation



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CULTURES WITH EXTRAORDINARY LONGEVITY

- Plant-based diet
- Low calorie
- Active
- Stress-reducing habits
- Wine in moderation
- Sense of purpose
- Spiritual community
- Close social relationships
- Surrounds self with people with healthy habits and uplifting

CHRISTINE HORNER, M.D., F.A.C.S
Author of the award-winning *Waking the Warrior Goddess*

RADIANT HEALTH AGELESS BEAUTY



Dr. Christine Horner's **30-Day Program** to
Extraordinary Health, Beauty, and Longevity