

“Live Long and Prosper...”

By
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I don't know about any of you, but I have always been a “Treky.” Ever since the TV series Star Trek first hit the airways back in the 60's right up until now, as I anxiously await the new Star Trek movie, I was hooked!

One of my favorite characters was the stoic Mr. Spock. Spock, the first officer of the Starship Enterprise was from the far off planet of Vulcan. Spock was always totally logical, always proper, and without emotion. For those of you who may be too young, or who otherwise weren't interested in Star Trek, all Vulcans were totally logical and showed absolutely no emotion. When greeting one another they would form their hand into what looked like three fingers by holding the little finger and ring finger together, the middle finger and index finger together and the thumb outstretched. They would then say, “Live long and prosper.” It seems too, that they lived for several hundred years, which is why I've chosen to use this title for this month's article.

While each of us knows that we are only on this earth for a finite period of time, I've never met anyone who wouldn't like to extend that time significantly, provided, of course, that the extra time was quality time. Well, hold onto your starships, it may now be possible to add 25 quality years to your life. I know, I know. You're probably thinking I've lost my mind, but lets take a peek into the future - a future that is available today!

First, lets look at how and why we age, and to do that, we must understand some things about aging. If you're thinking that aging is just something that happens when we are old, you're mistaken. Actually, aging starts when we stop growing, usually somewhere in our late teens. Just because you don't usually see the results in a 20 something, doesn't mean it's not there.

There are two different types of aging, biologic and chronologic. True, with each passing year, we do become chronologically older and we can't stop time. However, it now appears that we can impact our biologic aging, which has to do with how well our cells repair and replicate themselves.

If you have been reading this Forum regularly, you know that I have long been preaching that prevention is the best medicine and that providing your body with all the essential building blocks helps create a healthier you. Well now we can actually help our cells repair and replicate DNA more efficiently and effectively. Doing this has the potential to create longevity. *“Exploring longevity is the ultimate scientific quest and researchers are spending billions of dollars to unlock the science of living longer,”* says Cindy Latham, Senior Vice President of Marketing at Shaklee Corporation.

There are actually four key mechanisms of aging that occur on the cellular level. Dr. Jamie McManus of Shaklee Corporation explains this concept:

“At the center of every cell is a nucleus where the DNA resides. DNA carries genetic information for our physical characteristics and defines each cell’s function. Outside the nucleus in the cellular fluid are mitochondria, the organelles in the body’s cells that generate energy to power the cell’s activities.

If everything works perfectly, the DNA in each cell is well protected and repaired, so it can be copied correctly when the cell divides. And mitochondria effectively generate energy, so all the systems of your body operate at maximum efficiency.

Unfortunately, everything doesn’t work perfectly, and every day, every cell in your body is bombarded by up to a million DNA damaging assaults from things like an unhealthy diet, toxins in the environment, smoking...you name it, assaults come from everywhere. They’re even a by-product of your own metabolism. These assaults can damage the cell’s database, creating something like a typo that may compromise cellular function and ultimately longevity. If they’re not repaired, some typos can be replicated over and over again as cells divide. Unfortunately, over time our cells become less efficient at preventing and repairing this DNA damage. This DNA damage is the first mechanism of cellular aging that we refer to.

The second mechanism of cellular aging is a class of compounds called genetic regulators, which can contribute to age-related cellular deterioration. These genetic regulators in our cells control the dynamic balance between damage and repair, including whether a cell lives or dies. As the years go by, the activity of these genetic regulators promoting cell renewal and energy production declines, while genetic regulators promoting cell death become more active. As natural defenses and self-repair functions decline, cumulative cell damage increases and this cumulative damage throughout life contributes to age-related cellular deterioration.

The third cause of cellular aging is declining cellular energy production. It’s in the cell’s mitochondria that energy is created to run all the cellular functions. But over time, mitochondrial efficiency naturally decreases, leading to a decline in energy production, which then affects cell function.

And the fourth way cells age is by accumulation of something called Advanced Glycation End Products, or what are commonly called AGE proteins. They’re a bit like plaque that builds up on your teeth, or in your arteries over time. As your cell functions, bringing nutrients in and eliminating waste, this plaque is a byproduct which begins to stick and build up inside the cells, compromising cellular integrity, cell function and ultimately, longevity.”

Now for the good news! Shaklee has just developed the world’s best anti aging supplement. A remarkable new product called Vivix™ Cellular Anti-Aging Tonic. [Click here for VIVIX](#) Just one of the ingredients in Vivix™, resveratrol, has been referenced in over 2000 research publications, including studies conducted by Harvard University, the National Institute on Aging, National Cancer Institute and the National Institute of Environmental Health Sciences.

Resveratrol is a powerful antioxidant found in red wine. One teaspoon of Vivix™ provides the equivalent of 100 glasses of red wine. Of course, without the hangover. Vivix™ impacts the four key areas of cellular aging.

First, Vivix™ polyphenols have been shown to effectively help protect and repair cellular DNA.*

Second, Vivix™ polyphenols have been shown to positively impact genetic regulators which help fight cellular aging.*

Third, Vivix™ polyphenols have been shown to promote mitochondrial biogenesis, which helps increase power production within the cells.*

And finally, Vivix™ polyphenols also reduced the formation of those AGE proteins that can gradually clog up your cells. In fact laboratory studies demonstrate that the ingredients in Vivix™ are 10 times more powerful than resveratrol alone in slowing AGE protein formation.*

This patented product, Vivix, may be the most remarkable dietary supplement ever to be introduced. You can learn more about it by visiting my web site and watching the videos. That site is www.shaklee.net/jumpeter.

Whenever people would ask me how long I would live I always responded with a line I've borrowed from my father and say, "My clock is set for 98." Well, I've just now revised that to 123! By then I should be able to shoot my age on the golf course.

Live long and Prosper!

Cj

* These statements have not been evaluated by the FDA and are not intended to diagnose, treat or cure disease.