

LONGEVITY

Healthy aging has been described as adding life quality to the years as we age. Some hallmarks of aging are modifiable, and a wide array of research on nutrition and exercise over the last few years has pointed to the possibility of preventing chronic disease and extending healthspan (how long you live in health). What we see now as we age is increasing frailty, chronic disease, and morbidity which we aim to prevent. Insulin resistance, inflammation, mitochondrial (energy producing cells) dysfunction, alterations in your gut bacteria and oxidative stress all play a role in aging. Adopting healthy lifestyle practices (such as eating more high-quality foods that are rich in nutrients, exercise with strength training, quality sleep, relaxation and having a sense of meaning) all improve longevity. A study from 2021 found that after an eight-week treatment program including a plant-centered diet, sleep, exercise, and relaxation guidance plus supplemental probiotics and phytonutrients, a biomarker of age in treatment participants decreased by 3.23 years compared to controls. These changes in lifestyle choices are critical for longevity along with addressing the underlying causes of age-related dysfunction.

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