

ECO  NUGENICS®
formulated by ISAAC ELIAZ MD

Longevity Secrets!

Proven Natural Solutions to Help
You Beat “Inflammaging”

Disease-Proof Your Body

& Stop Premature Aging



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Is “Inflammaging” Causing You to Age Prematurely?

Inflammation can secretly smolder in your body — unnoticed — for years. When this happens, you get what’s known as “inflammaging” — chronic inflammation in the body that accelerates the aging process and fuels a wide range of degenerative diseases like autoimmune disease, cancer, heart disease, and more. To stop unhealthy inflammation and heal, you need to nourish your health from every angle — mind, body, and spirit — to find calm from the inside out.

From acute to chronic inflammation, here’s how to heal and support your body’s natural repair functions and reduce your risk of disease.



The Number One Enemy of Aging



Inflammation is the biggest contributor to chronic health problems and accelerated, premature aging. Signs of chronic inflammation include:

- ➡ Joint and muscle pain and achiness
- ➡ Fatigue
- ➡ Skin issues
- ➡ Brain fog
- ➡ Mood disturbances such as anxiety and depression
- ➡ Digestive problems such as diarrhea or constipation
- ➡ Increased susceptibility to infections
- ➡ Weight gain and obesity

These symptoms are the effects of the long-term wear-and-tear on your body from inflammation, or “inflammaging” as we mentioned on the previous page. This leads to signs of aging and damage to your cells and DNA. But, you can put out the fires of inflammaging and protect your cells — you will look and feel healthier (at any age!). You will also have more energy, enhanced brain power, glowing skin, and other health benefits — and who doesn’t want more of these things?^{1, 2}



Longevity Secret 1



Eat Mostly Anti-Inflammatory Foods



One of the top keys to supporting healthy aging and mind-body wellness is focusing your diet on unprocessed, anti-inflammatory foods. And keep your glucose and blood sugar levels in check — having high blood sugar levels dramatically increases your risk for inflammaging. Stick with antioxidant-rich fruits and vegetables, lean proteins, and healthy fats (e.g., salmon, walnuts, avocado, olive oil) to support your gut and cellular health, both of which are intricately linked to long-term health and aging.³

Top inflammatory foods to avoid or severely limit:

- ⇒ Refined sugars
- ⇒ Gluten-containing grains
- ⇒ Processed foods⁴ and meats (e.g., cold cuts, pre-cooked sausages)
- ⇒ Alcohol
- ⇒ Trans or partially hydrogenated oils
- ⇒ Excess salt
- ⇒ Chemical additives

Additional foods that may cause inflammation for some (but not all) people:

- ⇒ Saturated fats
- ⇒ Vegetable and seed oils high in omega-6 fats (e.g., sunflower, soy, sesame, and corn oils)⁵
- ⇒ Nightshade vegetables (e.g., such as eggplant, tomato, and peppers)
- ⇒ Foods high in lectins (e.g., wheat, kidney beans, soybeans, and peanuts)

Develop a Daily Commitment to Detox



For extra anti-aging protection, add detoxifying foods and supplements to your daily regimen. Detoxification also helps reduce symptoms of inflammaging, such as headaches, fatigue, joint pain, and digestive issues.

Our world has become a toxic place, and it is crucial to help your body get rid of harmful chemicals and environmental pollutants that put your health at risk and speed up the aging process. The worst offenders are pesticides such as glyphosate, mycotoxins from mold, heavy metals, and environmental pollutants. Boost your defenses against these toxins with an advanced natural binding formula designed to eliminate glyphosate and other irritants, and help restore gut health.*

Specific foods that help enhance your body's natural detoxification pathways include artichokes, beets, berries, turmeric, green tea, dandelion, and cruciferous veggies such as kale and broccoli.



Did you know?

People who eat more foods high in flavonols — antioxidant compounds found in fruits and vegetables such as berries and leafy greens, tea, and wine — may have a slower rate of memory decline. ⁶





Get Better Sleep

Sleep is essential for your overall health, and it can damage your body's essential functions when you don't get enough. Supporting rejuvenating sleep that gives your body what it needs to detox and repair for the next day is important to support your wellness long-term.

Poor sleep prevents collagen repair and can harm your heart, lungs, and mental health.^{7, 8}

Healthy sleep tips like keeping your room dark, avoiding blue light from screens, and keeping your body cool and supported can help you get the sleep you need.

Aging Fact



Spending hours in front of a smart phone, computer, or other device that emits blue light has been associated with mental health issues and even obesity. Now a new study in *Frontiers in Aging* reveals that blue light exposure may also speed up the aging process.⁹





Did you know?



Longevity Secret 3

Move Your Body

Moving your body and getting exercise helps promote a healthy heart, healthy weight management, and supports total-body circulation, all of which help support your body as it ages. Even just 11 minutes a day of exercise can help you live a longer, healthier life.¹⁰

From stretching to yoga, weightlifting, and cycling, finding a workout routine that works for you keeps your blood sugar balanced, your mind and brain sharp, and gives you the natural energy you need to get through each day and live a healthy long life.

Keep Your Potassium Levels Up



Potassium plays a vital role in aging — you need enough of this vital mineral for your cells to work and live. And it must be balanced with sodium. Unfortunately, many Americans eat too much sodium-containing foods and not enough potassium-rich ones. This can lead to several age-related conditions, including heart disease, osteoporosis, kidney stones, fatigue, muscle contractions, and high blood pressure. It is especially important to replenish your potassium if you work out regularly.

Here are 10 great sources of potassium:

Lima beans	1 cup cooked	969 mg
Swiss chard	1 cup cooked	961 mg
Spinach	1 cup cooked	640 mg
Watermelon	2 wedges	640 mg
Coconut Water	1 cup	600 mg
Potato	1 cup boiled	600 mg
Cremini mushrooms	1 cup cooked	555 mg
Avocado	3.5 oz	485 mg
Banana	1	450 mg
Atlantic Salmon	3.5 oz	363 mg



Aging Fact

Performing muscle-strengthening exercises every week for 30–60 minutes per week is associated with a 10–20 percent lower risk of death from all causes. This includes dying from cardiovascular disease (CVD), diabetes, and cancer.¹¹

Longevity Secret 4



Manage Stress

Chronic stress and anxiety can speed up the aging process and contributes to pro-aging symptoms such as inflammation, brain fog, memory issues, and poor immune function. Stress also interferes with healing and cellular repair.

By making healthy stress management skills — including mediation, time in nature, yoga or other forms of movement, journaling, and self-care practices — you can support your mental health and promote healthy stress levels in your body, reducing the risk of inflammation.

Banish Stress & Boost Your Mood With Honokiol



When stress, anxiety, and depression affect your quality of life, it is time to reach for natural help. One particularly effective remedy you may not know about is pure honokiol. This powerful extract from magnolia bark offers quick, calming relief from stress and low mood, and the herb also helps support healthy cortisol balance. It crosses the blood brain barrier and interacts with GABA receptors for calm and relaxation. Honokiol is a powerful antioxidant known to specifically improve brain health and function. It also helps reduce brain inflammation, linked with depression, anxiety, and other mood disorders. Honokiol also supports deep, restful sleep.



Did you know?

Eating too much salt can increase stress hormone production. A high-salt diet was also shown to elevate certain hormones that regulate stress response, as well as heart, brain, immune, and metabolic functions.¹²

Longevity Secret 5



Support Healthy Inflammation and Immunity

Supporting healthy inflammation responses helps balance the immune system and promote optimal aging.¹³ An unhealthy immune system can fuel inflammation, increase the risk of chronic diseases, and speed up the aging process. Keeping your immune system balanced and optimized can support healthy inflammation responses and promote optimal health and aging.

The tips listed above can all go a long way toward supporting healthy inflammation and immune responses. In addition, researched natural ingredients, such as medicinal mushrooms that help regulate immune activity and actively reduce inflammatory reactions, are excellent ways to help balance your systems and prevent inflammaging symptoms to your skin, gut, and long-term health.

5 Ways Probiotics Optimize Your Immune System



For your immune system to function optimally, it needs training and education. And most of this training comes from an unexpected source — the beneficial microbes in your GI tract. More than 70% of your immune system is in your gut, and your friendly flora plays a primary role in immune cell development and training. Friendly microbes in your gut help protect help against pathogens and other invaders, as well as help prevent chronic illnesses.

Probiotics optimize and fine-tune your immune system in 5 distinct ways

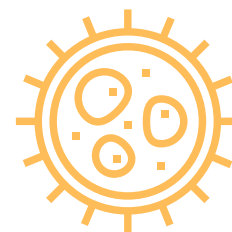
- ➔ Supporting immune regulation and balanced immune responses
- ➔ Providing antiviral properties
- ➔ Blocking pathogenic bacteria
- ➔ Controlling inflammation
- ➔ Using different strains to target specific infections (e.g., strains for colds and flu; strains for pneumonia; strains for diarrhea)

Aging Fact



Exposure to air pollution appears to weaken the lungs' ability to fight respiratory infections as you age, according to a study in *Nature Medicine*.¹⁴ Consider using a gentle daily detox formula to help offset this exposure to pollution and other environmental toxins.

Longevity Secret 6



Support Your Cells

Your cells are put at risk every day by your lifestyle, diet, and environment. These daily assaults can harm your body's ability to function properly, speed up the aging process, and increase your chances of developing serious health conditions.

Unhealthy cells and poor cellular performance disrupt your body's natural health and defense mechanisms such as detoxing, fighting threats, supporting healthy immunity and inflammation, creating energy, and giving you the support you need to age healthy and gracefully. Our innate healing abilities depend on healthy cells to do their jobs. Natural ingredients and supplements can help protect your cells and unlock their full potential, while nourishing your body with what it needs to support healthy aging.

What Is Cellular Health?



Cellular health can be influenced by numerous factors, such as diet, toxins, stress levels, and age. One important part of a cell's healthy functioning is its DNA — of which telomeres are essential.

These end-cap structures on the chromosomes keep DNA healthy, though they naturally shorten every time a cell divides. Ultimately, this leads to senescence, or cell death. Stress, toxins, processed foods, and many other factors can prematurely shorten telomeres, speeding up cell death — and the aging process. Keeping inflammation in check and supporting overall health and wellness with these and other healthy aging strategies can allow for proper telomere activity in normal cells.

Introducing The Super-Nutrient[®] for Healthy Aging

PectaSol Modified Citrus Pectin rejuvenates every part of your body by revitalizing your cells, defending against pro-aging proteins in the body, and supporting healthy inflammation and immune responses. These unparalleled actions offer you the potential to live a longer, healthier life.*

PectaSol is the only natural solution proven through extensive research to deliver a wealth of unique benefits for total-body health and aging, making it your most important daily supplement for lifelong wellness.*¹⁵



[LEARN MORE](#)

The researched form of Modified Citrus Pectin is naturally derived from the pith of citrus fruit peels, including lemons, limes, and oranges. The pectin fiber is reduced to a tiny, absorbable size and gives it the ability to enter the bloodstream to bind and block galectin-3, a naturally occurring protein in the body that fuels inflammation, speeds up aging, hardens tissues and organs, and can wreak havoc throughout the body.

- Optimal aging*
- High-performing cellular activity*
- Immune system balancing*

76+

peer-reviewed studies

25+

years of clinical success

6+

patents for targeted applications



Sources



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