

Improve Elderly Strength & Physical Performance

"Nobody likes the idea of getting old; and we can't stop the aging process, but we can offer viable options for slowing it down significantly."

A good friend of mine shared how he lost a patient to another doctor. He was treating her structurally one step at a time and the patient was getting stronger and reported no pain. He is a chiropractor, and she came in for pain. But after about 8 weeks, the patient came to her appointment announcing this was her last treatment and said she was seeing another chiropractor because the other doctor offered some advanced nutritional testing. My friend who is a diplomat in nutrition was shocked because he was aware of the testing and could have offered it; but because the patient complained about money so much, he didn't even suggest it. He lost a good patient because he didn't initiate the services that she really wanted.

I tell you that story because the field of slowing down the aging process or "anti-aging" is exploding. The baby boomers are hitting their 60s.



If you are aware of this trend and can offer viable options to your older patients, you will keep them for life. Nobody likes the idea of getting old; and we can't stop the aging process, but we can slow it down significantly.

Is the term sarcopenia familiar to you? Sarcopenia is defined as the loss of muscle mass and strength and the low physical performance that occurs with advancing age. You have tools available to you right now that you can use to assess your patients for sarcopenia; and by develop-

ing treatment plans and then monitoring those plans, you can radically change your patients' lives. It may not be on your radar. But it probably is on your patient's. If it's not, you can be the hero by bringing it to their attention.

Older patients have fears that include: mobility problems, increased risk of falls and fractures, impaired ability to perform activities of daily living, disabilities and loss of independence. These are powerful motivators. Let's consider some nutritional

strategies you may not have thought about.

Protein is needed for lean muscle mass. The RDA for protein is 0.8 g/kg, yet almost 40% of people 70 years of age are deficient. Consuming a low protein diet below the RDA leads to a significant decline in muscle strength and muscle mass in older women. However, even older people who take the RDA for protein continue to have a negative nitrogen balance and may require a diet containing higher protein content than the RDA to maintain their skeletal muscle. Eating the appropriate levels of protein is important but just as important is digesting it.

Also for muscle growth and repair, consider Amino Sport to supply additional bio-available amino acids. Athletes routinely share how Amino Sport before and after a workout reduces muscle stiffness and soreness. The highest levels of natural growth hormone are secreted during exercise and while sleeping. I suggest patients take 3 Amino Sport before exercise and 3 before bed on an empty stomach or with a few ounces of fruit juice.

With sarcopenia we also want to consider growth hormone. Growth hormone among other things has been associated with a reduction in adipose fat, increases in oxygen utilization, muscle strength and muscle growth. It also increases calcium retention and mineralization of the bone which is very important with our osteoporosis patients. Perhaps even more important is the role of growth hormone in tissue repair.

So if we are going to increase strength and reduce the potentials falls and injury that are associated with our older patients, i.e. sarcopenia, let's look at how to naturally increase growth hormone. Since the highest levels of

natural growth hormone are secreted during exercise and while sleeping, obviously a program with aerobic exercise and progressive resistance training is essential.

But a supplement that has been virtually untapped in the prevention and treatment of sarcopenia is Gammanol Forte with FRAC. Here's why: Dr. David Brownstein did a small study assessing growth hormone using IGF-1 as a marker. Using Gammanol Forte with FRAC, two 3 times a day, he found 10 out of 10 women aged 29 to 77 had increases in growth hormone after supplementing for 5 weeks.

Gamma Oryzanol is a fat soluble antioxidant compound that comes from rice. The molecule also contains small amounts of a water soluble component called ferulic acid or FRAC. However, most of the research pointed to the water soluble component ferulic acid as having the strongest phytochemical properties. In light of this, Biotics Research substantially increased the ratio of ferulic acid to pure gamma oryzanol in Gammanol Forte with FRAC. Each tablet is 50 mg of water soluble ferulic acid to 25mg of pure gamma oryzanol.

Patients routinely say they just feel stronger, especially elderly patients and that's the point of this discussion. Broadening your skills to include sarcopenia and "anti-aging" therapies is well worth your time. Also, consistent encouragement for ALL your patients to start a new wellness lifestyle could make a difference in how they spend their golden years. Talk to your patients about their muscle mass, strength and physical performance and don't forget to ask your patients about their parents.

Thanks for reading this week's edition. I'll see you next Tuesday.