



## What To Do About Premature Aging

### Message from Milly

Glorious early Spring greetings!

Spring is always a magnificent time in Georgia, and this year it seems mother nature has graced us with an extended season...I hope you're enjoying its many blessings.

Last month, we asked for your feedback on future newsletter topics. And several of you asked for an issue on premature aging and aging in general.

This wasn't surprising as I've seen more and more younger people coming to me with age-related concerns such as premature graying, skin aging, hormonal problems, and other issues that used to be...

...oh I'll just say it! Old or middle-aged people problems! (-:

So, what's going on here, and are there steps we can take to preserve our youth?

Although there's not one magic bullet to preventing premature aging, there are some common causes that can be prevented or addressed with simple nutrition and lifestyle adjustments.

Ready to slow down the clock a bit? Me too! Let's get started.

Blessings to all!

-Milly





## Premature Aging

There are few things that can preserve our youth and vitality better than a nutrient-dense diet.

Specifically, plant compounds such as antioxidants, found in colorful fruits and vegetables, have been shown to help slow the effects of aging and support overall health.

But there's more to it than that.

Certain nutrients, many of which we've discussed in previous newsletters, are often lacking in those experiencing premature aging and/or those with persistent health issues.

Here are some of the most important nutrients to focus on for premature aging:

- **B Vitamins:** Vitamin B12, folate, and B5 have been associated with premature graying and cognitive/memory impairments.[1][2]
- **Magnesium:** Known as the anti-stress nutrient, magnesium is involved in nearly every bodily function and supports mobility, joint health, sleep, stress response, skin health, and more.[3]
- **Vitamin C:** Is essential to the production of collagen,[4] cell health, skin health, and our immune response, which keeps us from getting worn down by pathogens, viruses, bacteria, etc. When I see people taking expensive collagen supplements for wrinkles, I often suggest either swapping out or adding a simple vitamin C supplement to support the body's ability to **make its own collagen**.
- **Vitamin E:** is a powerful antioxidant and has been shown effective for supporting healthy skin and hair.[5][6]
- **Essential fatty acids:** Such as omega-3s help support heart health, cell health, and inflammatory response while helping maintain soft, supple skin.
- **Iron:** Iron deficiency or insufficiency can be a leading cause of hair loss, premature graying, and cognitive impairments.[2]
- **Trace minerals:** These are food for the cells. They also support hair,

skin, and nail health and have demonstrated a connection to premature graying.[7] [8]

Most of the literature suggests you can get all these nutrients from a healthy diet.

However, I have found that this is not always the case.

Especially for those with autoimmune conditions, genetic mutations, gut health issues, chronic stress, or a family history of nutrient assimilation issues.

In that case, supplementation can be life-changing!

Juicing is also a wonderful way to increase your consumption of vitamins, minerals, antioxidants, and more.

[A BioEnergetic Assessment](#) can tell us if you resonate energetically with any of these supplemental nutrients.

Simple lab tests can also determine your nutrient status of iron, B12, and others (although magnesium deficiency is tough to detect using traditional labs).

Learn more in:

- [What's The Deal With B12 Deficiency?](#)
- [The Top 3 Nutrient Deficiencies I See In Clients](#)
- [The Other Top 3 Nutrient Deficiencies I See In Clients](#)
- [Is Juicing Really Healthy For Everyone?](#)

References:

1:

[https://www.medicinenet.com/can\\_vitamin\\_b12\\_reverse\\_premature\\_gray\\_hair/article.htm](https://www.medicinenet.com/can_vitamin_b12_reverse_premature_gray_hair/article.htm)

2: <https://pubmed.ncbi.nlm.nih.gov/22221769/>

3:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7912123/>

4: <https://pubmed.ncbi.nlm.nih.gov/18505499/>

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3819075/>

7: <https://pubmed.ncbi.nlm.nih.gov/21979243/>

8:

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## Beauty Sleep is NOT a Myth

This may seem overly simple, but whether you're 22 or 82, sleep, is the ultimate anti-aging tool.

That's because sleep is when our bodies restore, deep clean, and detoxify.

Without that restoration time, we end up aging much faster in body and mind.

Let me give some examples of how vital sleep is to prevent symptoms of aging and premature aging.

**Natural sleep is the only time your brain can activate its deep cleaning process via the glymphatic system.**[1] [2]

During this time, synaptic pruning occurs, where old memories and dead or diseased neurons are cleaned out to make room for new information.

If you're not getting enough sleep OR relying on synthetic sleep medication, your brain cannot perform this deep cleaning function adequately.

That's not to say sleep meds may not have a place in certain temporary situations. But they do not create the same healing effect as natural sleep.

So, if you're having cognitive health, learning, or memory issues, sleep is one of the first areas to address.

A lack of sleep has also been shown to increase the risk of dementia, obesity, mood disorders, diabetes, immune function, and brain aging.[3]

Sleep is also the time your skin repairs itself, hence why research has shown sub-optimal sleep contributes to skin aging, diminished skin barrier function and collagen production, and lower satisfaction with appearance.[4] [5] [6]

A lack of sleep can also impact your hair growth and quality via its negative effects on the stress hormone cortisol.

When cortisol levels are elevated due to stress or lack of sleep, it can impede proper hair growth and increase other signs of aging.

Lack of sleep has also been associated with



biological aging by activating certain genes and inflammatory markers.[7]

The article: "[Beauty Sleep](#)" by the [Sleep Foundation](#) offers a more comprehensive look at how sleep affects aging. I highly recommend reading it!

For tips on getting more high-quality sleep, check out our previous newsletter:

- [Solutions for Better Sleep \(beyond sleep hygiene\).](#)

**References:**

- 1: <https://www.science.org/doi/10.1126/science.1241224>
- 2: <https://www.medicalnewstoday.com/articles/325493>
- 3: <https://www.dmu.edu/blog/2020/12/sleep-quality-and-health-aging/>
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- 5: <https://pubmed.ncbi.nlm.nih.gov/33790465/>
- 6: <https://pubmed.ncbi.nlm.nih.gov/25266053/>
- 7: <https://www.prb.org/resources/new-evidence-on-sleeps-role-in-aging-and-chronic-disease/>



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*All the links to products are provided for educational purposes and are not affiliate links.*

## Anti-Aging Traps to Avoid

I'd be remiss if I didn't warn against over-blown or drastic measures to combat the signs of aging.

As you can see from this newsletter, preventing premature aging is an inside job.

That's not to say there aren't great products available to help you maintain that youthful glow.

### **But do be cautious of products or procedures promising anti-aging miracles.**

They are rife in the cosmetic and beauty industry and often come with a hefty price tag in terms of return on investment and potential side effects.

You can use your commonsense here, but some things I recommend avoiding are:

#### **Cosmetic Injections:**

I know Botox is all the rage, but the plain truth is you're injecting a deadly toxin into your body that may or may not remain in the injection site.

Plus, research has shown it leads to bad

reactions in up to 1 in 6 users.[1]

Same goes for other chemical-based fillers. If you wouldn't eat it, why risk injecting it?

Plus, for those younger folks who wish to resort to drastic anti-aging or beauty-enhancement measures (a [trend that's on the rise in the under-40s](#)), research suggests plastic surgery procedures, for example, do not wind up enhancing self-esteem or happiness in the long run.[2]

**Conventional hair dye:** I admit, I used it myself (and my liver paid the price).

However, these days there are some wonderful natural permanent hair dyes such as:

- [Hairprint](#)
- [Green Hare](#)
- [Light Mountain Natural Color The Gray](#)

### **Harsh Chemical-Based Skin and Beauty Products**

A few years ago, we didn't have many great options for natural skincare (and the ones we had cost a fortune).

But this is 2023! And the natural beauty industry has exploded with various options for non-toxic, anti-aging skin care.

A few favorites include:

[Indie Lee Clean Beauty](#): they recently came out with a non-toxic retinol alternative that's all the rage.

[Vapour](#) is a great resource for makeup; their foundation is awesome.

[Dr. Hauschka](#): an oldie but a goodie and available at Whole Foods.

You can check out the [Environmental Working Group's Skin Deep Database](#) for more brands.

[This article from I Read Labels For You](#) and [this one from Branch Basics](#) are also excellent resources for the best non-toxic skincare brands.

Finally, a friend recently recommended this book by a holistic esthetician: [Simply Beautiful Skin](#).

She teaches you how to customize the best non-toxic skincare regime based on your skin type, skin-specific ingredients, budget, and beauty goals.

She even goes into nutritional tips for different skin concerns and shares DIY recipes and resources to make your own skincare products.

It's a really neat resource and less than \$7.00 for the Kindle version.

**References:**

1:

<https://www.theguardian.com/lifeandstyle/2021/sep/12/botox-leads-to-bad-reactions-for-one-in-six-users-says-study>

2: <https://www.psychologytoday.com/us/blog/openly/201212/plastic-surgery-doesnt-boost-self-esteem>

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