Anti-Aging Seminar

Seminar Speaker: Dr.Eric Berg, DC

By: Acacia White

The most important question of the seminar is, is it possible to reverse the aging process? Is it possible to merely slow down the aging process? The answer is “yes” according to Dr. Berg. His focus, which is also the problem with healthcare today, is being proactive in preventing the disease from happening initially. Often the healthcare sector focuses on treating the symptoms of a disease. Within the endocrine system, an abnormal adrenal gland produce an increase in functional reserve; a deficiency in the gland will not appear in a clinical blood test until at least 90% of the gland is non-responsive or considered destroyed. Another organ, the heart, when malfunctioning symptoms are not a great tool to use when measuring the severity of a patient’s condition. For example, during a heart attack or cardiac arrest, about 50% of the time the first symptom is usually death. This is why symptoms are not a great tool for diagnosing a patient’s conditions. Dr. Berg has being focusing on creating human health by means of avoiding disease. Some examples the speaker mentioned are: foods, exercise, sleep, and reducing stress factors. When we focus more on these issue health will begin to increase. How can we counteract aging? Avoid the intake of antioxidants and synthetic hormones. Antioxidants such as Vitamin E and A and free radicals, studies show that taking these can either speed up the aging process or cause no effect on the aging process. A study mentioned included a pool of 29,133 individuals who took antioxidant on a basis. The participants experienced an increase in cardiac death, hemorrhagic stroke, and they developed a risk for major coronary events. The trial had to be terminated early. Synthetic hormones interfere with the communication s between hormones and their target sites. Also increased in synthetic hormone numbers can cause the body to become dependent on synthetic hormones and cause some natural hormones to not function properly. For example, some anti-breast cancer drugs can block estrogen in the body. Endocrine disrupters mimic hormones from the adrenal gland. Synthetic hormones lead to the destruction of the glands, repair of the gland leads to disease prevention. Lastly, Kale is the healthiest food for humans because of its anticancer and anti-aging properties and kale also restores glands. Studies show if you eat (complex not synthetic) 3 cups of Kale a day you can decrease cancer by 40%. The phytonutrients in Kale is what makes this the world’s healthiest food.