



The Wolfe Clinic News

The Reality Of Aging

The Search For The Fountain Of Youth

What are the secrets to youthful appearance, longevity and vital health? For most of us these are the ultimate questions and, frankly, there are many important answers. All answers start, though, with the last part of the question which is vital health. Without good health no living organism can survive for very long or retain their youthful vigor.

There are different theories as to just how long the human body can last and why certain cultures have longer life expectancies than others, but one would expect that since the US spends more on health care than any other nation that the life expectancy of the average citizen would reflect that expenditure. However, the United States ranks 24th on the list of life expectancy while Japan

ranks first. This makes it pretty clear that traditional U.S. health care is not the secret to longevity. In fact, health care in the United States would seem to hinder the pursuit of a long and healthy life.

There are obviously other factors involved in living to be 100 years old, while remaining healthy and youthful

looking. Some scientists believe that people may be able to live for hundreds of years based on their studies of other animals. So what is the secret?

The average American life expectancy is 75 years. The average Asian American life expectancy is 83 years.

First... Reclaim Your Inner Terrain

Unfortunately, there is no pill, no magic fountain and no quick fix. Living longer and looking younger involves exercise, a healthy diet, physical therapies, anti-oxidants and a comprehensive health plan. I will get into the first four parts later but the first step is to Reclaim Your Inner Terrain. Let's face it, if you are acidic and filled with waste and toxins, all the anti-oxidants, therapies, exercise and good food in the world will not



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The Wolfe Clinic
"FEAR IS THE GREATEST DISEASE"

help you.

How many people do you know who are in good health? What is good health? Let's be honest, it is normal to be sick, so what is normal to us is really abnormal. For example, when you go for a physical and they tell you that you



are healthy for a 40 year old, they are comparing you to the average 40 year old person. It means that your stomach is hanging over your belt, you are falling asleep at nine-o'clock at night, you can hardly get yourself out of bed, your sex-drive is gone, your teeth are falling out and your bowel movements smell terrible.

What we think of as normal is actually abnormal but because the majority of the population is sick, we are all well. This is a twisted logic and means that we do not even know what well is any more.

We no longer listen to our bodies; instead we listen to the drug companies.

The most important thing is to Reclaim Your Inner Terrain and once you do that, you will send the parasites, fungus, mold, yeast and bad bacteria (therefore all disease) packing because they cannot exist in an alkaline environment.

Another barrier is the fact that the average person is overweight and one in four is carrying an extra 25 pounds of not just weight, but toxic waste. The average person is, in fact, spoiled rotten. They are rotting from the inside out. This is a breeding ground for disease. Your large intestine is the mother of all organs. It is the first organ developed in the fetus. Why? The reason is that it is the most important organ. Without a proper waste disposal, (sewage system) life would cease to exist before it even gets started. Remember it's not what comes out - it's what stays in that kills us.

As well, the right water is critical for good health. This means a clustered, restructured, electron charged, alkalizing water. The body is 70% water. So, how important is water we drink? Would you bathe in dirty water? I don't think so. Let's not ask our cells to do so. We must drink enough of the right water on a daily basis.

So, we can make matters worse or get back to fundamentals. If you decide to return to the basics and if you have achieved that goal you can begin to think about extending your life and reversing the effects of aging. This is a goal that can be achieved. In fact, the process of detoxifying and reclaiming Your Inner

Terrain will extend your lifespan considerably and reverse many of the effects of aging. Again, if you are acidic and filled with waste and toxins, all the anti-oxidants, exercise and good food in the world will not help you.

Live a Longer Healthier Life

It is puzzling? Even though most people express an interest in living to their maximum potential; many people refuse to use the available methods that are guaranteed to slow down aging. If they did, we would surely not have the epidemic of diseases we now face in this country.

If you want to increase your chances of living a longer, healthier life, one of the first things you should do is to have me plan a custom health and nutrition program designed especially for you. In addition to not smoking, at the very least you should reduce the amount of processed grains and sugar in your diet. Consuming sugar and

processed grains will increase your insulin level and that is the equivalent of putting the pedal to the metal on the

aging accelerator. There is simply no more potent way to accelerate aging than eating sugar and processed grains. Eating right for your metabolic and blood type will also help to optimize your anti-aging program.

Most seeds and nuts should be

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avoided (except walnuts and flaxseeds, which have substantial amounts of omega-3 fats, though omega-3 from fish oil is still far better.)

Compounds called free radicals that are released during normal cell processes can be harmful to body tissues, leading to so-called oxidative damage or stress. Experts have linked oxidative stress to a number of varied illnesses, including cancer, heart disease and Alzheimer's disease. Since anti-oxidants, including vitamins C and E can neutralize free radicals, some experts believe these nutrients could help delay the onset of Alzheimer's disease.

Heavy Metal poisoning is also suspect in the cause and acceleration of many age related ailments such as Alzheimer's disease. In today's toxic environment Heavy Metal Testing is a vital necessity for good health and for overall wellbeing. The Wolfe Clinic carries Heavy Metal Test Kits.

Foods that Fight Aging

Omega 3 Fish oils are a strong factor in helping people live longer, and many experts believe that it is likely the predominant reason why the Japanese are the longest lived race on the planet. When choosing a fish oil brand, it is important to find one of high quality to ensure that it has been purified of mercury and other toxins.

You also want to eat specific foods that may slow down aging. Blueberries are rich in

antioxidants that have anti-aging effects. Most fruits and especially vegetables contain antioxidants, but blueberries have been ranked #1 in antioxidant activity when compared to other fresh fruits and vegetables.

According to the Journal of Neuroscience: Researchers found that rats fed spinach and strawberries learned better than rats on a standard diet. Then they placed a blueberry extract into the diet. The rats that received the supplement not only learned faster than other rats, but their motor skills improved. Old rats fed the equivalent of a cup of blueberries a day not only were more coordinated, but were smarter than other old rats.

have found that the components that give fruits and vegetables their color such as the lycopene, that makes tomatoes red, are associated with health-giving effects. One of things they might be doing is to protect against oxidative stress. Oxidation occurs all the time in the body and is cell damage created by charged particles known as free radicals. They also may reduce inflammation.

Fruits and vegetables are loaded with antioxidants, which range from the resveratrol found in red wine, the anthocyanins that make



Researchers are now working to find out just what it is in blueberries that reverses the damage ageing does to the brain. In the meantime, most are eating blueberries themselves.

The researchers are conducting tests to see what compounds in the blueberries are responsible for the effects. Other scientists

strawberries red and blueberries blue and the vitamins A, C and E. Diets rich in fruits and vegetables have been shown to reduce the risk of heart disease and cancer. The rats ate supplements made from blueberry juice, but the researchers think the whole fruit may confer even more benefits.

Remember; don't use the classic American strategy when it comes to nutrition: if a little is good, then more is even better. If you

don't forget to include vegetables that are right for your metabolic type in your diet.

Anti-Oxidants Prevent Brain Aging



eat too many blueberries, you will release too much sugar in your system. This will increase insulin levels and cause a worsening rather than an improvement in your health. So, enjoy all that blueberries have to offer, but moderation is the key.

Another excellent anti-aging food is coconut oil, and this one is doubly beneficial because it can be eaten and applied directly to your skin. Coconut oil can be used in place of oils, margarine, butter or shortening and used for all your cooking needs. It can help you lose weight or maintain weight, reduce the risk of heart disease and lower your cholesterol, among other good things.

Researchers are also looking into the anti-aging effects of resveratrol, the antioxidant found in red wine that has been found to extend the lifespan of yeast cells by up to 80 percent. Of course, fresh, raw vegetables are also a great source of antioxidants so

Eating plenty of antioxidant-rich foods may play a major role in your cognitive function, according to scientists. While it's known that antioxidants may protect against certain cancers, heart disease and other age-related diseases, they may also help to keep cognitive skills strong as we age. Oxidative damage is thought to be one of the primary factors in brain aging,



and the research suggests that diets rich in natural antioxidants may help to slow this damage.

Yet again in another study, blueberries, which are very high in antioxidants, appeared to be beneficial for brain aging, Alzheimer's disease and other neurological disorders. Obviously blueberries contain chemicals that have not yet been identified that can protect the brain and even lessen the consequences of brain damage.

In another study, researchers found that an antioxidant-rich diet may prevent some of the cognitive changes that occur with exposure to cosmic rays. The brain damage that could be caused by cosmic rays is one of the major obstacles that must be overcome before astronauts will be able to travel to Mars, as a three-year space flight is required.

Anti-Oxidant Supplements

Anti-Oxidant supplementation is another avenue to a longer, healthier and more active life. Antioxidants are biologically active additives which are absolutely safe for the organism. In a number of experiments researchers have found that the use of antioxidants, by themselves, were able to extend the lifespan of lab mice 1.5 to 2 times their normal life expectancy.

Antioxidants do extend lifespan. There is no doubt that one of the principal causes of aging is oxidative damage to our cells brought about by the cumulative effects of free radicals. These are unstable, highly reactive

molecular species produced in great abundance by the chemical reactions involved in glycolysis, in which glucose is “burned” to produce the energy that life processes require.

All that prevents us from quickly succumbing (in a matter of minutes) to the overwhelming assaults on our everyday health by free radicals is the defensive mechanism of antioxidants - primarily those that our bodies produce naturally and secondarily those that are found in our food or that we take as nutritional supplements.

Until recently, however, there was little hard evidence of a causal connection between oxidative stress and the rate of aging. One would expect that anything that would reduce the levels of free radicals should increase the organism's lifespan. That is exactly what is being found.

Recent studies on yeast and worms have shown that oxidative stress increases or decreases lifespan dramatically and the administration of certain antioxidant agents to the worms has been shown to increase both their average lifespan and their maximum lifespan by as much as 54%.

It's obvious that worms can benefit from antioxidants - but what about us? Although there is no hard evidence that antioxidants extend human lifespan, there is abundant evidence of their benefits to many aspects of our health and well-being. If they keep us healthier, then surely we live longer. Thus it is reasonable to suppose that, all else being equal,

those who supplement aggressively with antioxidants live longer than those who do not.

I believe, though, that Anti-Oxidant supplementation should only be used as part of an overall health strategy. That strategy should include only the most powerful and effective Anti-Oxidants such as Microhydrin: which also work to decrease the acidity of the body, assist in cell waste removal as well as increase the effectiveness of other Anti-Oxidants such as Vitamin C.

Exercise and Health Therapies

Nothing will make you fitter, feel better and look younger than exercise combined with the proper health therapies such as Wolfe Deep Tissue Massage and Far-Infrared Treatments.

Massage Therapies like the Wolfe Deep Tissue Massage work by breaking down scar tissue and crystallization, thus restoring proper muscular balance and bone structure. It increases the blood circulation to injured and aging areas that have decreased blood supply. This form of physical treatment surpasses normal results obtained from other known therapies, whether it is the body, face or feet. The Wolfe Facial Sculpturing focuses specifically on the face to restore youthful tone and contour.

I have made these courses available for personal use (no certification) at a greatly reduced price. Please visit my website or call the clinic for more information.

The health of the whole system depends on the movement of blood and energy throughout. By dilating blood vessels and penetrating deeply into the body Far-Infrared devices such as The Vit-Mat and Infrared Sauna Dome increase and strengthen circulation without causing any stress on the system. Increased circulation and improved oxygenation

with increased core body temperature from FIR promote improved exchange of nutrients into cells and the discharge of toxins. Hyperthermia increases the immune response within the body. As core body temperature rises there is corresponding increase in immune chemicals and the self healing abilities of the body become more effective. They make you feel and look years younger.

Once again, as you can see there is no pill, no magic fountain and no quick fix. Living longer and looking younger involves exercise, a healthy diet, anti-oxidants, physical therapies and a comprehensive health plan. If you plan on living to be 100 you must first Reclaim Your Inner Terrain, exercise, drink the right water, take the right supplements and eat the right foods.

Remember: the road to better health is as close as your telephone. Over 25 years of successful practice and experience in fighting chronic illness is available to you for the price of a bottle of supplements. It includes a one on one consultation with me, unlimited follow up support, as well as my highly acclaimed and comprehensive health video “A Healthy Family.”

I can offer unlimited support because my health programs are custom designed for your individual needs and they work. It is never too late to start living a healthy life. Call me today! 1-800-592-9653

Live Long and Live Well

The Aesta Mat

Patented 13 layer construction with no harmful EMF waves.



Harnessing the healing power of Far Infrared from natural Jade, Germanium, Charcoal and Yellow Mud! The Aesta MAT provides rapid and powerful benefits!

Wellness Filter



The most advanced ionized electron-charged ALKALINE water system available anywhere.

Microhydrin



The most potent Anti-Oxidant in the world

The Sauna Dome



The Sauna Dome represents a new paradigm in the field of sauna therapy.

Vitamin O



How to feed our bodies more oxygen thus allowing our bodies to more effectively oxidize and metabolize life and health giving nutrients.

Greens First



The Proven Anti-Oxidant Power of 10 Servings of Fruits and Vegetables in America's First Ever Great Tasting Green Super Food Powdered Drink Mix!

UltraBioMinn



UltraBioMinn™ is the first product that provides the body with minerals in a form that it can fully utilize.

Maximizer



The Maximizer plant enzyme supplement is the most potent up-to-date digestive enzyme formulation available.

Coral Calcium



If your body fluid and cellular pH level is not alkaline they are unhealthy and cannot properly assimilate vitamins, minerals.

The Wolfe Clinic

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