

HEALTH RESTORATION

Do You Have A Good Strategy for Functional Aging?

We plan a lifetime for securing our financial future. We spend 10,000 hours honing our individual skill sets. Some of us figure it out early, but many of us are in middle age before we find our place and are hitting our pace. Some of us can't wait until retirement to enjoy the "golden years". For those of us fortunate to have found our passion in our work, we never want to stop. Unfortunately, most of us spend much more time, energy, and planning our financial future than we do towards our health future. We should be asking ourselves, "What can I do to ensure my future health and longevity?"

As an Aging and Regenerative Medicine Doctor, I find there are three priorities most of my patients are concerned with, or questions they have, as they age. Will I retain my ability to walk and ambulate on my own? Will I retain my mental faculties? Will someone still find me attractive?

I am happy to say that the answer to all three questions can, and should be, "Yes"! With the current technologies, we should easily be able to live to be 100+, feel good, look good, and remain active and productive. The keys to qualitative longevity are to be able to find our genetic weaknesses (variants), and nutritionally support them so they do not negatively express into disease (epigenetics), keeping our adrenal, thyroid and sex hormone levels optimum as we age, avoiding food/chemical sensitivities that are causing inflammation, and avoiding and/or detoxing environmental toxins found in air, water, and food sources.

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