

EPISODE 274

[INTRODUCTION]

[00:00:19] AVH: Hello everybody, welcome to Paleo Magazine Radio. I hope that you're having an awesome summer. But I'm going to talk about something a little bit deep right now. I'm going to talk about life and aging and if you're like me and you've maybe spent some time awake at night, tossing and turning, indulging yourself in a little existential angst, I've been known to do this from time to time, thinking about our purpose in life and getting older and aging and all of this intense things. Well, this episode might help snap you out of that a little bit because I'm going to be reading to you an article from our June/July issue.

From none other than the brightest and buffest godfather of the primal paleo movement. Mr. Mark Sisson himself. He wrote this article for our June/July issue all about the lessons that he's learned about aging well. Whether you're 20 or 40 or 60 or 80 or somewhere in between. I think there is some very valuable takeaways here for all of us and this is from someone who has made their own mistakes, maybe with overtraining or dietary decisions earlier in life.

He's learned from his mistakes and he now not only walks his talk, big time, but seems to be really benefitting quite well from the decisions he's made. Have you seen this guy? He is pretty sorted out and he looks fitter and better than most of us at any age, let's be real. I hope that this quick recap quells your existential dread a little bit. It helped me out a bit too because look, we're all here for a limited time but we can all make choices every day about how we want to spend that time and how we can be as happy and healthy as we possibly can, while we are here.

It's a great article, I really hope you enjoy it. But before we dive in, I want to thank today's show sponsor, Jones Dairy Farm. You guys have heard about these folks already, they're a great sponsor for us, they're a family owned business based in Wisconsin that's been working and providing us with delicious healthy meats and breakfast meats for 130 years and they're best known for their all natural sausage.

Dry aged, center cut bacon and naturally smoked ham and Canadian Bacon. ie in Canada, we just call it bacon. Actually, I'm kidding, we still call it Canadian Bacon I think. Not sure what we call it. Ham? I don't know. Anyway, it's all delicious and from this company, they are dedicated to really high quality ingredients, the sausages are always made without binders, fillers, gluten, preservatives, MSG, any of that stuff and they use fresh, never frozen, hormone free pork, chicken and turkey.

Obtained from local producers around the Midwest so that their stuff is no more than 48 hours' old before it's used. Some of their products can be found in the freezer section of your grocery store, some are going to be in the refrigerated aisle but you can learn more about the company and what they offer, some of their premade breakfast sausages and things like that and the products that are specifically paleo certified at www.jonesdairyfarm.com/paleo.

All right, here are some words of wisdom from uncle Mark.

[EPISODE]

[0:03:19.9] AVH: *11 Lessons I've Learned About Aging Well* by Mark Sisson.

Thanks to modern medicine, people are living longer than ever before. Quantity's up, how about quality? How well are we aging? It's one thing to be kept alive by spools of prescriptions, weekly doctor visits and frequent effective medical interventions. Aging well is another beast entirely.

No one wants to live a long life full of pain and suffering and to experience loss of function. On the contrary, everyone looks forward to enjoying a long life full of happiness, meaning and physical excellence. We want to play with our grand kids, not just watch them from a wheelchair through glazed over eyes.

I'm not old but I'm not young either. I've aged and I think I've managed to do it fairly well. Along the way, I've picked up a few insights that I'm going to share with you. Number one, obtain and maintain your lean mass. The single best decision I ever made for my long term health in fitness was to move away from the chronic cardio towards more strength training.

Gaining and maintaining lean mass is almost everything and it only becomes more important the older you get. Maintaining your lean mass as you age isn't just about looking good naked or being that jacked older dude. Sure, that's an important aspect of aging well, having a younger body.

[0:04:27.0] AVH: But more to the point, there are many physiological, age related health benefits. Strength training improves your ability to perform basic daily functions. Things like standing up from a chair, getting out of the bath, carrying your groceries, walking up and down stairs. All of which, an inability to perform will seriously impair your ability to age well.

Building muscle also builds and strengthens bone, making it more impervious to fractures. Lifting weights makes you more stable on your feet, less liable to fall and break something which is one of the leading causes of age related death and strength training builds your grip strength and grip strength is a leading indicator of mortality risk. Building lean mass also builds organ reserve to help you stave off diseases and survive illness and injury.

Plus, it just feels good to be strong. Number two, aerobic health is probably just as important. Training in the aerobic zone has two main benefits for aging. It improves your oxygen uptake efficiency. Your heart literally becomes better and better at doing its job. Pumping blood, oxygen and nutrients throughout your body to all the tissues and organs that need them.

Akin to the way, losing a river to drought would have disrupted trade routes for early economies and triggered degeneration of communities that relied on them, an malfunctioning or inefficient heart will lead to nutritional neglect of the various seats of power around your body. Training in the aerobic zone also improves your fat burning ability. When you're in the aerobic zone, you are burning primarily body fat.

[0:05:46.5] AVH: Once you begin to up the intensity toward anaerobic metabolism, you start burning primarily glycogen or carbs. The more time you spend in the aerobic zone, the more fat burning mitochondria you'll build and train. Having mitochondria that can burn both fat and carbs equally well, gives you the metabolic flexibility and insulin sensitivity that stave off metabolic syndrome and all the aging related diseases associated with it. Plus, the more fat you burn and

the less glucose you burn, the better. All else being equal. Training that aerobic pathway helps you achieve this.

Number three, don't get hurt. All these lessons are for naught if you get injured. That workout regimen will fall apart real quick and be tough to go back to if you tear something. Luckily, it doesn't take a ton of grit, pain, suffering or strife to hit those aging related markers through exercise. You can get your muscles strong enough with a couple of strength training sessions each week of no more than half an hour each. Training your aerobic capacity is by nature, easy. You purposefully keep your heart rate under the anaerobic threshold and your heart becomes efficient at distributing oxygen and other nutrients throughout your body.

All told, the training required to age well shouldn't put you at undo risk of injuring yourself. When it comes to injury and everything really, listen to your gut. Every time I've hurt myself, I knew it was coming on some level. I had a premonition that I shouldn't train or perform that day. Sometimes that message would come hours before the injury. Sometimes it would come moments before. It was usually non-specific, often nothing more than a vague sense of disquiet. There is always something and I usually felt it in my gut first.

[0:07:10.7] Number four, eat more protein that you think you need and get most of it from animals. The older you are, the more protein you need to obtain in the same benefits. Almost every health authority and expert committee tells older people to eat less protein, less meat, more grains and more carbs. This advice is a set up for disaster. The older you are, the more protein you need. The older you are, the worst you are at processing, metabolizing and utilizing protein.

If you want to gain and maintain that absolutely essential lean muscle mass into old age, you need extra protein to do it and again, it's not just about muscle. Low protein intakes are also related to frailty in older folks. Likewise, high protein intakes are related to better cognitive function and improved bone health.

Number five, relationships matter a lot. Having strong relationships can be very utilitarian. You have someone to take care of you when you are injured or sick. You have a place you could say if times get tough. You have people you can lean on. Equally important, strong relationships also

nourish your soul and give you something to look forward to every day. Will you while away your days watching day time TV or visiting with friends and family? Which of those two kinds of people do you think live longer and better?

Don't put off those phone calls. Send that post card, send that text message, staying in touch is easier than ever so there is really no excuse not to.

[0:08:22.7] Number six, you need purpose. Without a purpose, you have no reason to live. Oh sure, you will still attend to the basics, eating, sleeping, drinking water, going to the bathroom but as far as your body is concerned, you have given up. The body senses when you've thrown in the towel and you have no inspiration other than routine to get up in the morning. I wake up every morning rearing to go, excited to start the day. There isn't a supplement for that. There's no dietary component that replaces it. This sense of purpose is priceless and it's key to my aging trajectory.

Number seven, if you think you might want kids, have them. Kids aren't really expected to financially support you anymore but they provide emotional support. They're built in relationships, people who love you and always will simply because you are their parent. If you are looking for purpose creating some humans is a reliable way to find it and there is nothing quite so satisfying as seeing your kids grow up into an impressive responsible adults.

Number eight, appearance is more than skin deep. Things that make you appear older than your chronological age are actually you physiologically as well. Several studies show that the perceived age of the phase is a better predictor of mortality risk than objective health markers actual age or cognitive function.

More objective measurements of aesthetic age like wrinkling in areas not exposed to the sun also predict longevity. I'd say this concept even extends to personal style. Don't let yourself go, stay groomed, dress cleanly and simply and age appropriately. Don't give up on self-presentation just because you're old and you have earned it. Keep that element alive and ever changing in yourself.

[0:09:47.9] Number nine, eat lots of broccoli and Indian food. It just so happens that broccoli is an excellent source of sulforaphane and Indian food prominently features turmeric, an excellent source of curcumin. Both of these elements are potent activators of the NRF2 pathway, a hormetic pathway of good stress that inhibits, slows and perhaps even reverses many of the process that characterize poor aging. It's not just broccoli and turmeric though. Plants especially brightly colored green and bitter varieties and spices in general help activate these anti-aging pathways.

Number 10, Keep challenging yourself. You can challenge yourself in a gym. You can challenge yourself in your professional life. You can challenge yourself with a library by choosing a difficult book or opting to learn a whole new subject. There are more opportunities than you can every take on. Challenge naturally revitalizes you. In that moment, you're alive and your entire being is devoted to seeing you meet that challenge. String enough of those challenges together and you'll keep kicking longer than you thought possible.

And finally, number 11, guard your sleep. Even though I have listed it last and made all of these lessons, the lifting, the aerobic movement, the challenges, the food, the relationship, sleep comes first. Without good sleep everything else starts to fall apart. Your workouts suffer, your cravings for junk food sky rocket, you grow less steady on your feet, your motivation drops and you get grumpy and irritable with your loved ones. Oh and sleep is when your brain prunes itself of damaged malfunctioning components. If you want the rest of your life to work right, keep working as you age, you have to get your sleep.

[0:11:17.0] Is this list definitive? Probably not, there are dozens of aspects involved in healthy aging but these are the big factors that have served me the most. They've gotten me this far and the evidence suggest they will do the same for you. Keep living awesome.

[END OF DISCUSSION]

[0:11:33.5] AVH: All right, thanks for listening. I hope you enjoyed the episode. If you would like to get your hands on this article and the entire amazing issue that it came from, that was the June/July issue and it is not on stands around you, you can go to paleomagazine.com. Visit our store page. You can buy a copy or better yet, you can just subscribe to the whole darn thing.

There is always at least two or three articles from yours truly that you probably don't want to miss. And there is a lot of online exclusive content on there as well on the website. So if you are looking for more recipes or workouts or you just want to nerd out on some health stuff, you can find all of that on our website at paleomagazine.com.

Thanks again to our show sponsor, Jones Dairy Farm. Head to jonesdairyfarm.com to check out their amazing selection of my favorite food, probably ever, healthy breakfast meats and since we are talking about meats, join me next week.

Because the episode next week, I am speaking with functional medicine doctor, Paul Saladino. He is a proponent of the carnivore diet and he also has some pretty intense ideas about things like fiber and how necessary or healthy it is and even spices. So we actually caught up, we met in person at KetoCon which is an event that was held in Austin a couple of weeks back and it was great to sit down with him in person to talk about meat, to talk about health, talk about digestive health, talk about all that stuff so join me next week.

And make sure you are subscribed to Paleo Magazine Radio. Leave me a nice rating and review on iTunes so that I can keep doing my job and as always, thank you for spending time with me and have a great day.

[OUTRO]

[0:13:07.8] AV: The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]