

YOUR EXPERT PANEL



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the nutrition guru

Forever Young



Nutrition Deficiencies

selenium (51% of women)
omega 3 (77% women)
potassium (24% of women)
magnesium (75% of women)
iron (25% of women)
calcium (5% of women)
iodine (51% of women)
fibre (67% of women)
vit D (20-60% of women)



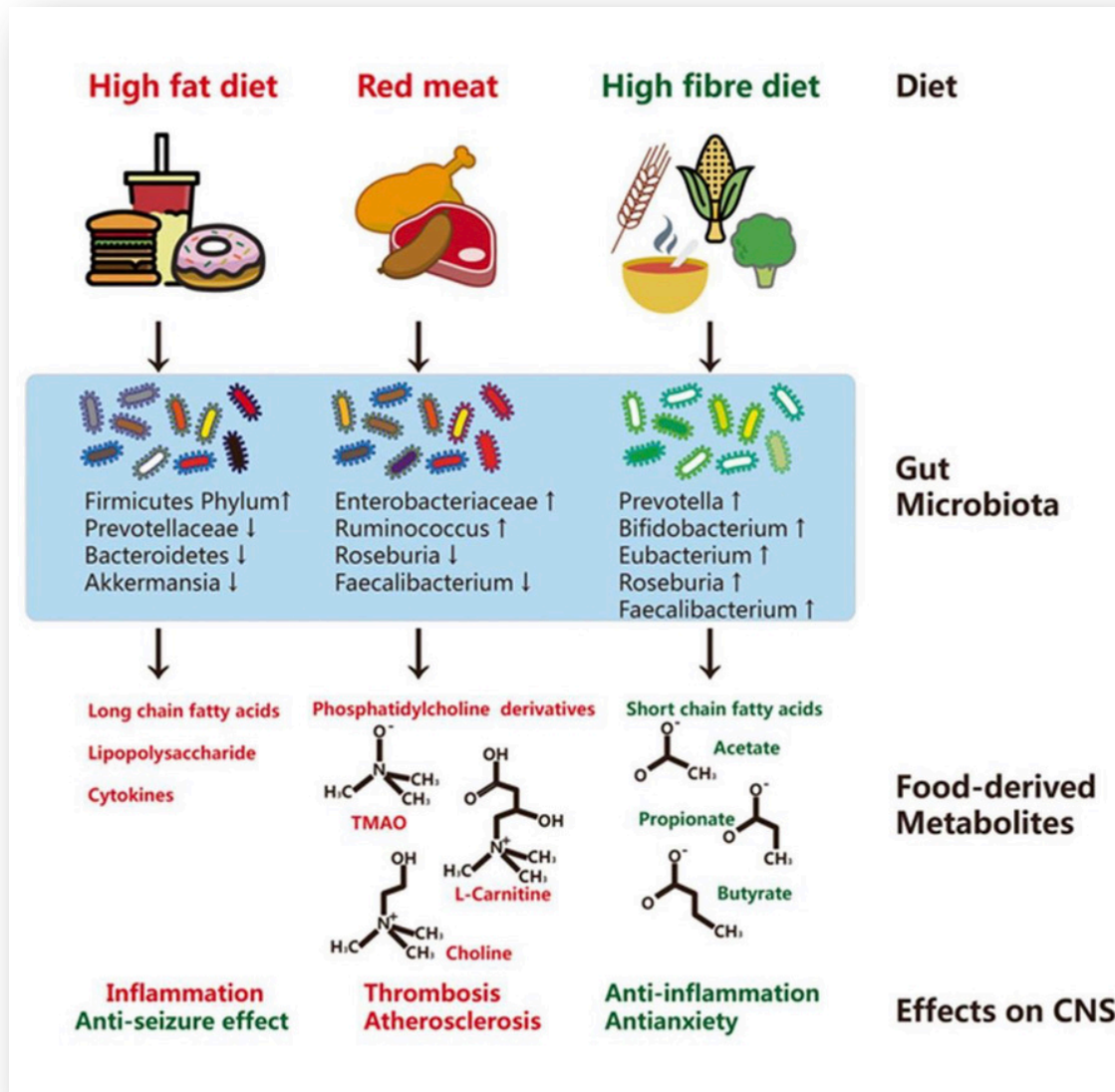
Red Flags



- OMEGA 3 – low mood, dry skin, chicken skin, poor immunity, brain fog, poor memory
- IODINE - tiredness, muscle weakness, breast cysts, sudden of unexplained weight gain, hair loss, feeling cold
- VIT D – immunity, bone and gum problems, muscle pain
- CALCIUM – insomnia, PMT
- MAGNESIUM - fatigue, insomnia, constipation, PMT
- FIBRE – constipation, sluggishness, brain fog, skin issues
- B Vitamins – low mood, poor cognition, PMT, anxiety, insomnia



Western dietary pattern is associated with higher risk of depression and all causes of mortality ! UPFs



Pro vs Anti-inflammatory Diet

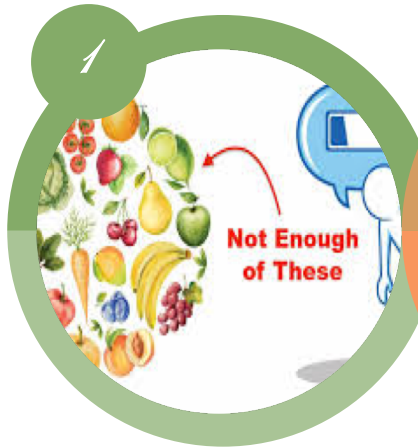
Pro-inflammatory diet vs anti-inflammatory diet:

46% greater risk of heart disease

40% increased risk of depression

28% increased risk of stroke

Stress inducers



Nutrient deficiencies



Processed foods



Sugar



Blood sugar imbalance



Lack of sleep



Caffeine



Alcohol

Some risks of chronic stress

Micro stressors
add up ...

Trouble sleeping,
feeling unrested



Disregulated nervous
system, fatigue

Anxiety, depression,
mood changes



High blood pressure,
heart attack, stroke



Menstrual cycle changes,
trouble conceiving



Weight gain, trouble
losing weight



Comfort-snacking

Too many salty foods can increase stress hormones by as much as 75%





Human Being Diet

Principles:

Quality of the food

Seasonal fresh produce

No ready meals or prepared sauces

Rich in beans, pulses, colourful fruit and veg, nuts and seeds

Lower intake of meat and dairy

Oily fish – omega 3

Olive oil and olives



Mediterranean

Principles:

Quality of the food

Seasonal fresh produce

No ready meals or prepared sauces

Rich in beans, pulses, colourful fruit and veg, nuts and seeds

Lower intake of meat and dairy

Oily fish – omega 3

High phenolic extra virgin olive oil and olives



FOOD GUIDELINES

Retreat from meat: Blue zones centenarians eat about 2 oz or less about 5x per month

Reduce dairy

Slash sugar: Consume only 28 grams (7 teaspoons) of added sugar daily

Eliminate eggs:
No more than 3 per week

Go easy on fish:
Fewer than 3 oz, up to 3 times weekly

Snack on nuts:
About 1-2 handful a day

Drink mostly water: About 7 glasses / day;
coffee, tea, and wine in moderation

eat often with family and friends

Daily dose of beans: Half-cup to one cup / day

Go wholly whole: Single-ingredient, raw, cooked, ground, or fermented, and not highly processed

95-100% plant-based



Blue Zones Diet Principles

Sardinia (Italy), Ikaria (Greece), Nicoya (Costa Rica)

- 95-100% plant based
- Vegans or pesco vegetarians
- Daily dose of beans
- Limited fish – up to 3 x week
- Dairy – goat or sheeps only
- Limited eggs – up to 3-4 x week
- No sugar
- Nuts
- Sourdough
- Water, Coffee, Tea, Red Wine



OMEGA 3

Key brain nutrient for cognition

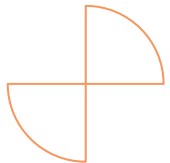
Prevents loss muscle mass

Anti inflammatory effect

Lengthens telomeres

Reduces oxidative stress

Ratio of omega 3-omega 6



Ultimate Health Shopping List

Best Anti-Inflammatory Foods

- ✓ Healthy Fats: Extra virgin olive oil, avocados, nuts, wild fish
- ✓ Leafy Greens: Spinach, kale, arugula, dandelion greens
- ✓ Cruciferous Vegetables: Broccoli, Brussel sprouts, cauliflower
- ✓ Berries & Dark Fruits: Blueberries, pomegranates, cherries
- ✓ Spices & Herbs: Turmeric, ginger, garlic, rosemary
- ✓ Fermented Foods: Kimchi, sauerkraut, kefir, miso
- ✓ Green Tea & Matcha: High in EGCG
- ✓ Legumes & Nuts: Lentils, walnuts, almonds
- Dark Chocolate (85%+): Rich in flavonoids

Inflammatory Foods to Avoid

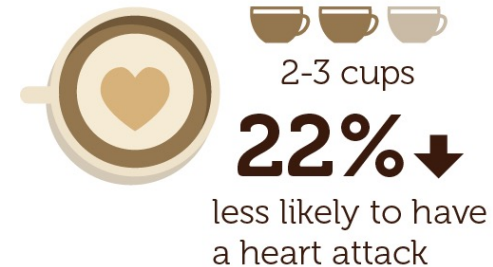
- Ultra-Processed Foods: Packaged snacks, fast food, artificial additives
- Refined Carbs & Sugars: White bread, pasta, soda, pastries
- Industrial Seed Oils: Soybean, corn, canola, sunflower oils
- Processed Meats: Bacon, sausages, deli meats (high in nitrates & AGEs)
- Excess Alcohol: Increases oxidative stress and gut inflammation

Let's talk about caffeine! (CYP1A2)

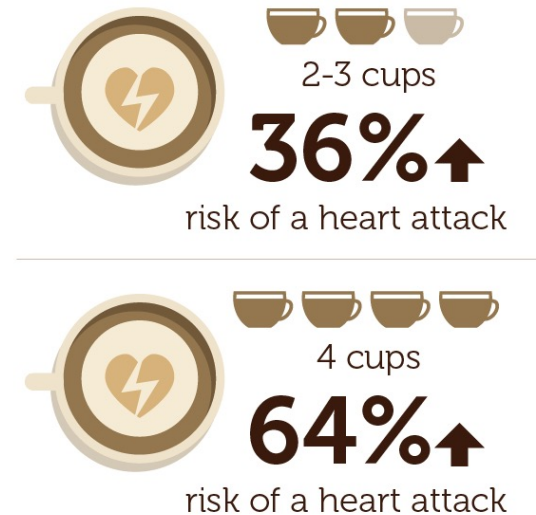


Rich in antioxidants
Linked to lower risk of diseases; cancer,
neurodegenerative disorders

Fast Metabolizer



Slow Metabolizer



100 mg of caffeine at 7 a.m., and assuming a 12-hour half-life:
By 7 p.m. (12 hours later), 50 mg remains.
By 7 a.m. the next day, 25 mg remains.
By 7 p.m. the next day, 12.5 mg remains, and so on.

RESEARCH SHOWS

Two Cups of Tea a Day May Keep the Doctor Away

First-ever food-based guidelines for daily intake of flavan-3-ols reveal quantities needed to positively impact our health through diet



Flavan-3-ols are plant compounds found in many foods and drinks, such as tea, berries, raisins, apples, and dark chocolate.

Flavan-3-ols...

reduce the risk of diet-related conditions such as heart disease, stroke, and type 2 diabetes by helping to improve blood pressure, blood flow, cholesterol levels and blood sugar. Flavan-3-ols have even been shown to help protect the body's cells from damage as we age.



Tea...

has the highest concentrations of flavan-3-ols of all foods and beverages, making it the go-to source of these healthy nutrients.



Consuming...

400-600mg of flavan-3-ols daily (about 2 cups, or 2 8oz servings of brewed green or black tea) can help improve blood pressure, cholesterol, and blood sugar.

Flavan-3-ol Rich Foods

FOOD	AMOUNT	FLAVAN-3-OL*
 TEA, GREEN, BREWED	1 8OZ SERVING	319 MG
 TEA, BLACK, BREWED	1 8OZ SERVING	277 MG
 BLACKBERRIES, RAW	1 CUP	64 MG
 CRAISINS	1/2 CUP	34 MG
 RED WINE	5 OZ.	17 MG
 BLUEBERRIES, RAW	1 CUP	10 MG
 STRAWBERRIES, RAW	1 CUP	7 MG



400-600

MG OF FLAVAN-3-OLS

Link to guidance: <https://academic.oup.com/advances/advance-article/doi/10.1093/advances/nmac105/6747113?login=false>
Citation for guidance: Crowe-White KM, Evans LW, Kuhnle GGC, Milenkovic D, Stofe K, Wallace T, Handu D, Senkus KE. Flavan-3-ols and Cardiometabolic Health: a Guideline Recommendation by the Academy of Nutrition and Dietetics. Adv Nutr. 2022 Oct 3:nmac105. doi: 10.1093/advances/nmac105. Epub ahead of print. PMID: 36190328.

* Approximate amounts



Catechins (EGCG), Flavanoids, Theaflavins – potent antioxidants, anti inflammatory, metabolism, reduce cancer risk, protect heart health.

Ageing

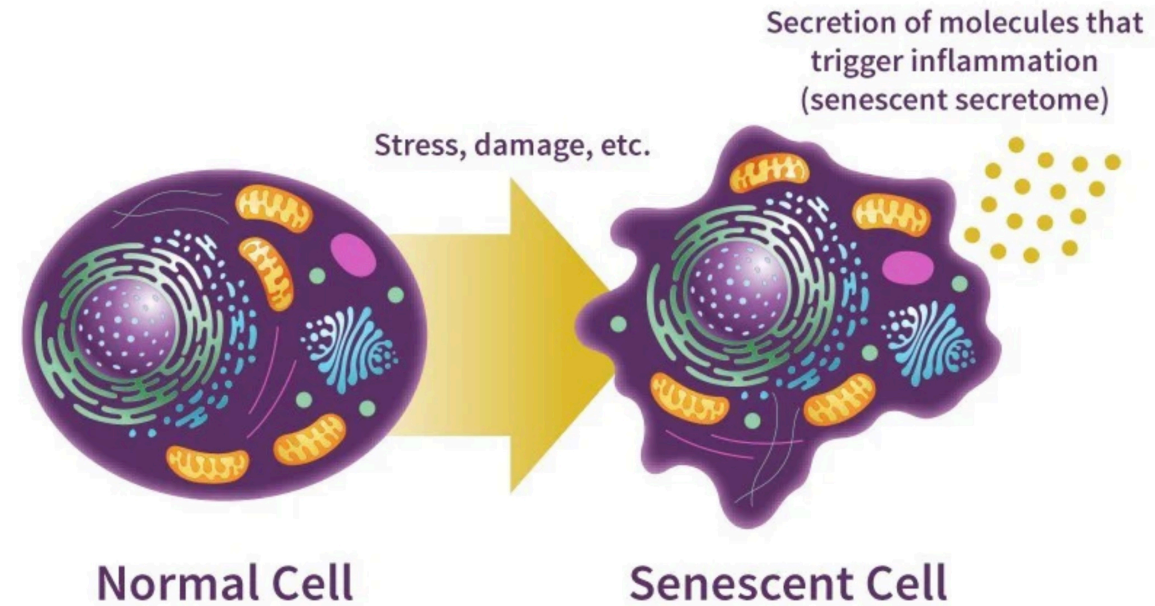
Accumulate Senescent/Zombie Cells

Pump out Toxic compounds (SASP) that
degrade nearby cells

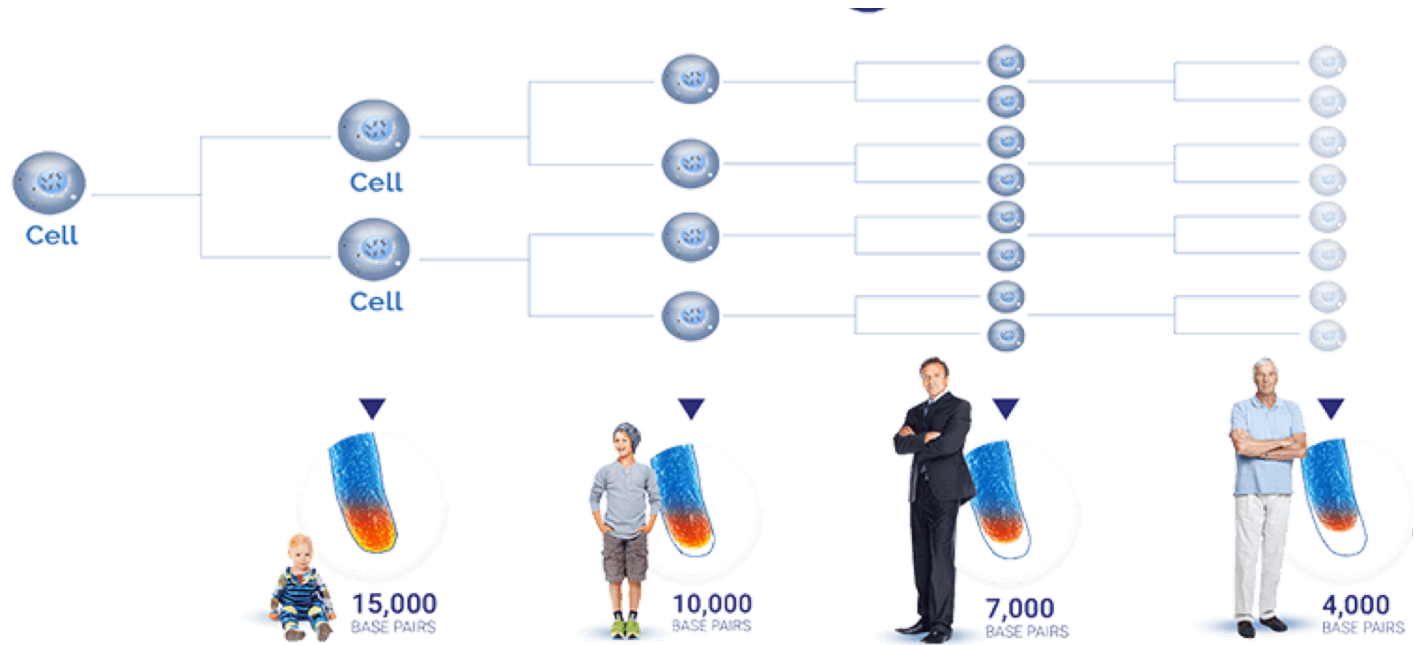
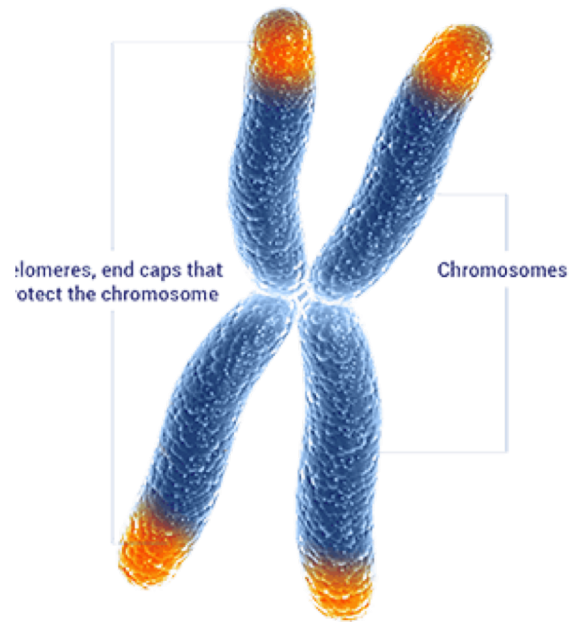
Incite Chronic Inflammation

Major Driver Ageing – Disease
Development

Just **ONE** senescent cell out of **7,000-15,000** healthy cells can initiate degenerative ageing



Senescent
Cells-
Zombie Cells



Telomeres – what we lose with age



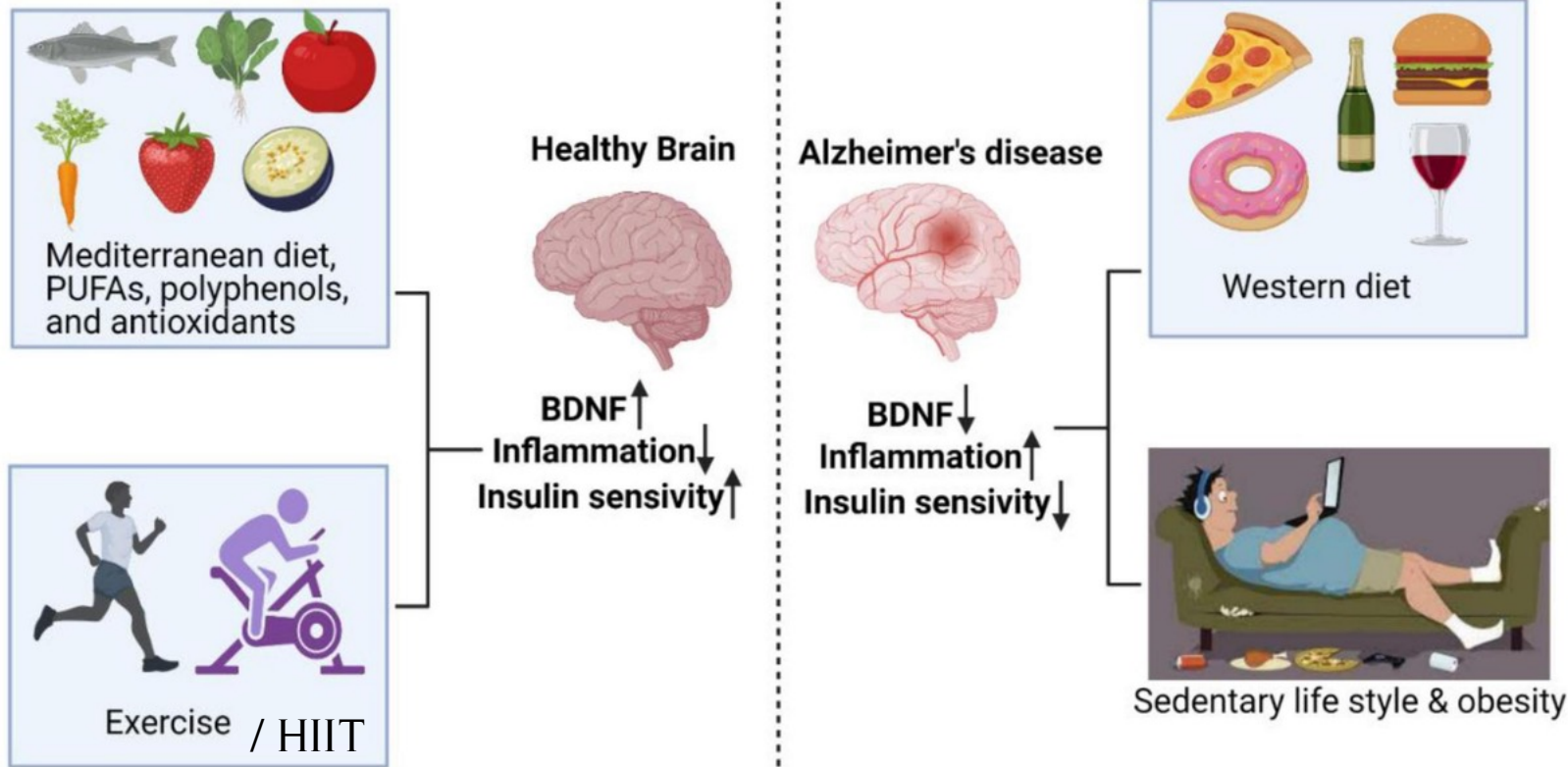
Telomeres can be lengthened



Shorter telomeres have been associated with increased incidence of diseases and poor survival

- Eat mostly plant-based whole foods
- Reduce your intake of red meat, sugar, and refined, processed food
- Consume omega-3 fatty acids, found in flaxseed, fish & algae
- Reduce insulin spikes (CGM)
- Specific supplements TA65

BDNF for Neurogenesis & Neuroplasticity



NUTRITION FOR BDNF



- | | | | |
|---|---------------------|----|--------------|
| 1 | OMEGA-3 FATTY ACIDS | 6 | COFFEE |
| 2 | GREEN TEA | 7 | LEAFY GREENS |
| 3 | RESVERATROL | 8 | CACAO |
| 4 | POLYPHENOLS | 9 | SULFORAPHANE |
| 5 | CURCUMIN | 10 | OLIVE OIL |

This information is for educational purposes only. As with any medical advice, always check with your doctor or health care professional for personal and age appropriate recommendations.



the nutrition guru

AUTOPHAGY

THE PAC-MAN-LIKE PROCESS KEEPING YOUR CELLS HEALTHY

Fed state

GROWTH

- provides resources to the body during starvation

- crucial to keeping cells functioning optimally

- maintains + rebuilds muscle mass

- dysfunctional autophagy has been tied to many diseases

- prevents accumulation of damaged proteins

Fasted

REPAIR



= DAMAGED CELLULAR COMPONENTS

Whitney E. RD



= AUTOPHAGOSOME

FMD – Dr Valter Longo Prolon

- ✓ Periodic fasting for several consecutive days
- ✓ Results: reduced body weight, reduced total body fat, lowered blood pressure, decreased insulin-like growth factor
- ✓ Beneficial for addressing risk of diabetes, cancer, cardiovascular disease



Benefits:

Healthy aging
Lowered inflammation
Better brain
Healthy heart
Better blood sugar control

Helps clear damaged cells and
helps the body repair organs



Healthspan & Longevity Supplements



NAD+ – longevity nutrient. Protects brain & reduces CHD risk

CoQ10 – generates energy. Disorders related to low levels Heart, Brain, Diabetes, Cancer

Resveratrol – protects brain, improves insulin sensitivity, decreases inflammation and helps detoxification

Quercetin, Fisetin, Apigenin – helps clear senescent burden and reduces inflammation

Collagen – bones, skin, joints, gut

Berberine – improves insulin sensitivity

Omega 3, Curcumin, CoQ10 – reduce inflammation, combat oxidative stress

Vitamin D - immune, bone health, modulates inflammation

Creatine – lean muscle mass, cognitive benefits

Curcumin – Anti Inflammatory

Urolithin A – Mitophagy

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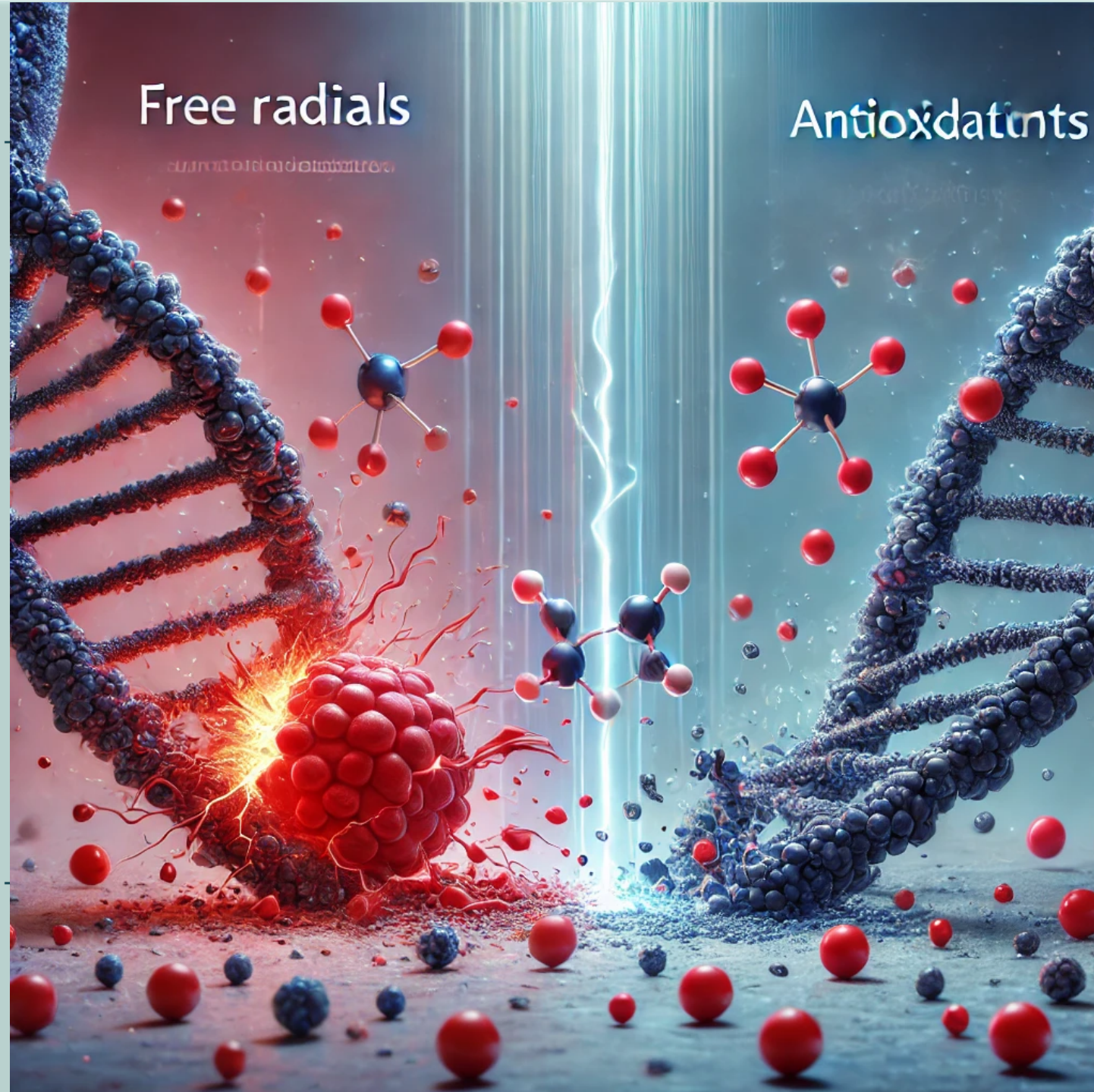


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Key Herbal Actions for Longevity

Antioxidant / anti-ageing
Immunomodulat./ anti-inflammatory
Antimicrobial
Blood sugar regulation/detox
Nervous system support
Energy boost / adaptogenic
Hypotensive /cholesterol regul.
Skin elasticity/Collagen production
Vision/hair/teeth/bone health
Helps CVD/cancer/Alzheimer's



He Shou Wu

Other names: Polygonum Multiflorum, "Mr. He's Black Hair"

Part used: root

Actions and therapeutic uses: antioxidant, stimulates hair follicle activity and supports hair growth, may reverse greying hair, protects against neurodegenerative diseases, may lower total cholesterol and triglyceride levels, adaptogen, supports immune system, boosts egg and sperm quality



Goji Berries

Other names: **Lycium barbarum**

Part used: **berry**

Actions and therapeutic uses: antioxidant, rich in vitamin C, zeaxanthin, and carotenoids immunomodulatory, blood sugar regulation, supports eye health, protect against age-related eye conditions (macular degeneration, glaucoma), may help lower heart disease risk by decreasing triglycerides and increasing HDL cholesterol



Gotu Kola

Other names: Centella Asiatica, 'fountain of life' in Ayurvedic medicine

Part used: leaf

Actions: tissue healer, nerve tonic, alterative, hair tonic, anxiolytic, antibacterial

Therapeutic uses: stimulates collagen production, enhances scar and wound healing, clears acne and ulcers, improves memory and concentration, calms stress, recommended for ADHD, prevention of Alzheimer's, enhances production of superoxide dismutase



Reishi

Other names: *Ganoderma lucidum*, “mushroom of immortality”

Part used: fruiting body

Actions and therapeutic uses: antioxidant, adaptogen, anti-inflammatory, anti-microbial, anti-viral, modulates immune system, potentially inhibits tumor growth, help reduce stress, improve sleep, and lessen fatigue, may help lower cholesterol levels, Reishi contains compounds that can induce apoptosis (programmed cell death) in cancer cells without harming healthy cells, enhances prod. of superoxide dismutase



Gynostemma

Other names: Gynostemma pentaphyllum, 'immortal herb', 'southern ginseng'

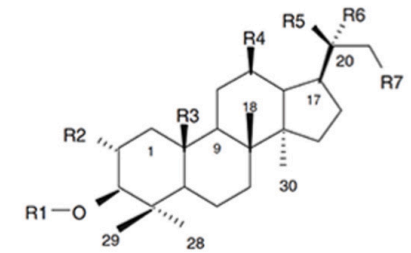
Part used: leaf

Actions and therapeutic uses: adaptogen, antioxidant, enhances

production of superoxide dismutase, blood sugar and lipid levels, anti-obesity, lowers blood pressure by stimulating the release of nitric oxide leading to the relaxation of blood vessels, anti-cancer, hair



Gynostemma pentaphyllum (Thunb.) Makino



Gypenosides

Neuroprotective Effects

Depressive Disorder

Alzheimer's Disease

Secondary Dementia

Parkinson's Disease

Stroke

Optic Neuritis

Rhodiola

Other names: **Rhodiola rosea**

Part used: **root**

Actions and therapeutic uses: adaptogen, enhances stress resistance, reducing anxiety and fatigue, enhances mental capacity, concentration and memory, boosts mood, increases Stamina and Endurance, protects cells from damage, supports cardiovascular health



Schisandra

Other names: Schisandra chinensis, five-flavour berry

Part used: berry

Actions and therapeutic uses: antioxidant, adaptogen, enhance the body's resilience to physical, environmental, and emotional stressors, hepatoprotective, liver phase 1 and 2 detox, anti-inflammatory, menopausal symptom relief, Schisandra's bioactive compounds are also moisturizing, toning, soothing irritation, and promoting wound healing.

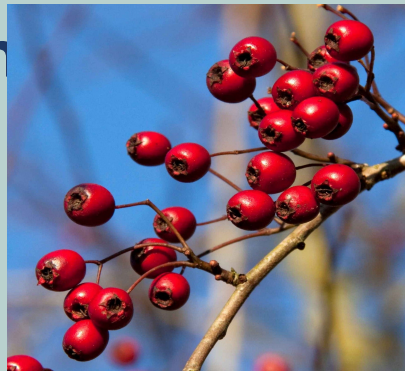


Hawthorn

Other names: *Crataegus* spp., "Bread and Cheese of the Poor Man"

Part used: berries, leaves, and flowers

Actions and therapeutic uses: antioxidant, rich in flavonoids (quercetin, kaempferol) believed to enhance heart function by improving the force of contraction and increasing coronary blood flow, can cause relaxation of blood vessels, leading to lowered blood pressure, may help reduce levels of low-density lipoprotein (LDL) cholesterol and triglycerides, potentially aiding in the prevention of atherosclerosis



Hydrogen Water

Powerful Antioxidant — Fights free radicals & slows aging

Boosts Energy — Natural cellular fuel

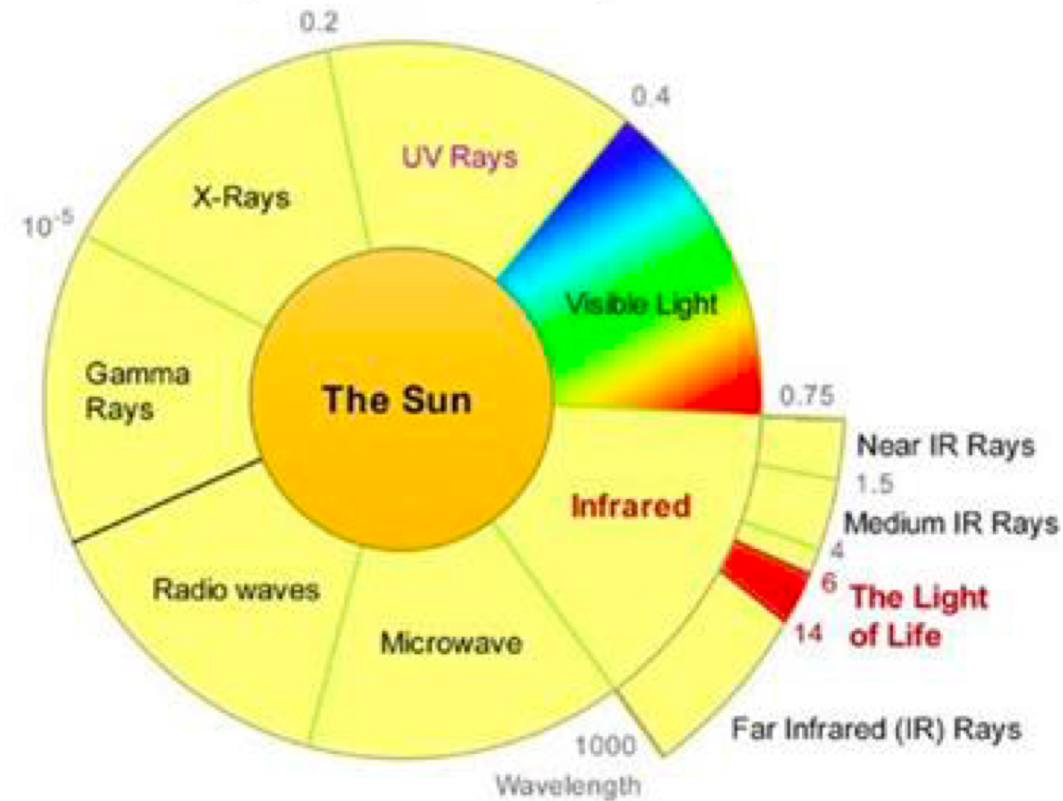
Supports Brain Function — Sharper focus & mental clarity

Aids Muscle Recovery — Perfect for post-workout

Reduces Inflammation & overall wellness



Diagram of the Light Spectrum (Visible and Invisible)



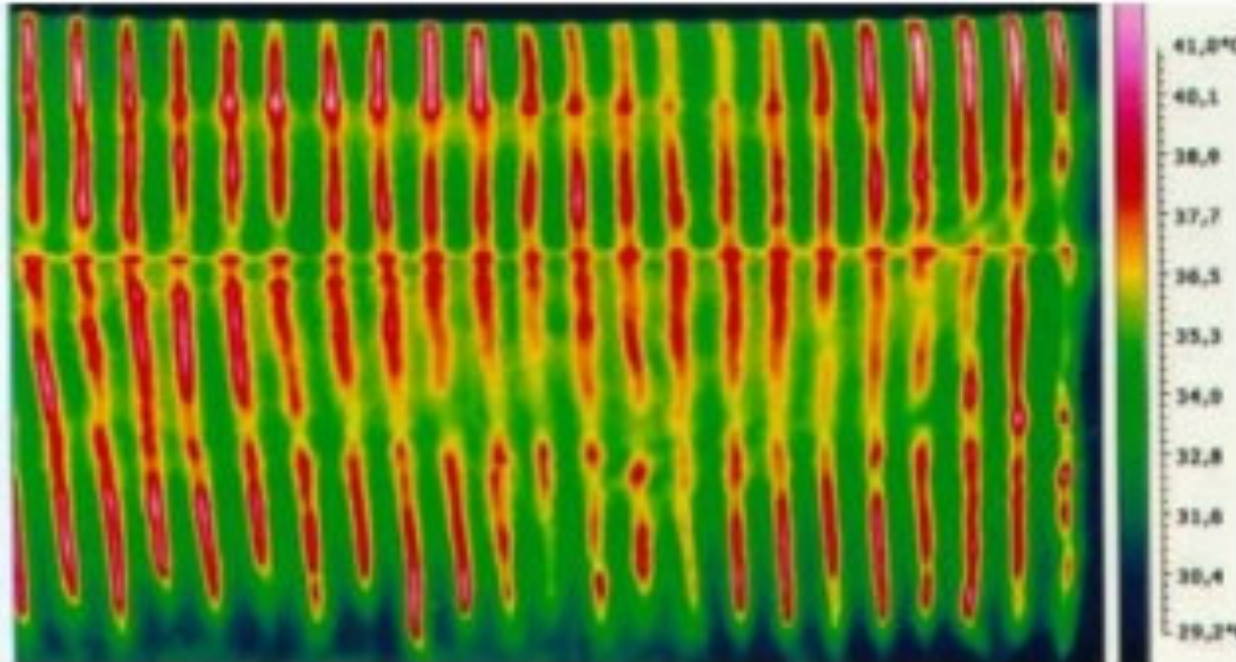
Types of Infrared rays -

Near Infrared : 0.76 – 1.5 microns

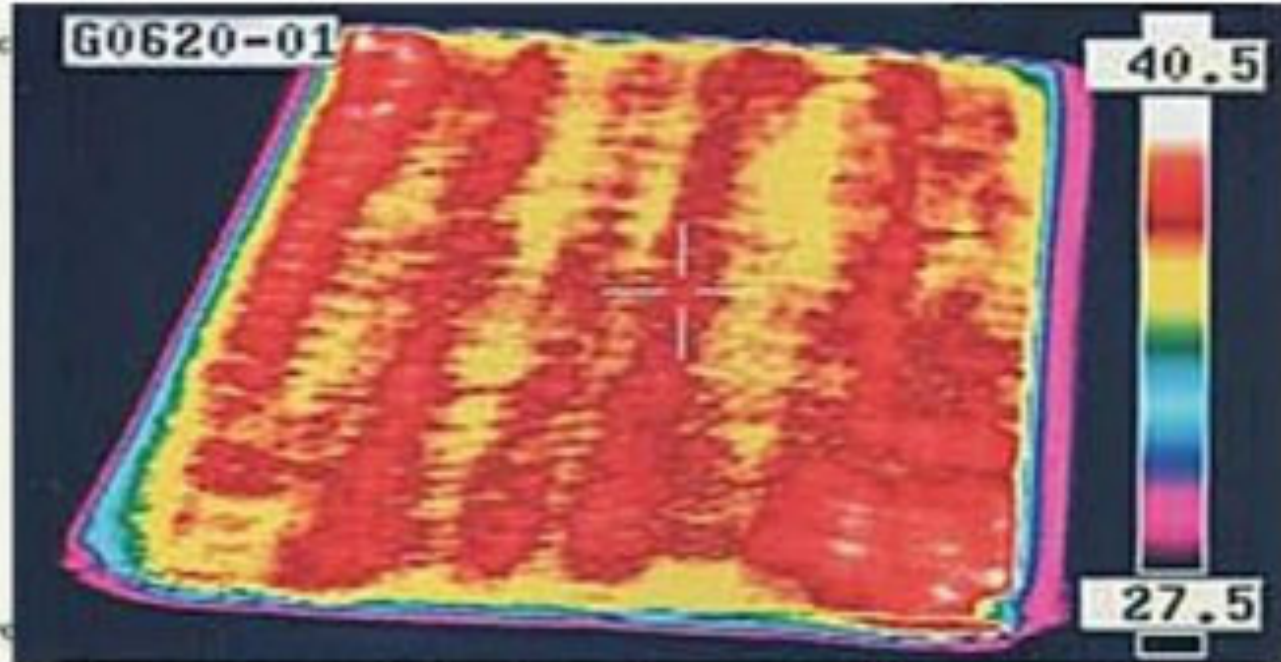
Mid Infrared: 1.5 – 4 microns

Far Infrared: 4 – 1000 microns.

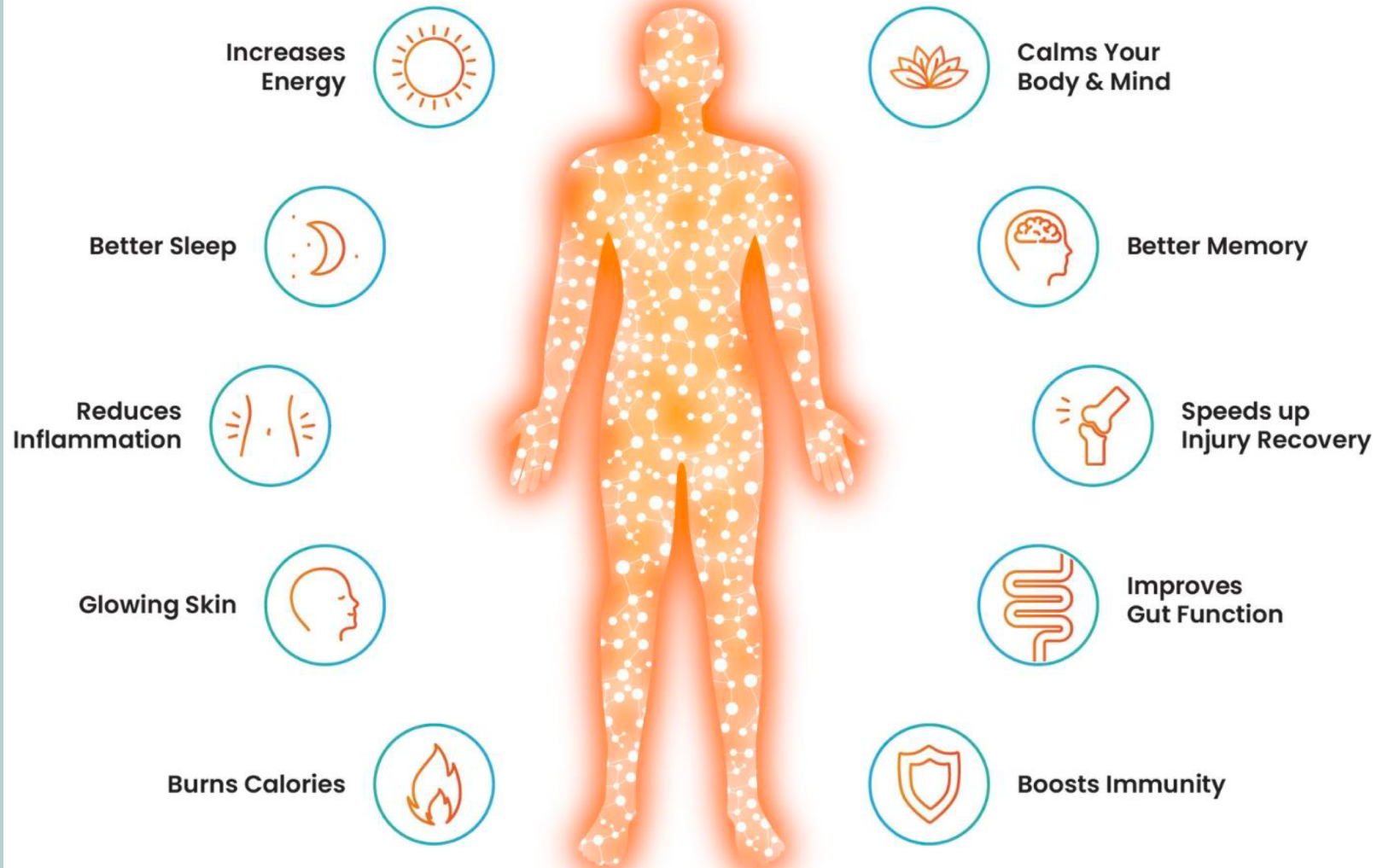
**Far Infrared Sauna Using Ordinary
Carbon Fibre Elements**



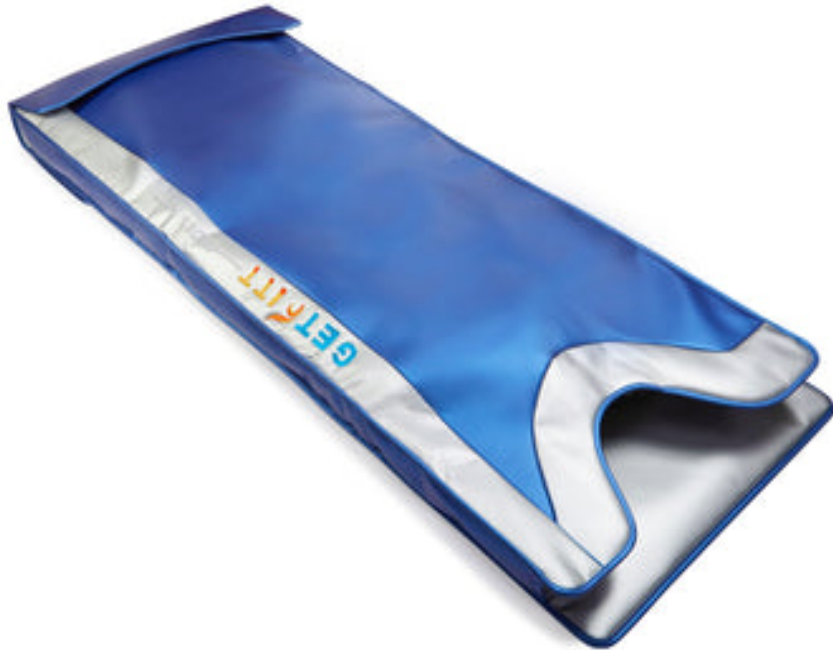
**Get Fitt Professional Range
Advanced Generation 3.0 Far Infrared Technology**



The Benefits of Infrared Light Therapy



Cocoon Sol



Neurocap



Go System



THE LONGEVITY LOUNGE

WELLNESS MEMBERSHIP

- Bronze: £250 = 4 x 45 min wellness treatments p/month
- Silver: £400 = 8 x 45 min wellness treatments p/month
- Gold: £550 = unlimited wellness treatments p/month

Joining Fee: £150

Additional Benefits:

- Complimentary access to Thermal Suite during visits
- 20% off Spa Treatments
- 1 month freeze available
- Complimentary Neurocap LED Cap during Infrared & Lymphatic Treatments
- Complimentary Nurosym VNS during Infrared & Lymphatic Treatments
- Bi-annual Wellness Check-Up with Resident Naturopath