

ASHBY ADVISOR

Seventieth edition
August 2013

Let's have some Summer learning fun:

To Start - I'd like to answer a question posed to me by a patient. What can you do about muscle loss with aging?

First of all - age related muscle loss is called Sarcopenia

Causes - Inadequate protein intake

- Lack of exercise
- Hormone changes (men and women)
- Inflammation
- Other nutritional issues
- Aging

- Solutions -
- 1) Make sure to get at least 60 grams of protein per day. Some of you will find that a Whey Protein drink might be helpful if you don't consume much meat/fish. Eat plenty of fruits and veggies also.
 - 2) Get more exercise. This is difficult to address specifically since everyone is a unique case. Some general ideas - Water classes are a good starting point for a lot of you. They are offered in a lot of gyms, Y's and some independent facilities or community centers. Combine this with yoga several times each week and walking on the off days. Then move to some small hand weights. If you have not done much exercising in the past instruction is very helpful. If you're not sure what you can do let me know and we can do some basic screens to see where you are. If you are really sedentary - start with chair exercises. There are a lot of different ones on YouTube. I liked StrongerSeniors.com with Anne Burnell (28 video uploads).
 - 3) Hormone Changes - there is some good research that shows certain types of hormone balancing can add muscle back to your body. Testosterone in selected men can be helpful. The issue with hormone balance is that changing one can affect others as well. A complete Hormone Blood Panel is the best way to check it out.
 - 4) Inflammation - avoid pro inflammatory foods (fast foods) too many grains, cereals, empty carbs, sugar, etc....
 - 5) Some supplements have shown benefit for aging bodies. The first one of course would be Vitamin D - actually a prohormone. It seems to be needed for just about everything in disease prevention. Blood testing is the only way to truly determine your need. Note: Approximately 15% of the population does not absorb normal Vitamin D (fat soluble). If that is you let me know - there is a solution usually. Glutamine - 3 to 5 grams daily seems to help with muscle recovery and mass. Creatine combined with resistance exercise can help increase lean body mass. As mentioned earlier - Whey protein supplementation.
 - 6) Aging - well keep a good attitude anyway.

Last - with back to school approaching don't forget to let me check out that aspiring athlete. Chiropractic is used by a large number of athletes on the US Olympic teams each year. There is a reason. Performance will follow function.

Quote: "Be Kind, for everyone is fighting a hard battle." (Plato)