

# Optimizing Your Internal Engine

A Natural Health Blueprint for Slowing the Clock on Premature Aging



Insights from the desk of Dr. Cheryl Mothes, MSN, MBA, PhD.

# The Difference Between Aging and Breaking Down

## The Natural Process



There is no miracle cure for the natural passage of time, but our bodies are designed to endure.

The Bible asks, "Why die before your time?" Aging doesn't have to happen prematurely if we address the root causes.

## The Accelerated Breakdown



Speeding up physical decline through inadequate nutrition and neglected maintenance.

# The Age Accelerator Diagnostic Matrix

Hormonal Imbalance	Chronic Inflammation	Obesity
<b>Physical Manifestations:</b>  Chronic fatigue, sleep disruptions, brain fog, hair loss.	<b>Systemic Impact:</b>  Daily cellular damage, increased stress response.	<b>Cellular Impact:</b>  Accelerates the shortening of telomeres on our DNA (the tips that represent health and longevity).

## Key Internal Markers to Monitor



Cholesterol



Liver



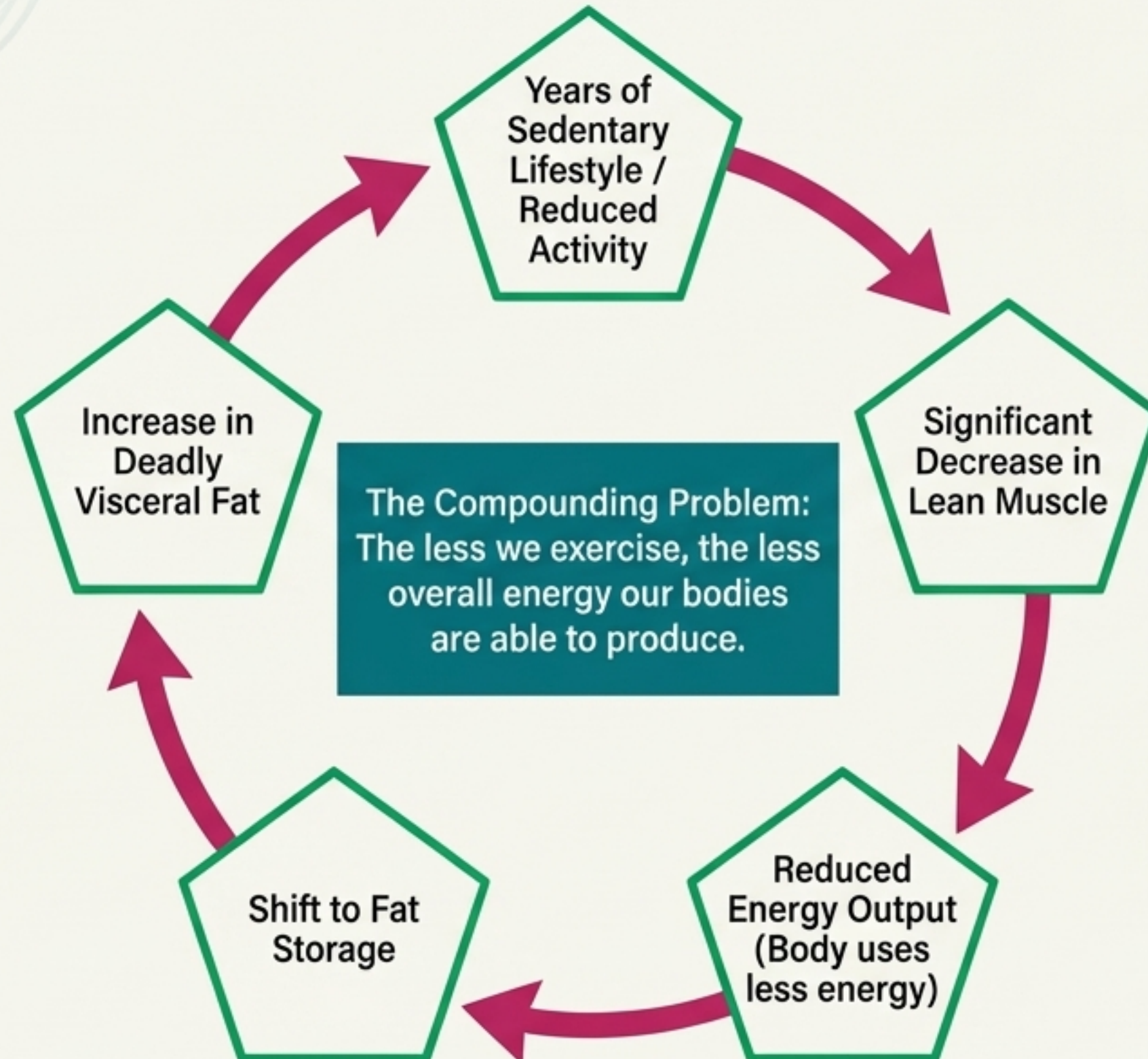
Thyroid



Blood Sugar

Routine lab tests to check how well your God-given vessel is operating.

# The Cycle of Structural Decline



# Rebuilding the Engine: Structural Maintenance

Protecting lean muscle keeps your internal engine running strong. People with high lean muscle mass typically have lower body fat, as their bodies utilize consumed fat for energy.



# Premium Engine Fuel: The Foundational Dozen

## Dr. Greger's Daily Dozen

Based on tons of research, these are the 12 things we should consume and do every day.

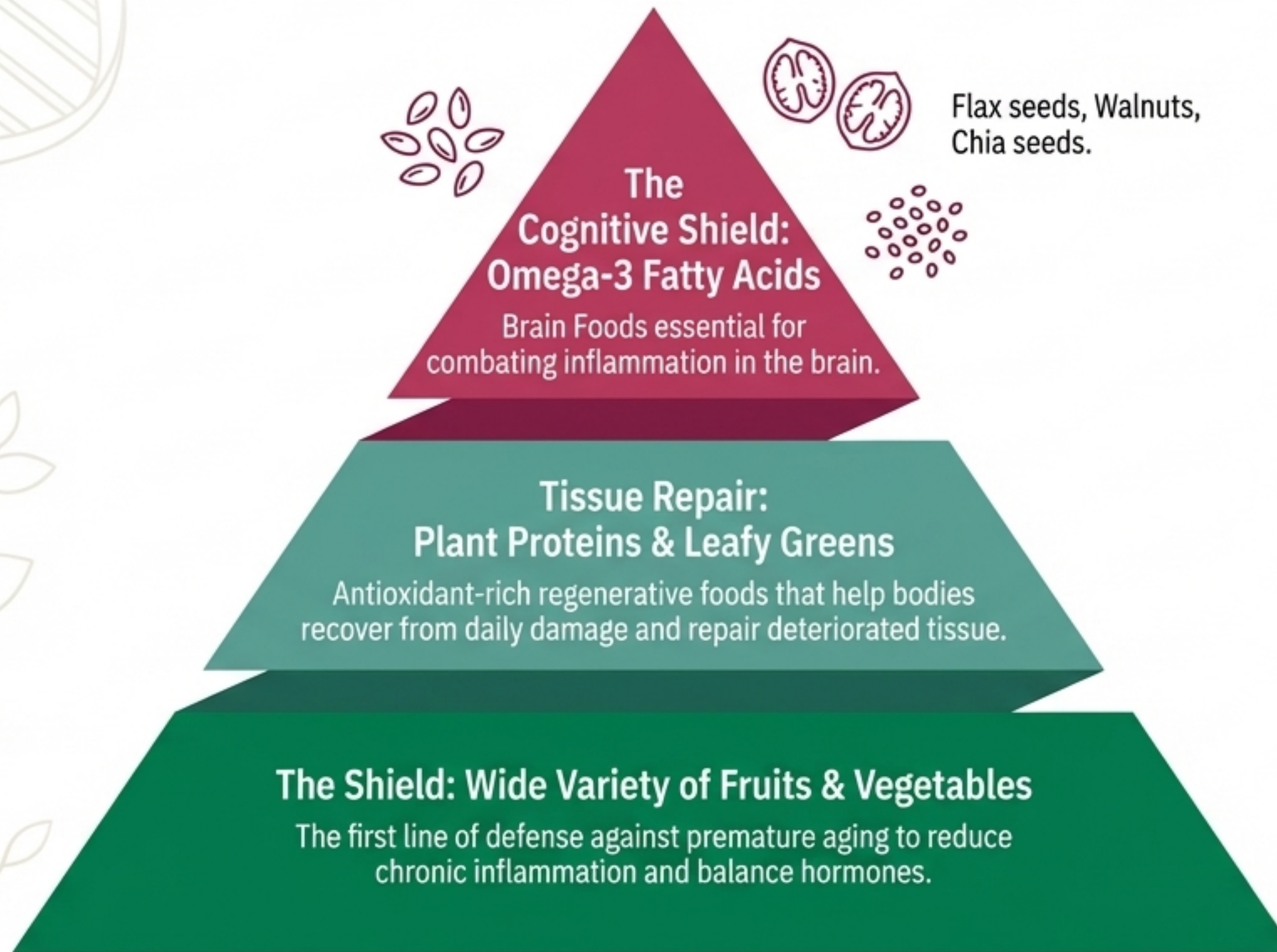


The #1 Recommendation:  
**Eat 3 servings of beans  
every day.**

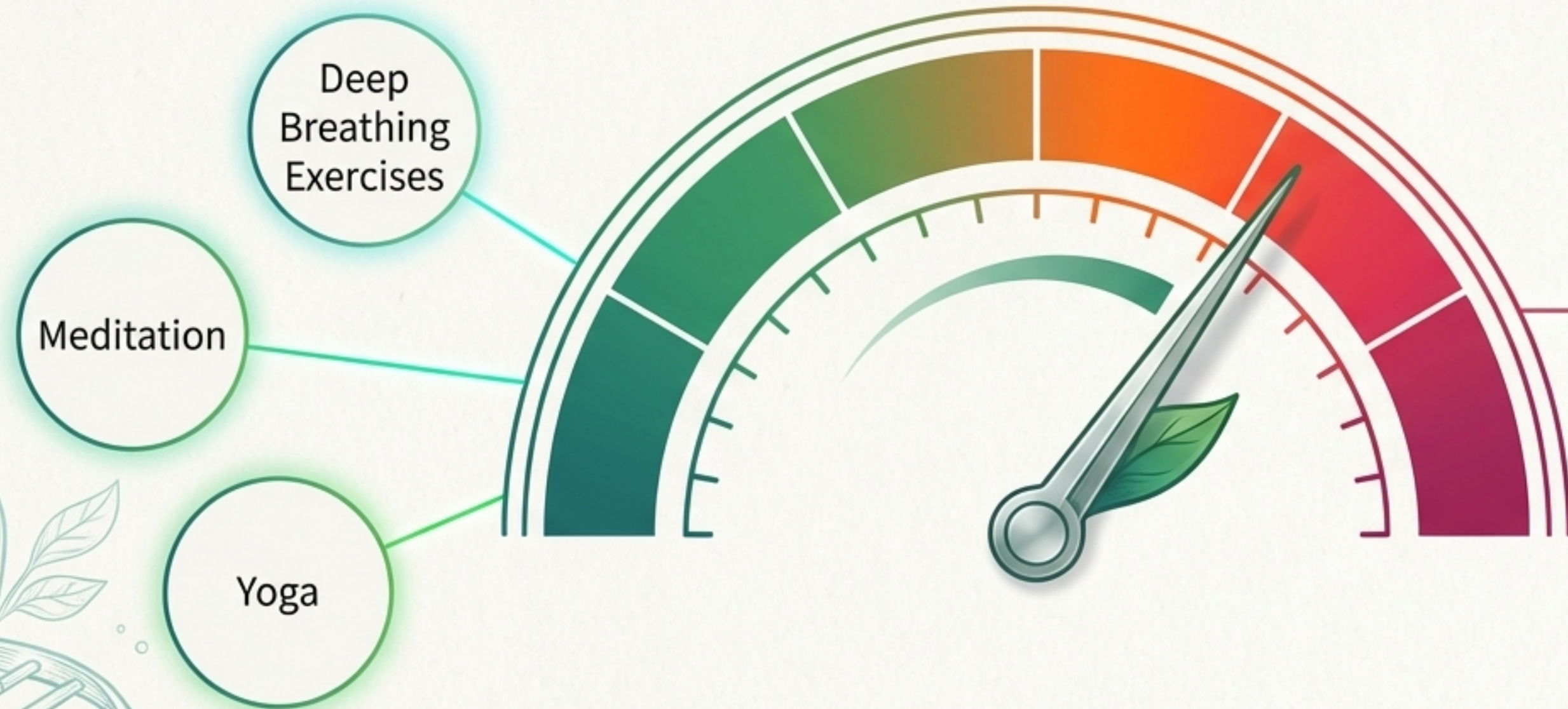
Want to learn more about plant protein? Look out for the Spotlight on Health Webinar (May 12) featuring Dr. Christopher Gardner on Protein's Disproportionate Attention.

It works at  
any age:  
As highlighted by  
Forks Over Knives, see  
how one woman  
transformed her  
health entirely at just  
28 years of age.

# The Food Pharmacy: Targeted System Repair



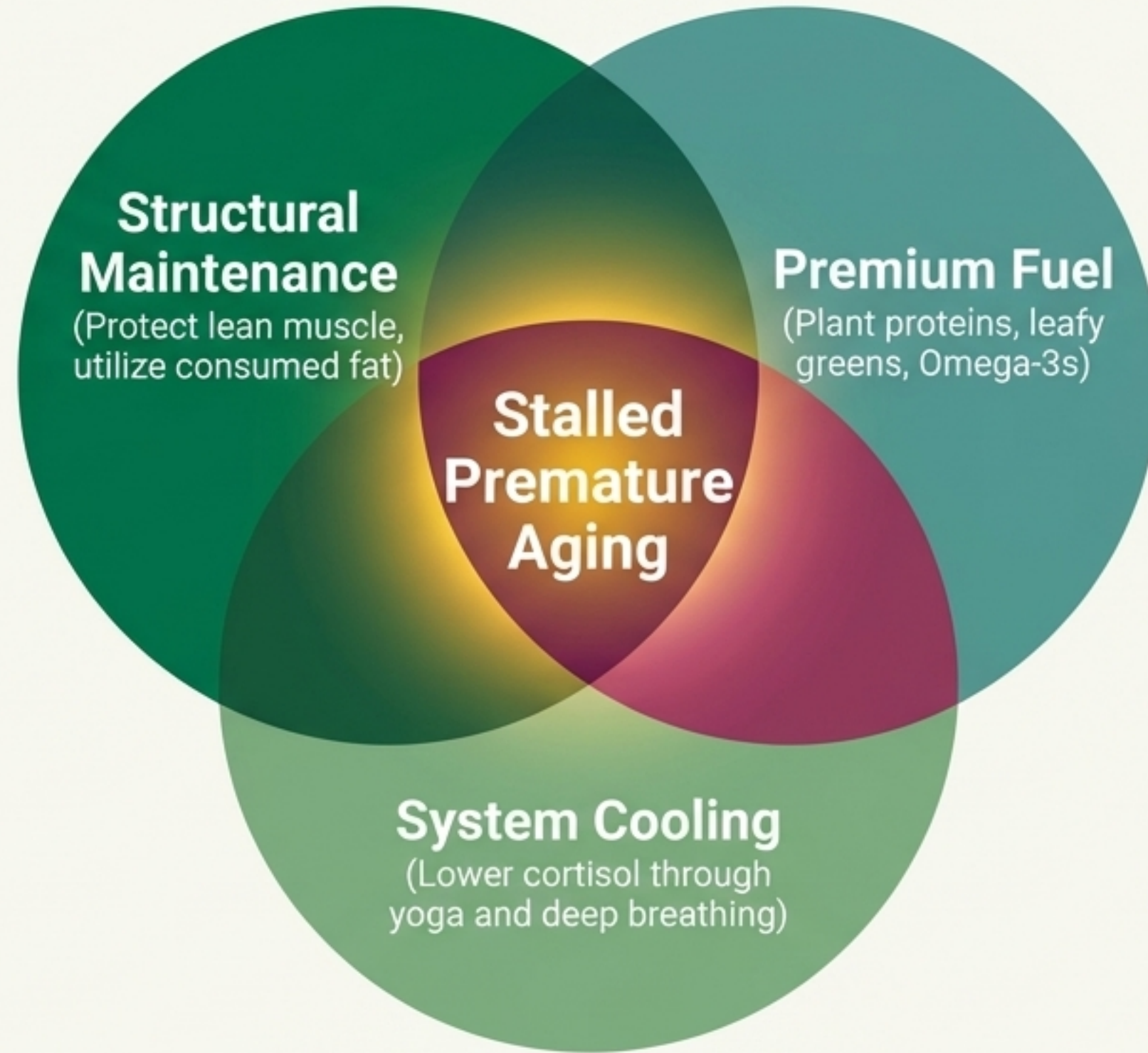
# Cooling the System: Downshifting Your Stress



Unmanaged stress increases cortisol levels, which acts as a **direct trigger for chronic inflammation**—one of our primary age accelerators.

Staying active and calm is vital for a long-term wealth of health. Whenever you have the opportunity, intentionally downshift.

# The Vitality Triad: A Unified Defense



**No single action works alone. Fighting the accelerators requires a balanced, interconnected approach.**

# Your Master Maintenance Plan

## Weekend Checklist



Search resources online this weekend to increase activity and reduce stress.



Add a few minutes to your daily walk.



Power up your plates with beans, greens, and seeds.

**Take steps today to live longer and live stronger!**

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