

# Staying Strong and Sharp: Your Guide to Radiant Aging

## What is Geriatric Resilience?

Aging doesn't have to mean a steady decline in your health or memory. Resilience is your body's ability to "bounce back" and stay strong. Often, what we think of as "just getting old" is actually caused by **inflammaging**—a type of quiet, constant inflammation that acts like "rust" on your cells. By cooling this inflammation and fueling your body correctly, you can protect your brain, keep your muscles strong, and enjoy your favorite activities for years to come.

## Why This Matters For You

- **Keep Your Independence:** By focusing on "anabolic drive" (your body's ability to build tissue), you can prevent muscle loss and stay steady on your feet.
- **Protect Your Memory:** Simple changes to how you eat and move can act like "brain fertilizer," helping you stay sharp and focused.
- **Reduce "Pill Fatigue":** When we address the root cause of inflammation, you may find you need fewer medications to manage symptoms like brain fog or low energy.

## What You Can Do Today

1. **Prioritize Protein at Breakfast:** To keep your muscles strong, aim for 30 to 40 grams of high-quality protein (like eggs, Greek yogurt, or a clean protein shake) first thing in the morning. This "wakes up" your muscles and helps prevent frailty.
2. **Try the "12/3" Rule:** Give your brain a nightly cleanup. Try to go 12 hours between dinner and breakfast, and make sure your last bite of food is at least 3 hours before you go to bed. This helps your brain clear out cellular "trash" while you sleep.
3. **Test Your Grip:** Strength is a major sign of health. Practice opening jars or use a grip strengthener. If you feel your hands getting weaker, it's a sign we need to boost your protein and resistance exercise.
4. **Find Your "Ikigai" (Purpose):** Staying connected to friends, family, or a hobby you love is just as important as your supplements. Socializing is powerful medicine for the aging brain.

## Questions to Discuss with Your Practitioner

- **Review My Medications:** Are any of my current medications causing side effects that we could address by improving my underlying health?
- **Check My "Inflammation Score":** Can we look at my hs-CRP or Homocysteine levels to see how much "inflammaging" is happening in my body?
- **Personalized Protein Goal:** Based on my weight and activity level, exactly how much protein should I be eating every day to stay strong?

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