

## **REVERSING THE AGING PROCESS LIVE LONGER AND HEALTHIER**

By Dr. Sharon Rabb

One of the major healthcare concerns today is the rapidly rising incidence rates of the diseases of aging. These diseases include diabetes, heart disease, strokes, arthritis, macular degeneration, cancer and Alzheimer's disease. Loss of cognitive function and senility are also aspects of the aging process. We believe in the alternative community that these diseases and indeed the aging process itself cannot only be significantly slowed down but can actually be reversed. Your metabolic age can be lowered. The same process that causes aging also causes chronic illness—mutations to the DNA mechanism. These mutations occur as a result of stress to either the inner or outer environment—due to physical or emotional stresses. This can include diet, sedentary lifestyle, drug toxins and spiritual issues.

The DNA in the cells controls everything in the body at the cellular level. Insults to the DNA whether free radical damage or inherited mutations cause disease and the aging process at the physical level. Some scientists believe that aging is caused by a pre-programmed mechanism in the DNA structure while others believe that aging and disease are precipitated by damage to the DNA by free radicals. The truth is probably a combination of the two, plus deeper spiritual issues. A sad commentary is that even though the research community substantiates the connection between nutrition and other lifestyle factors, and disease and aging, little emphasis is placed on these in traditional medicine. This is unfortunate since the fastest growing population in the US is generation of 85 and older. Copious amounts of research indicate that certain diets and herbs are extremely beneficial in promoting longevity and preventing disease.

Herbs that show promise for longevity and mental cognition are:

- Garlic
- Ginkgo
- Bilberry
- OPC (Oligomeric Proanthocyanidins)
- Rhodiola and ginseng
- Echinacea
- Coleus

Whole food vitamins, chelated minerals and certain glandulars promote the healing process as well as longevity. Nutritious foods, functional vitamins and minerals, and correctly processed herbs carry a very high vibrational rate. Since we are basically energy beings, our bodies respond to the balanced energy in healing foods. It is not the food that our bodies require but the energy from the

foods. Improper foods carry negative energy and actually rob the body's energy field of vital forces. As mentioned in earlier articles, our body's health and vitality are dictated by the health and balance of the endocrine glands (pituitary, thyroid, adrenal, sex glands, pancreas, etc). The chakra energy "hits" the body at the endocrine glands and these glands "step down" the subtle energy into physical energy. When the chakra energy becomes unbalanced by negative energy, the body becomes ill or ages. This chakra energy can become imbalanced years before we actually "get sick". High vibrational foods and supplements restore this imbalance.

In our clinic we use supplements, diet, exercise and energy balancing techniques to facilitate the healing process and reverse aging. These supplements have shown great promise in healing the diseases of aging by lessening free radical damage to DNA and greatly improving mental cognition. Ginkgo is of particular importance in healing diabetic retinopathy, intermittent claudicating, erectile dysfunction, senility, Alzheimer's disease, ulcers, arthritis, cancer and lung conditions. Ginkgo crosses the blood brain barrier and greatly improves circulation leading to improved mental function among other benefits. Be careful when buying herbs as they need to be processed to maintain their integrity.

We have personally observed the benefit of high grade supplements over the years. We had an elderly lady come in about 7 years ago with diabetes, hypertension, arthritis and obesity. She informed us that she "was finally ready for a change". She could hardly walk and did not drive much. We changed her diet and put her on a supplement protocol. We also added light exercise and an energy wellness therapy. Ms. M gradually made progress and within 2 years was not the same person. At the time of treatment, she was on 15 medications and was toxic. She gradually decreased her medications to one med and lost 50 pounds. She no longer has diabetes, arthritis or hypertension and she is no longer obese. Ms. M now walks 2- 3 miles a day and feels and looks much younger. She is now on a maintenance protocol and is doing extremely well at 85 years of age!

**All disease has the potential to be cured. Your own body can cure itself if given the proper building materials. It is never too late to start.**

**Dr. Sharon Rabb Ph.D., ND, MPH, CNC**

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### **About Dr. Sharon Rabb**

Since the 1970's, Dr. Rabb has devoted her time to the study of both traditional and holistic medicine. Her extensive studies and knowledge of allopathic (traditional) medicine and the powerful healing properties provided through nature enable her to integrate a broad spectrum of modalities that merge scientific knowledge with natural healing. She specializes in chronic illness and degenerative diseases in both adults and children. Dr. Rabb is also a public health nutritionist and educator certified in the State of Texas. Health education is one of the foundations of her program. She also uses a variety of modalities including CRA (Contact Reflex Analysis) to facilitate individuals in achieving optimal balance and health. Nurturing and gentle approaches are integrated with the latest in scientific research to provide a professional and caring environment. As a gifted public speaker, she has become increasingly popular among both lay and professional audiences.

For more information regarding this health topic or to arrange for a **FREE** initial phone consultation, call 214-724-3505 or email her at [drs rabb@yahoo.com](mailto:drs rabb@yahoo.com)