



# SUPPLEMENTS EXPLAINED MASTERCLASS

MODULE 8

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## TRANSCRIPT

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## Module 8: Anti-Aging, Longevity, a Longer-Healthier Life With Supplements (Is it Possible?) with Joel Fuhrman, MD

Nathan Crane:

Welcome to Module 8 of the Supplements Explained Masterclass. I'm your host and natural health researcher, Nathan Crane. I'm very glad you're joining me and my guest experts for this important masterclass.

Nathan Crane:

In this module, Dr. Joel Fuhrman will be sharing with us the best foods and supplements for helping support longevity. There's some incredibly valuable information in this module. You're going to learn a lot, so let's get right to it.

Dr. Joel Fuhrman:

Hi, welcome back. It's Dr. Joel Fuhrman, and I'm excited to share information with you, because obviously I'm very passionate about making sure people can achieve the best versions, the healthiest version of themselves possible, right? And live a long, healthy life with no possibility of getting demented or having problems that interfere with your health or enjoyment of life.

Dr. Joel Fuhrman:

Nutrition is the most powerful interaction with the outside world. The most powerful thing that affects our health, longevity, our happiness, and brain function is what we put in our mouth. As we age, we can control the aging proteins like SIRT1 and AMP kinase and the length of our telomeres by using intelligent supplementation on top of an excellent diet. They have to be combined. One without the other is pretty much worthless.

Dr. Joel Fuhrman:

The perfect supplements in the world on a not a great diet is not going to give you these incredible benefits we're talking about here. And the best diet without right supplementation, it'd get people in trouble. I've seen it over and over again. My whole career is a testament to that. That people following the perfect plant-based diet, all the healthiest foods, wind up being deficient in DHA, low levels and beginning to be demented in their later years or develop Parkinson's because the brain becomes more susceptible to toxicity in the environment when the brain is DHA deficient.

Dr. Joel Fuhrman:

So I've seen DHA deficiency in my practice in many people. People I've known for decades through the Natural Hygiene Movement. People that were long-term healthy plant eaters, developed neurologic deficits due to aging of the brain with DHA deficiency or B-12 present.

Dr. Joel Fuhrman:

I even saw a lot of people, not a lot, but I even saw numerous people who developed B-12 deficiency on plant-based diet and developed neurologic deficits or high homocysteine that led to cardiovascular disease as a result of B-12 deficiencies. So these things are critically important. We don't want to play around with them.

Dr. Joel Fuhrman:

But on the other hand, the idea, can we age backwards? Is there this fountain of youth? And shockingly, I see this occur all the time. As ridiculous as it sounds and people saying, "That's ridiculous, he's crazy. You can't age ..." I see people come into my facility here in San Diego and we measure their telomere length, their nutrient levels. And then we check their bloods months later, telomere length, epigenetic changes, methylation defects, signs of biological aging. And they actually showed they're back to a younger biological age by improvements in their measurements of these aging factors in their blood.

Dr. Joel Fuhrman:

One of the enhanced technologies of lab testing and science in the last decade has been more advancement in blood tests and the ability to test people's biological age and detect cancer, signs of cancer at a younger [inaudible]. Before the person has a positive mammogram or a positive colonoscopy or a PSA that starts to rise, we can see factors in the blood that can show early stage cancer starting to develop before the medical profession could ever look at these things.

Dr. Joel Fuhrman:

So we want to start doing this right for protection against cancer, slowing the aging process. And the right time to do it is now. Not to wait until you get demented or you get signs of cancer or cancer cell proteins in your bloodstream. We have, of course, this healthy "Nutritarian diet" I've been alluding to that includes eating a big salad every day. We're using both lettuces and cruciferous greens and onions. I'm using vegetable and beans soups with onions and mushrooms cooked in there. And greens cooked in there and we cold-blend foods into the soup before we heat it.

Dr. Joel Fuhrman:

We make vegetable dishes and chilies, and we eat a huge assortment of fruits and vegetables and seeds and mushrooms and berries and fruits and get a wide variety of plants. We pay attention to adequate protein, to making sure our plant-based diet is protein adequate, which means that we're eating enough nuts and seeds, the higher protein nuts and seeds like hemp seeds and pumpkin seeds and almonds and sunflower seeds. Getting enough proteins of those foods and getting enough proteins from beans and even using soybeans for protein and getting enough green vegetable exposure, both raw and cooked.

Dr. Joel Fuhrman:

And then we know that, as we age, there are certain nutrients we need more of which we mentioned earlier, like zinc and K2, and vitamin D and B-12. You might need more B-12 as we age. And we're going to check that with a blood test to make sure if our levels are going down with aging, that we're going to up our supplements just a little bit to make sure we still stay in that perfect sweet spot.

Dr. Joel Fuhrman:

Likewise it's well known that calcium absorption goes down with aging as well. Especially women, postmenopausal women, their calcium absorption goes down and they're at higher risk of developing osteoporosis and sarcopenia, which is weakening of the muscles. There was a recent study out of England on comparing British vegans to meat eaters, showing the vegans had weaker bones and the meat eaters had less osteoporosis in that case, in that one case.

Dr. Joel Fuhrman:

When we analyzed the diets used, we found that those British vegans were eating mostly breads and pasta and a lot of rice and oils and their diet was low in protein. They weren't eating greens and beans and nuts. And their diet was low in calcium. They didn't have all the calcium from the greens and the beans and the seeds that we do when we eat a Nutritarian diet.

Dr. Joel Fuhrman:

I analyzed their diet against the Nutritarian diet demonstrating that their protein levels were half compared to a Nutritarian plant. And their calcium levels were about half as well. But we know that a lot of women benefit with a small amount of calcium as they age because their calcium absorption goes down with aging. That helps fight against osteoporosis.

Dr. Joel Fuhrman:

The problem is that taking too much calcium at one time has been shown not to be beneficial. It can tune down vitamin C absorption. It could lead to calcifications in tissues. The key is to take in calcium like food and instead of taking a high dose, like 500 milligrams or 1,000 milligrams or 1,500 milligrams of calcium, instead of that, just take it a little bit with each meal. Like an extra hundred or an extra 200 with meals.

Dr. Joel Fuhrman:

So you bring your calcium maybe up by 400 to 600 a day extra, but you take a little bit of food-derived calcium with the meals. For example, like in my OsteoSun supplement, we utilize food-derived calcium that's made from seaweed. That's harvested off the coast, the north coast of Norway, of the Arctic up there. And then of course, we use a little extra K2 and a little extra vitamin D as people are aging. Then to help elevate those SIRT1 proteins, the anti-aging proteins, we give them certain things that work on that, like black turmeric.

Dr. Joel Fuhrman:

So we have certain supplements that have been tested in controlled trials to show that they concentrate these nutrients and have them in an absorbable form because when you're taking turmeric on food it's really good for you, but most of that's not absorbable. The beneficial part of turmeric, of the anti-aging effect, is the curcumin or curcuminoids. We give a C3 curcumin complex that's been tested to be absorbable that affects these aging proteins and build up SIRT1. The black turmeric compounds that also has been shown to have powerful effects, to be absorbable and effective.

Dr. Joel Fuhrman:

We combine that with a piperine and the other factors that make for increased absorption of these anti-cancer and longevity protein-stimulating substances that also offer extra immune protection. Because the other thing with aging is that your immune system tunes down with aging. We want to support the immune function with extra zinc and with some of these substances. I'm saying the beneficial substances we use, besides mixed mushroom supplements, like in my Immune Biotect where you also put in elderberry and astragalus and beta-glucan.

Dr. Joel Fuhrman:

And in my Immune Biotect, I mean my Ultra Cell Biotect, we use these antiaging factors that include EGCG from tea in a special form. Not just plain organic green tea, but actually a special form. These lysosomes, these plant green phyto lysosomes that have been tested in studies to be an effectively absorbed at effectively improving immune function and elevating longevity proteins.

Dr. Joel Fuhrman:

So we use these special forms of green tea and we can't take too much EGCG, don't forget. You want to have that right amount between like 40 milligrams to let's say a 100 milligrams a day, not to be taking more than 200 a day. We know that taking more than 300 a day is not recommended. So taking some but not excessive amount is the key here.

Dr. Joel Fuhrman:

So we give, of course, the turmeric, the real turmeric, not just the black turmeric and the C3 curcumin complex, but also the real turmeric to get other compounds that are present in turmeric that also are better for aging that are present in natural, raw turmeric. But that alone is not enough. You have to mix it with the concentrated compounds that are more absorbable. And of course, mixing that with the EGCG and the green tea extracts and all the other factors that make for absorption have its anti-aging effects.

Dr. Joel Fuhrman:

So remember, we're monitoring your blood. We're giving you these supplements that increase longevity proteins. We're making sure your diet, there's a huge variety and depth of phytochemicals. And we're supplementing intelligently, conservatively. Pushing your levels up of things that may not be adequately consumed in the diet, but not up so high to create excesses. Because excess is also not beneficial for your long-term health.

Dr. Joel Fuhrman:

When looking at studies and I comment on these and write articles and write books on these subject, and we're very often disappointed by people making broad statements like, "Oh, omega-3 fatty acids have bad effect on immune function or omega-3 fatty acids cure cancer," or another, or they make extreme statements on both sides. Claiming one study or picking up one data point, or one study they looked at that used high amounts of omega-3. Like they were using 9 grams of fish oil a day and it showed immune suppression or a negative effect. So they blanketly said, "Well, omega-3 supplements are bad."

Dr. Joel Fuhrman:

I'm saying that to look properly at these issues, we have to comprehensively take the time to investigate all the studies in all the different amounts used in every study, and group together studies that use a small amount, a moderate amount, or an excessive amount, and look at all the evidence before we come to a conclusion.

Dr. Joel Fuhrman:

My intensive investigation, with a team of research scientists that work for me, as we go into every ingredient in every supplement, including every ingredient in people's diets, to look for what is the most

absorbable and effective type and quality. And what's the most effective and safe dose, as well, because the same nutrient taken in the wrong dose could be the wrong thing to take.

Dr. Joel Fuhrman:

So what I'm saying to you is it requires an intensive investigation, a thorough review of all the literature, and then always erring on the side of caution. Not to use super mega doses or over-supplement with things just because you heard they were good for you.

Dr. Joel Fuhrman:

Since we're talking here about supplements, it would be amiss not to mention the most critical anti-aging supplement that you could utilize in your life. And that is, exercise, because food and supplements is not sufficient. The body's meant to be moved and a leading cause of death obviously is people who fall and break hips and hurt themselves in falls and damage themselves.

Dr. Joel Fuhrman:

Also, your immune system and the aging process is inhibited by exercise. Exercise also builds up longevity proteins like SIRT1 and AMP kinase. Let me say that one more time. It's phytochemicals, exercise, and moderate caloric restriction that have the most powerful effects on enhancing longevity proteins. We're talking here about the phytochemicals we can add to the diet and the phytochemicals in the diet, but now let's not leave out the fact that we have to have exercise to keep our muscle density, keep the fat out of our muscle, and keep our muscles strong.

Dr. Joel Fuhrman:

We're looking for three things here. We're looking for muscle strength, muscle agility, and muscle stamina, or you could say endurance. So endurance, agility, and strength, and you have to work on all three. I'm a strong proponent of telling people to work on motions that involve side to side movement. Stopping and going back in the other direction, skipping and hopping from side to side, crossing one foot over the other, bending down low to the ground and getting back up, going the other way.

Dr. Joel Fuhrman:

Because these agility-type exercises in moving and stopping side to side enhances your proprioception and balance. And the agility means having good balance and good proprioception. So it's not good to just be a couch potato. We know, of course, the more you eat sweets and junk food and processed foods, the more you feel lethargic because you can't produce energy from processed foods well. So it turns it into fat. You become more brain fogged, more lethargic, your muscles getting impregnated with fat, and you don't feel like exercising.

Dr. Joel Fuhrman:

So we've got to start this whole process over again. We've got to fuel your body with food, not processed foods. And we have to get you back to enjoying activity and exercise and get you a lean mean fighting machine. So take every opportunity in your life. Tweak your diet to the perfect level, tweak your body weight to the perfect weight for you, not too light and not too heavy.

Dr. Joel Fuhrman:

And that's usually for a male, he has to have a body fat below 15% or he can't be healthy. And for a female, the body fat has be below 25% or they can't be healthy. You've got to keep that body fat down. You've got to control the amount you're eating too, right?

Dr. Joel Fuhrman:

Eat a lot of healthy foods. Control your calories to the right level. Control your protein to the perfect level by adjusting these foods that are rich in plant protein. You can't just be eating all fruit in your diet. You won't get enough protein. And control your exercise to keep yourself lean and strong throughout your whole life.

Dr. Joel Fuhrman:

Wishing you optimal health and much happiness, always. I know you can do it.