



CHI -eNews

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The Weston A. Price Foundation

CHI is pleased to introduce the Weston A. Price Foundation as a new [CHI Education Partner](#). The Weston A. Price Foundation is a non-profit nutrition education foundation based on the work of Dr. Weston A. Price and is dedicated to returning nutrient-dense foods to American tables.

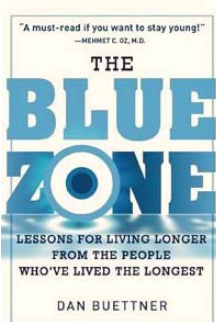


Click Website link > [Weston A. Price Foundation](#)

Healthy Aging

During a recent webinar on Successful Aging presented by [Dr. Jeffrey Bland](#) various theories associated with the cause of human aging were outlined including the Death Clock theory, Wear and Tear, Hormonal, Mitochondrial Dysfunction, Genomic Instability and Free Radical Aging.

Some of the more common characteristics of biological aging include loss of the following: connective tissue flexibility, bone, visual acuity, hearing acuity, cardiovascular fitness, insulin sensitivity, vibratory sensation, short term memory, muscular strength, reproductive viability, reduced kidney function, a decrease in VO2 max and an increase in BMI (Body Mass Index).



Of particular interest is the discovery of Blue Zones, five regions of the world where people commonly live active lives past the age of 100 years. Scientists classify these longevity hot-spots by their inhabitants' ability to live longer, on average, than anyone else in the world. The five Blue Zones include Icaria (Greece), Nicoya Peninsula (Costa Rica), Okinawa (Japan), Sardinia (Italy) and surprisingly, Loma Linda, California.

Nine principles identified with Blue Zone longevity include:



- 1) **80% Rule...stop eating when you're 80% full**
- 2) **Plant-Power...more veggies, less protein and processed foods**
- 3) **Red Wine...consistency and moderation**
- 4) **Plan de Vida...know your purpose in life**
- 5) **Beliefs...spiritual or religious participation**
- 6) **Down Shift...work less, slow down, rest, take vacations**
- 7) **Move...find ways to move mindlessly, make moving unavoidable**
- 8) **Belong...create a healthy social network**
- 9) **Your Tribe...make family a priority**

The Science of Living Well lifestyle revealed in the CSNA education program is based on a proven intervention strategy that supports smart calorie restriction, activation of sirtuin genes, the judicious use of antioxidants and epigenetic modulation (stress, toxins, drugs, movement, smoking & diet).



Audio Excerpt SNU V8N5 (part 3)

Click Audio link > [Dr. Michael Colgan](#)
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CSNA Graduate Quote

"I have experienced firsthand the positive effects of protein shakes and sport oil and can attest to the fact that not only does whey protein aid in weight loss but in the reinforcement of the immune system and the reduction in the probability of contracting the common cold or the flu."

~ Chiara Valeri CSNA – Montreal, Quebec Canada



As always...stay well and live free!

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