

## **Accelerated aging is due to.....**

Research published in June in the Proceedings of the National Academy of Sciences stated that *stress* accelerates the aging of the immune system, potentially increasing a person's risk of cancer, cardiovascular disease, and illness from infections such as COVID-19, according to a new USC study.

As people age, the immune system naturally begins a dramatic downgrade. With advanced age, a person's immune profile weakens.

So if you are under 50 you may think you are in the clear. Not so fast!

But what about everyday stress? Loss, job problems, family strain, money worries. What if you have had chronic stress? What if you do not recover from life's stresses properly and as a result you are aging your immune system?

### **Potential problems relating to stress and the immune system**

USC researchers decided to see if they could tease out a connection between lifetime exposure to stress — a known contributor to poor health — and declining vigor in the immune system.

They queried and cross-referenced enormous data sets from the University of Michigan's Health and Retirement Study, a national longitudinal study of the economic, health, marital, family status, and public and private support systems of older Americans.

Blood samples from the participants were then analyzed. People with higher stress scores had older-seeming immune profiles, with lower percentages of fresh disease fighters and higher percentages of worn-out white blood cells. While this study was done on older Americans, many young people have accumulated a lot of stress and could be elderly in "stress years" (like dog years).

### **So what to do?**

First, find out if your stress is affecting the most important part of your body, the controlling part, your brain, and your immune system. In less than an hour, we can find in real-time if your brain and nervous system are responding to, and recovering from, stress correctly. If they are not, we can help through our new "Stressed Brain Syndrome" program.

Call today to schedule your evaluation. (818) 841-1313