



What is InflammAging?

We've all wondered why some people age "gracefully" and live longer, healthier lives, while others show signs of premature aging or are possibly stricken with a chronic disease at an early age. Evidence supports that many "age-related" chronic diseases (e.g., arthritis, type II diabetes, atherosclerosis, coronary artery disease, heart disease, Alzheimer's, and some cancers) are initiated many years before symptoms arise or can be detected through traditional blood tests. Low-grade, chronic inflammation is the root cause for most debilitating diseases. The clinical term for low-grade, chronic inflammation leading to "age-related" disease and physiological aging is InflammAging.

What causes InflammAging?

Research suggests that the root cause of InflammAging is associated with two critical biological events: a decline in mitochondria function the activation of our innate immune system. Mitochondria are the "engines" of our cells and are responsible for converting the food we eat into the energy we need to live. A decline in mitochondrial function and energy production is connected to the normal aging process and the development of a variety of diseases commonly associated with aging.



What causes a decline in mitochondrial function?

Much like a car's engine, our mitochondrial "engines" require proper maintenance and care to provide optimum performance. Our lifestyle plays a critical role in the health of our mitochondria. Low physical activity, poor diets, tobacco use, excessive alcohol intake, mental stress, and exposure to noxious substances in our environment directly damage mitochondrial function.

FACT: Poor lifestyle choices cause direct damage to mitochondria through free-radical induced oxidative stress.

When mitochondria are damaged and their function declines, they release "danger signals" that tell our body's immune system to produce natural, inflammatory molecules. Continuous mitochondrial damage results in the perpetual release of these inflammatory molecules resulting in low-grade, chronic inflammation, pre-mature physiological aging, and an increased risk of developing "age-related" diseases. [1] The good news is that mitochondrial damage can be slowed and reversed through improved lifestyle, proper nutrition, and high-quality supplements.

SelectWell offers an exclusive InflammAging panel that tests for: Inflammation status-oxidative stress status- mitochondrial protective nutrients-mitochondrial energy efficiency. Our team of professionals will guide you through your test results and assist you in your next steps to aging well!