

Therapeutic Lifestyle Strategies for Healthy Aging

Build a foundation of health

Our bodies are amazing! We are made up of approximately **60 trillion LIVING cells**. These LIVING cells that comprise our physical body are constantly in the process of dying and replacing themselves at the rate of approximately **300 million cells every minute of every day** throughout an entire lifetime. Cells are **totally dependent on the building materials available within the body at the time of replacement**. The quality of this building material determines the quality of the new cell. Food provides the raw materials for our cells.

- 80% of chronic diseases are caused by lifestyle choices.
- You can't medicate your way out a problem that you behaved your way into.
- What we choose to eat and how we live influences how our genes express themselves.

“Therefore, honor God with your bodies” 1 Corinthians 6:20

Strategies for Healthy Aging

- 1) Decide to care
- 2) Take out the garbage
- 3) Build a healthy gut
- 4) Stabilize blood sugar
- 5) Optimize nutrition
- 6) Supplement wisely
- 7) Get moving
- 8) Manage Stress
- 9) Optimize Brain health
- 10) Stay connected
- 11) Give Back
- 12) Have Fun

Strategy #1 - Decide to care!

Aging well is almost always the result of healthy lifestyle choices. Having the right mindset is crucial for anyone who wishes to age gracefully. Healthy aging is choosing to be a good steward of mind, body and spirit. The small choices that we make each day about what we put in our bodies and our minds has an incredible impact on our health and wellbeing.

We spend money and time on what we value. Being healthy in a convenient, fast food, junk food culture takes commitment and costs more but the pay off is huge. Remember, we reap what we sow. The health we have today is the result of our lifestyle choices of yesterday. Remember, 80% of chronic disease is caused by lifestyle choices.

**Educate yourself. Ignorance is not bliss when it comes to health! We reap what we sow.

Current Health Stats related to diet and lifestyle.

- In 1970 1 in 25,000 had **autism**. According to the CDC 1 in 50 has autism in 2013
- In 1970 4% of children were **obese** with rare cases of **type 2 diabetes**. In 2013 40% of children are obese and one in three children in this generation will have diabetes. Diabetes cases among all age groups have increased more than 700 percent in the last 50 years.
- Childhood **asthma** rates have increased by 160% since 1990.
- Only 1% of children were diagnosed with **ADHD** in the 1970s. In 2013 11% (that is one in 5) of children are diagnosed with ADHD. There has been a 700% increase in psychostimulant use and it's growing.
- **Food allergies** are now among America's most common medical concerns. Today 3 in 100 people have a life threatening allergy to peanuts, dairy, eggs or shellfish.
- According to the American Cancer Society **cancer** rates have increased since 1901 from only 1 in 8,000 Americans to 1 in 3 today. Brain cancer in children is up 40% in 20 years.
- Pentagon - 75% of American youth are too fat, sick, dumb or drugged up to serve in the military.
- USA **Infant mortality** rate is now 34th in the world.
- USA **Life expectancy** rate is 53rd in the world.

What Accelerates Chronic Disease and Premature Aging in America?

- **Poor diet** (causes inflammation, unstable blood sugar, nutritional deficiencies and toxicity)
- **Pollutants** (toxic thoughts/emotions, chemicals, heavy metals, food additives, pharmaceutical drugs, exposure to EMFs)
- **Pathogenic Microbes** (bacteria, parasites, yeasts, Lyme, protozoa, viruses, mold)
- **Chronic Stress** (causes insulin resistance and gut permeability)
- **Lack of exercise**
- **Poor sleep**
- **Isolation**

Strategy #2 - Take out the garbage

Industry has released over 85,000 chemicals into the environment in the past 100 years. Only 200 hundred chemicals have been tested for safety. Modern babies are born with 285 chemicals in their blood.

Stop polluting your body

- Don't eat or drink toxins! (pesticides, food additives, chemicals)
- Don't put poison on your skin! (choose clean, non toxic products)
- Don't use toxic house cleaning products. (choose clean, non toxic products)
- Make sure you are living in a mold free environment

Kim's Tip

*Visit EWG.org for guides on how to purchase clean products.

The food industry, chemical companies have changed our food!

The majority of food items in your grocery store are made with refined carbs chemically-altered fats, preservatives, sweeteners and other synthetic ingredients that are highly objectionable to your health. Shop the perimeter of the grocery store.

In order to compete and make large profits, food industry scientists have to create items that you will want to purchase and eat over and over again. This is called crave-ability or food addiction. Just the right mix of sugar, toxic fats and salt or msg work to hook us.

Remove MSG - MSG is fed to rats to induce obesity.

Source - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3279464/>

Remove Aspartame (diet foods) - Contains Methanol that is converted to Formaldehyde which is damaging to the nervous system. Artificial sweeteners alter the micro biome.

In particular, daily diet soda consumption (primarily sweetened with N-a-L-aspartyl-L-phenylalanine methyl ester, aspartame, APM), is reported to increase the relative risk of type 2 diabetes and the metabolic syndrome by 67% and 36% respectively

Source - <http://www.nature.com/nature/journal/v514/n7521/abs/nature13793.html>,
<http://www.ncbi.nlm.nih.gov/pubmed/24436139> and <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0109841>

Remove High Fructose Corn Syrup - FDA testing showed 6 out of 20 batches were contaminated with mercury. Fructose causes fatty liver disease, insulin resistance and weight gain.

Source - <http://www.washingtonpost.com/wp-dyn/content/article/2009/01/26/AR2009012601831.html>. and <http://www.health.harvard.edu/heart-health/abundance-of-fructose-not-good-for-the-liver-heart>

Remove Genetically Modified Foods (GMOs) - On May 19th, 2009, The American Academy of Environmental Medicine (AAEM) has called on all physicians to prescribe diets without genetically modified (GM) foods to all patients.

Source - <http://www.responsibletechnology.org/doctors-warn>

“Several animal studies indicate serious health risks associated with GMO food, including infertility, immune problems, accelerated aging, insulin regulation, and changes in major organs and the gastrointestinal system.” - The American Academy of Environmental Medicine (AAEM)

Source - <http://www.globalpossibilities.org/danger-genetically-modified-crops-are-getting-into-everything-and-everyone/>

Health effects of Roundup: Endocrine (hormone) disruption, DNA damage, Cancer Birth defects, Neurological disorders. The World Health Organization just issued a statement that Glyphosate is a probable cause of cancer. Glyphosate is banned in many countries.

Source - <http://www.greenmedinfo.com/toxic-ingredient/roundup-herbicide>

World renowned biologist Pushpa M. Bhargava - After reviewing more than 600 scientific journals, he concludes that genetically modified organisms (GMOs) are a major contributor to the sharply deteriorating health of Americans.

GMO's are exploding Gluten Sensitivity

Source - <http://www.greenmedinfo.com/blog/news-release-gmos-linked-exploding-gluten-sensitivity-epidemic-free-pdf1>

Kim's Tips

- **Remove these GMO foods or buy them organic: corn, soy, canola, sugar beets, zucchini, yellow squash, papaya**
- **Check out this Non-GMO Shopping Guide: <http://www.nongmoshoppingguide.com>**

Don't eat foods that are sprayed with PESTICIDES

“The National Academy of Sciences now estimates that about one third of all neurobehavioral disorders (such as autism and ADHD) are caused either directly by pesticides and other chemicals or by interaction between environmental exposures and genetics,”. “Some experts say this estimate is likely to be low, as the health profession is just beginning to fully recognize the contributions of environmental factors to disease formation.”

Kim's Tips

- **Choose ORGANIC meat, vegetables, dairy and fruit to avoid exposure to pesticides. If on a budget, prioritize purchasing organic versions of GMO foods followed by animal products and finally, thin skinned fruit and vegetables.**
- **Check out the dirty dozen list - http://www.ewg.org/foodnews/dirty_dozen_list.php**

PubMed - "Malignancies linked to pesticides in case reports or case-control studies include leukemia, neuroblastoma, Wilms' tumor, soft-tissue sarcoma, Ewing's sarcoma, non-Hodgkin's lymphoma, and cancers of the brain, colorectum, and testes. Children may be particularly sensitive to the carcinogenic effects of pesticides."

Kim's Tips for Help your Body Detoxify

- **Eat cilantro - herb that binds to mercury**
- **Broken Cell Wall Chlorella - <http://www.greenmedinfo.com/blog/toxicand-dont-know>**
- **Berries**
- **Cruciferous Vegetables**
- **Liquid fasting (vegetable juices and bone broths)**
- **Milk Thistle to support your liver**
- **Use a Liposomal Glutathione Supplement (your body's master antioxidant)**
- **EDTA removes lead from the body**
- **Ultra Clear Renew Shake <http://www.metagenics.com/mp/products/ultraclear-renew>**
- **Have 1-2 bowl movements a day (magnesium, vitamin C help)**
- **Try a food elimination diet**
- **Use a Far Infra Red Sauna**

A food elimination diet will help reduce inflammation in your body, help with weight loss and aid you in discovering any delayed food sensitivities you may have. To do an effective food elimination diet you will need to remove the following foods from your diet for 30 day (**NO CHEATING ALLOWED**): **wheat, dairy, corn, soy, peanuts, eggs, sugar and artificial sweeteners.**

After 30 days add the foods you would like to eat in one at a time and wait three days before adding the next food. Listen to your body. Symptoms of food sensitivities can range from digestive issues to headaches, brain fog, fatigue, skin problems, acid reflux, depression, anxiety and more.

* People with **arthritis** should also remove nightshades for 60 days: eggplants, tomatoes, okra, potatoes, paprika, cayenne pepper and all other variety of peppers. <http://www.greenmedinfo.com/blog/link-between-nightshades-chronic-pain-and-inflammation>

Remove Gluten containing grains: <http://www.greenmedinfo.com/blog/why-gluten-bad-everyone>

[A review paper in The New England Journal of Medicine](#) lists 55 “diseases” that can be caused by eating gluten. Gluten sensitivity, a wide spectrum of disorders marked by an abnormal immunological response to gluten. Different organs can be affected by different types of gluten sensitivity.

- Gluten triggers inflammation
- Gluten is low in nutrients
- Gluten causes weight gain
- Gluten contains anti-nutrients, phytates and lectins that inhibit nutrient absorption and irritate the digestive tract
- Gluten causes cravings for carbs
- Gluten adversely effects brain function - <http://www.greenmedinfo.com/blog/grain-damages-human-brain>
- Gluten contains glyphosate, a toxic pesticide
- Bleached white flour contains alloxan which kills beta cells, inducing diabetes
- Gluten creates gut permeability

Source - A Critical Appraisal of the Role of Wheat in Human Disease - http://thedr.com/wp-content/uploads/2014/03/Ji_DarkSideWheat.GreenMedInfo.pdf

Source - The Grain That Damages The Human Brain - <http://www.greenmedinfo.com/blog/grain-damages-human-brain>

Source - <http://www.massgeneral.org/children/news/newsarticle.aspx?id=4136>

Gluten containing grains include Spelt, **kamut**, triticale, **wheat**, **barley**, **rye**. Oats are cross-contaminated. Purchase gluten-free oats.

Kim's Tips:

- **To learn more about how to live a gluten free lifestyle visit:** <http://www.glutenfreesociety.org>
- **Try an elimination diet (30 days 100% gluten free - no cheating)**
- **Get tested.** Alcat World wide and Cyrex Labs are the most accurate. Alcat - <https://www.alcat.com> and Cyrex - <https://www.cyrexlabs.com>
- **Find a Certified Gluten Practitioner -** <http://thedr.com/find-a-certified-gluten-practitioner/>

Strategy #3 - Build a healthy gut (micro-biome)

In the 19th century, Biologist and Nobel laureate Elie Mechnikov made a stunningly direct link between human longevity and a healthy balance of bacteria in the body, confirming that “death begins in the colon”.

Today, scientific research is bringing more and more credence to the notion that up to 90% of all known human illness can be traced back to an unhealthy gut!

Your Inner Ecosystem is your 1st line of defense. Your microbes outnumber your cells 10 to 1. 70% of the immune system is in the gut. 95% of serotonin is made in the gut.

Healthy gut = happiness. “All diseases begin in the gut.” - Hippocrates, the Father of Modern Medicine

Many neurotransmitters (brain hormones) are manufactured in your gut including GABA (calm/anti anxiety), Glutamine (memory/focus) and Serotonin (happiness). Brain health is directly linked to gut health!

Source - Can the Bacteria in Your Gut Explain Your Mood? - http://www.nytimes.com/2015/06/28/magazine/can-the-bacteria-in-your-gut-explain-your-mood.html?_r=3

Source - Mind Altering Microbes: How your gut microbiome may influence your mood, <http://www.jillcarnahan.com/2015/03/15/mind-altering-microbes-gut-microbiome-may-influence-mood/>

Micro-biome diversity is very important for health and longevity!

FYI - Leaky Gut, Zonulin (gluten induced) and Autoimmune Disease - **PUBMED** - <http://physrev.physiology.org/content/91/1/151.short> - Zonulin and its regulation of intestinal barrier function: the biological door to inflammation, autoimmunity, and cancer. - Mucosal Biology Research Center and Center for Celiac Research, University of Maryland School of Medicine, Baltimore, Maryland 21201, USA. afasano@mbrc.umaryland.edu

Strategies for building a healthy gut:

- Cut back on sugar and white flour (feeds yeast and pathogenic bacteria)
- Eat probiotic rich foods (fermented foods like sauerkraut, kimchi, organic, Greek yogurt, kefir, pickles, etc...)
- Take a good probiotic supplement: Metagenics has excellent probiotics. Ultra Flora Spectrum is a good foundational product: http://www.metagenics.com/search-results?search_api_views_fulltext=probiotics
- Avoid unnecessary use of antibiotics, steroids and NSAIDS (ibuprofen, advil, etc...)

- Avoid pesticides, chlorinated water and artificial sweeteners
- Avoid meat that is fed antibiotics
- Avoid genetically modified foods: Corn, Soy, Canola, Sugar Beets
- Manage stress
- Eat foods that heal and seal the gut: aloe vera juice, bone broth (collagen) and okra.
- Eat prebiotics (resistant starches): artichokes, plantains, green bananas, jicama, cooled white rice and cooled white potatoes, raw onions and garlic.
- Get Tested - <https://www.gdx.net/product/gi-effects-comprehensive-stool-test>
- Take supplements: zinc, vitamin D3, fish oils, multi-vitamin, glutamine, colostrum

****The future of medicine?** - Fecal Transplants to reverse chronic disease including diabetes

Source - <http://www.uhc.com/bmtm-categories/bmtm-news/2014/12/02/new-study-investigates-fecal-transplants-and-diabetes>

Strategy #4 - Stabilize blood sugar

Excess sugar feeds cancer cells, triggers weight gain, promotes premature aging, damages our nerves, heart and eyes, feeds pathogenic bacteria and yeast, creates hormonal imbalance, increases risk of diabetes and shrinks our brain.

The relationship between poor blood sugar control and Alzheimers is so strong that researchers are now calling Alzheimers disease, type 3 diabetes.

Source - <http://www.diabeteshealth.com/blog/alzheimers-new-name-type-3-diabetes/>

Strategies for healthy blood sugar control:

1. Always eat protein or fat with your carbs
2. Choose unrefined carbs like fruits, vegetables and legumes.
3. Eat plenty of high fiber foods: Chia and Flax are great sources of fiber
4. Stay away from white flour, white sugar and artificial sweeteners
5. Eat plenty of healthy fats - Coconut oil and Extra Virgin Olive Oil are excellent choices.

6. Exercise. Burst or resistance training is best! <http://danielplan.com/healthyhabits/bursttraining/>
7. Keep carbs under 100 grams a day for weight loss.
8. Take broad spectrum probiotics or do probiotic enemas (8 capsules of broad spectrum probiotics mixed in 12 ounces of distilled, lukewarm water and hold for 30 minutes, 2x a week for 6 weeks) - *This prescription is taken from Dr. Perlmutter, M.D. Board Certified Neurologist.*
9. Take supplements to improve blood sugar: chromium, alpha lipoic acid, Turmeric - <http://www.integrativepro.com/Products/Metabolic/Theracurmin>

Remove Artificial Sweeteners - In the largest study done of it's kind on the impact of Aspartame (artificial sweetener), The University of Iowa concluded: women who consume two or more diet drinks a day are 30 percent more likely to have a cardiovascular event [heart attack or stroke] and 50 percent more likely to die from related disease.

Source - <http://www.acc.org/about-acc/press-releases/2014/03/29/09/22/vyas-diet-drinks>

Use safe sweeteners in moderation - Stevia exact (not Truvia or Pruvia), raw honey or monk fruit.

Strategy # 5 - Optimize Nutrition

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.” — [Ann Wigmore](#)

Biblical Principles for Healthy Eating:

1. Don't eat more than your share.
 2. Don't eat food that involves unethical treatment of animals or people.
 3. Don't eat food that harms your body.
 4. Don't eat food that harms the land-and future generations.
 5. Eat real food as close to it's natural state as possible.
- **Remove trans fats, hydrogenated fats and industrial seed oils from your diet:** These include margarine, other man made fats, corn, canola, cottonseed, peanut and soybean oil. Be aware that these fats are used in processed foods and fast foods.
 - **Health benefits of clean fat:** Brain, Gut, Cellular Health, Hormones
 - **Choose healthy fats:** coconut oil, extra virgin olive oil, walnut oil, pastured butter, ghee, sesame seed oil, expeller pressed grape seed oil, flax oil (keep refrigerated), avocado oil, hemp oil.

- **Avoid factory farmed animals and choose** clean, organic, pastured or wild meat and eggs.
- **Avoid conventional milk and choose**, organic, grass fed milk or dairy alternatives like hemp, coconut, almond, or flax milk
- **Eat nutrient dense carbohydrates:** vegetables, nuts, seeds, fruit, legumes, safe grains (rice, quinoa, buckwheat, teff). Eat 8-10 servings of vegetables daily (raw and steamed is best), 6-8 teaspoons of healthy oils daily and 4-6 servings of protein daily (3 oz of meat is a serving). Use protein shakes for clean plant protein sources. Choose organic when possible.
- **Use herbs and spices to add flavor and nutrients to your food.**
- **Choose himalayan or celtic sea salt over table or regular sea salt.**
- **Drink half your weight in ounces.** Choose filtered water, bone broth and herbal teas. Avoid fruit juices.

For healthy recipes go to:

- <http://draxe.com/section/recipes/>
- <http://elanaspantry.com/all-recipes/>

Strategy # 6 - Supplement wisely

- **Take high quality (non synthetic) foundational supplements from reputable companies:** like Metagenics, Integrative Therapeutics, Pure Encapsulations, Thorne, Biotics, and Nueroscience to name a few.
- **Foundational Supplements:** Vitamin D3, Probiotics, Magnesium,, enzymes (Biozyme), fish oil/krill oil (Contain Omega 3 fatty acids, DHA & EPA). Multi Vitamin/Mineral (Moringa) <http://www.metagenics.com/products/product-lines/phytomulti>
- **Seniors can also benefit from CoQ10 (ubiquinol) and Alpha Lipoid Acid.**

All the supplements that I recommend can be purchased through our clinic. Our products are physician grade which means they don't contain any harmful additives, synthetic ingredients, chemicals or gluten. They have to pass very stringent safety and quality standards and are clinically tested for effectiveness.

****Online Store for the Integrative Wellness and Research Center (Where Kim Martindale works) - <http://integrativewellnessstore.com/collections/all>**

**** FYI - These Blockbuster Drugs Destroy Heart Benefits of Fish Oil - <http://www.greenmedinfo.com/blog/these-blockbuster-drugs-destroy-heart-benefits-fish-oil>**

****For Pain avoid NSAIDS. Choose turmeric - Curcumax Pro - <https://www.integrativepro.com/products/musculoskeletal/curcumax-pro>**

Strategy # 7 - Get moving: Build Muscle

Loss of muscle results in poor balance, increased accident rate, and makes us more susceptible to diseases like heart disease, cancer and diabetes.

- We lose 1/2 pound of muscle per year
- By 70 we've lost 50% of body strength
- Building muscle increases metabolism which burns fat
- Muscle increases blood flow to the brain
- Muscle increases focus and memory and promotes the growth of new brain cells
- Muscle cells burn sugar for energy and increases insulin sensitivity.
- The stronger our muscles are the stronger our heart becomes and the more efficient it is at pumping blood

Tips for Building Muscle

1. **Resistance training, (burst training, weight training or high intensity training) is the most important type of exercise for building and maintaining muscle mass and strength.**
2. **Incorporate lunges, squats, push ups, planks and burpees into your routine. Check out Turbulance Training and Burst training online.**
3. **Don't sit for longer than 30 minutes without taking a short break.**

Benefits of Rebounding

- Increases white blood cells
- stimulates the lymphatic system
- detoxifies the body
- boosts energy
- improves digestion
- Improves varicose veins
- weight loss
- prevents cancer
- builds bone mass
- reduces cellulite

Add rebounding to your routine for a high powered aerobic workout:

Source - www.freedomspring.com/article_nasa_studies_rebounding.html

Strategy # 8 - Manage Stress

Learn to say no. Practice gratitude. Pray and meditate daily. Exercise. Plan something you love each week. Practice deep breathing when stressed. Spend time in nature!

Strategy #9 - Optimize Brain Health

1. Remove inflammatory foods, chemicals, additives, pesticides, GMOs and gluten containing grains (wheat, barley, spelt, kamut, rye)
2. Optimize your gut health (take high quality probiotics or do at home probiotic enemas). Follow guidelines for gut health in Strategy #3
3. Control your blood sugar (people with dementia or alzheimers should follow a type 2 diabetic diet - very low carb)
4. Eat a high fat diet: coconut oil is crucial! Eat pastured eggs and use healthy oils liberally
5. Stay hydrated
6. Exercise daily
7. Sleep 7-9 hours a night in a dark room. Keep all electronics and cell phones five or more feet away from your bed. Do not use electric blankets.
8. Yeast overgrowth, parasites, lyme disease and mold can cause brain fog, depression and anxiety. Get tested.
9. Check your medications. Many drugs are muggers of important vitamins and minerals that are crucial for brain health. Find out and supplement wisely.
10. Supplement well: Magnesium, Vitamin D3, the active form of B12 and Folate (don't take folic acid) with Intrinsic factor, fish oil, Ginkgo Biloba (don't take with other blood thinners).

Take Ginkgo Biloba to improve brain function (avoid if taking blood thinners and NSAIDS) - <http://umm.edu/health/medical/altmed/herb/ginkgo-biloba>

Tips for Success on Your Health Journey

- Respect yourself and value your health
- Remember, your choices today determine what your health will be like tomorrow.
- Schedule your health! 8 weeks will create new habits and reset taste buds.
- Have a good 'WHY'
- Find a like minded community, support group or a coach
- Keep a food and health journal

Decide today that you won't deprive yourself of good health!

Educate yourself and your family about health:

Excellent Online Videos about Health:

- Ted Talk with Dr. Mark Hyman, M.D. - <https://www.youtube.com/watch?v=8dYTa6xhHlM>
- Watch Dr. Terry Wahls TED TALK on reversing MS (autoimmune disease) with Functional Medicine (lifestyle medicine) - <https://www.youtube.com/watch?v=KLjgBLwH3Wc>

Documentaries on Health:

 These are all available on Netflix

- Fat, Sick and Nearly Dead - <http://www.fatsickandnearlydead.com>
- Food Inc. - http://www.docclub.com/food-inc/documentary/384/?gclid=CJ_ctL6epsYCFYY9gQodJxgCOw
- Food Matters - <http://www.imdb.com/title/tt1528734/>
- Under Our Skin (Lyme Disease) - http://www.imdb.com/title/tt1202579/?ref=fn_al_tt_1

Recommended Reading:

- Diabetes Without Drugs: The 5-Step Program to Control Blood Sugar Naturally and Prevent Diabetes Complications by Suzy Cohen (Author)- <http://www.amazon.com/Diabetes-Without-Drugs-Naturally-Complications/dp/1605296759>
- Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—for Life by David Perlmutter, MD. - <http://www.drperlmutter.com/about/brain-maker-by-david-perlmutter-md/>
- Health and Nutrition Secrets That Can Save Your Life, by Russell Blaylock, MD, board certified Neurologist - <http://www.barnesandnoble.com/w/health-and-nutrition-secrets-that-can-save-your-life-russell-l-blaylock/1005547328?ean=9780929173481>
- The Blood Sugar Solution: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now! Hardcover use pre formatted date that complies with legal requirement from media matrix, by Mark Hyman, MD. (Author),

About Kim Martindale

Kim Martindale is the Senior Therapeutic Lifestyle Educator at the Integrative Wellness and Research Center in Memphis, TN. - <http://integrativewellness.org>

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