



The gland of youth

The thymus may play a pivotal role in supporting a healthy aging process.

BY ELDON DAHL, DNM

According to Einstein's Theory of Special Relativity, "speeding clocks run slow." When you approach the speed of light, time slows down. This is no longer just theory; it is proven by experiment. Indeed, we all want time to slow down. Life is a trip and we don't want to miss it.

We all know aging is a normal process, but premature aging is not. In a way, we have all been given a commuted life sentence, and with good behavior and some insight, additional time may be added to our sentence. Aging is the one thing we all have in common, but the rate at which we age varies.

Aging research has seen unprecedented advances in recent years, particularly with the understanding of how it's controlled. One milestone is the discovery of the "second brain," the gut microbiota and its connection to the body's immune defense and mood balance. Research points to the importance of the endocrine glands and hormonal balance, which prevent dysfunction of the mitochondria and stem cell exhaustion. Research has also shown that a small amount (1 mg) of melatonin before sleep will achieve serotonin release for anti-aging purposes.

When it comes to longevity, let's examine our intricate inward design, rather than introducing unknown foreign matter into our bodies. Even the lowest levels of magnification may open new discoveries. Think of the body as a fine Swiss watch. The time is displayed, the hands turn and everything on the surface appears normal. Yet is the timing accurate? A craftsman will first examine every movement, and after full inspection, make hair-like adjustments until the timing is perfect. We have forgotten this subtle approach.

My understanding of the aging process was impacted at age 10 by the death of my cousin to cancer. Facing my mortality through her was a harsh experience that changed my life's direction. While most kids my age were reading comics, I was studying the disease process. I was fascinated by the connection between health and sickness; consequently my research was directed towards chronic disease and anti-aging. I graduated as a naturopathic doctor and for the past 28 years, my focus has been disease prevention.

The aging process is both mysterious and multi-faceted. Today, we live longer than ever, yet on the flipside the added years are often associated with increased disease. Many scientists believe aging is caused by the gradual failure of the body's immunological defense as environmental toxins accumulate, subverting the processes that keep us healthy.

One key player is the endocrine system. When it becomes unbalanced, the aging process accelerates. The thymus gland produces T-lymphocytes, a type of white blood cell responsible for "cell-mediated immunity."

This refers to immune mechanisms not mediated by antibodies. Cell-mediated immunity is important in resisting infection by bacteria, yeast, fungi, parasites, viruses, toxins and allergens.

The function of the thymus is to program white blood cells, the body's immune army, in their various tasks and then send them into the blood to recognize and destroy pathogens. T-cells come in two types: killer T-cells and helper T-cells. Killer T-cells detect germs or cancerous growths and destroy them. The helper T-cells create an immune response in the body, activating other immune cells and stimulating antibody production.

The thymus "instructs" T-cells what to attack and when. Without the thymus' instructions, the T-cells may fail to attack enemies like bacteria, viruses and cancer cells, or they may even mistake some of your own cells for an invading enemy and attack you. This is known as autoimmune disease. Autoimmune diseases include cancer, multiple sclerosis, atherosclerosis, adult-onset diabetes and rheumatic diseases such as arthritis.

The mystery of the thymus is that it begins its own decline when it is most needed, and while many organs are still developing. Starting at puberty, the age-related thymic involution is characterized by a progressive regression in thymus size; immunological changes occur while immune resistance becomes weaker. As a person ages, the thymus continues to decline. The question is: what if the thymus gland were to be supported through life to preserve and restore our natural immunity? In essence, this would mean peak immunity even while aging.

Glandular therapy may be useful when a person's endocrine system is under-producing or under-secreting a specific hormone. It can also be used when an organ is weak or diseased, for example, as is often the case with cancer patients. Because glandular therapy is generally effective for those

diagnosed with a terminal illness, it is also recommended for preventative measures.

Another principle behind the benefit of glandular therapy is that glandular tissues are rich in key nutrients including vitamins, minerals, amino acids, fatty acids, polypeptides, enzymes and many other substances. Glandular tissues work with all other products and foods you ingest, so glandular therapy can supply your missing essential nutritional needs in a highly efficient manner.

RESEARCH ALSO POINTS TO THE IMPORTANCE OF THE ENDOCRINE GLANDS AND HORMONAL BALANCE, WHICH PREVENT DYSFUNCTION OF THE MITOCHONDRIA AND STEM CELL EXHAUSTION.

For a tissue cell to repair or replace itself, it must have the raw materials to do so. Glandular therapy provides these raw materials to your weakened organs, glands and other tissues so that they can start the process of regeneration.

Here is the overlooked missing link to thymic restoration: the need for adequate B-6 and zinc within the bloodstream, which must be delivered in the proper form for cellular absorption. The best absorbed B6 is pyridoxal-5-phosphate (P5P), the active coenzyme form. B6 deficiency has been linked to thymic atrophy and reduced antibody production, while increased B6 enables the body to absorb thymus hormones.

For zinc, the picolinic acid form is needed for proper absorption. Zinc picolinate facilitates the passage of zinc through the gastrointestinal wall. It is also interesting to note that next to magnesium, zinc is the most needed

mineral. Zinc is the keystone molecule for thymic proteins, immune substances produced in the thymus gland. No zinc, no immunity.

Throughout history, civilizations have been on a never-ending quest for the preservation of youth. Modern science may hold the key. Not via Relativity, but perhaps by nurturing the humble thymus gland, we can save ourselves a lot of time, and increase only not the quantity of life but the quality too. **Z**

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