

Anti-Ageing; Nitrogen

By Bryon Verhaeghe



“Ageing is a fact of life, but there are ways of slowing it down or even reversing it.”

“Nitrogen” The word nitrogen is the name of an element of the earth. It is a colorless odourless gas that forms nearly 80% of the atmosphere. It is bound into an organic molecule by bacteria and blue-green algae. Higher life forms such as humans are unable to do this and therefore must get it from diet. This molecule is derived from a carbohydrate being bound to nitrogen and sometimes sulfur to create one of the amino acids. Our body transports these amino acids through the blood. At the tissue areas in the body our

cells build proteins and enzymes by linking amino acids together. The blueprint of our proteins is coded in our DNA. The word protein comes from Greek meaning first and is a molecule containing nitrogen that occurs in all living matter.

Although proteins are present in all living matter there is a vast difference in protein distribution in plants that is not seen in animals. With plants the structural parts are essentially carbohydrates, or without protein, except in seeds where the protein content is very high. Nitrogen is the distinguishing difference between carbohydrates and protein. Different tissues contain different proteins by combining amino acids in different sequences, which give them unique biological activity.

“The brain contains about 11% protein, the muscles 21% and the skin 27%.”

About 20 amino acids are known and are chained together to form proteins anywhere from a few all the way up to tens of thousands. They are not in straight lines but are folded up on themselves with cross bonds. These cross bonds are necessary for enzymatic activity. It takes all of the amino acids in the correct order to produce immune function. Some toxins are particularly destructive to certain amino acids. An overwhelmed immune system that cannot keep up will result in also a shortage of the correct amino acids for tissue maintenance. In simple terms, our body is unable to maintain a youthful structure when the immune system has used up the key amino acids fighting colds, allergies, or injured tissues. The immune system gets first chance at the amino acids and what is left over is available to replace dying cells. We get a new liver every four months and new bones every seven years. Somewhere between four months and seven years every cell in the body is replaced.



Are your cells being replaced with a few amino acids missing?

If this is happening you will aging faster than necessary. Your DNA has the code to replace the tissues with fresh youthful ones. Over the past couple of years medicine has found perfect baby cells, called stem cells, in the liver, skin, heart, and brain. Studies are showing that the liver will regenerate, the skin will re-grow, the heart will repair even if severely damaged by toxic drugs, and now they are proving that the gray matter of the brain can be re-grown.

Studies find that one of the longest living people has a diet high in hemp seeds and red wine. As I analyze the amino acids profile of the protein these two foods, I find the highest ratio of arginine and histamine. Also to note is that the hemp seed, along with all seeds, is relatively low in lysine. Arginine, histamine, and lysine are amino acids. Lysine destroys arginine, particularly when the food is high temperature cooked. When we are sick or injured arginine becomes essential. Growing children need more arginine than an adult. In one study they found that when arginine is inhibited in adult animals, death comes in a couple of months.

Lysine

“Lysine” is high in dairy products. This might be why phlegm and mucus develops after drinking milk. The lysine destroys the arginine in the throat to weaken the immune system, unfriendly bacteria grow and the body produces phlegm to trap them.

Whey protein is from dairy and is high in lysine. Arginine is critical for growth hormones and the counter hormone, insulin, kicks in to increase body mass (fat). This is like turning a calf into a two-ton cow. Unfortunately we also get a belly and love handles, hardened arteries, and increased cancer rates when we consume large amounts of dairy. Last week the newspapers ran an article stating that a medical study linked cheese to prostate cancer. The lysine in the cheese weakened the immune system and the ravages of deterioration set in.

Arginine and histamine

“Arginine and histamine” are vasodilators. This means that they are capable of opening up the arteries, improving blood flow, and lowering blood pressure. A person with chronic cold hands and feet will either have low intake of arginine and histamine or an over demand by an overwhelmed immune system.

Protein is the essence of life. The most successful weight loss program is the Atkins Diet, which is high protein. Carbohydrates are of little value to the proper functioning of the body. A high protein and low carbohydrate diet increases our resistance of infections because more immune cells are made. Moderate heating of the bean family (legumes) increases the nutrient value, overheating reverses this. Meat has no deterioration with moist cooking. Generally, cooking is part of the

L-Arginine

- **Builds muscle shreds fat**
- **Fight cancer**
- **Mends broken bones**
- **Prevents aging**
- **The cure for diabetes improves memory**
- **Prevents Alzheimer**
- **Improves circulation throughout the body.**

Sources of Arginine

- **Nuts**
(Walnuts, Hazelnut, Pecans, Brazil nuts , Cashews, Peanuts)
- **Seeds**
(sesame and sunflower seeds, brown rice, barley, corn)
- **Meats**
- **Chocolate**

digestive process, home cooking rarely reduces nutritional value. Quick cooking, like a restaurant does for rapid preparation, as in deep-frying, destroys nutritional value. Nuts and seeds are an ultimate source of anti-aging protein, along with beef, fish, and eggs. Grains, fruit, and dairy are very poor foods for an adult's immune function. A breakfast of milk, cereal and fruit will certainly bring on old age prematurely.

A better breakfast would be poached eggs and potato.

Another good breakfast would include a berry where we eat the seed, such as blueberries or blackberries. Using sour milk such as yogurt, sour cream, or buttermilk is the super food of the friendly bacteria acidophilus. Acidophilus is a key player in our immune function. Rice is without gluten and the ratio of arginine is twice that of lysine. So I recommend white or brown rice. Sushi is a health food. Pizza and pasta are not. Peanuts and tomato juice is healthy, chips and pop are toxic.

If changing your diet is too hard for you to do now, don't expect an anti-aging wrinkle cream to do anything but flatten out your wallet. A shot of collagen in your lips won't prevent a heart attack or stop balding. Enhancing your body's repairing abilities fixes most everything, all you have to add is some self-love. Have you ever seen the glow on someone in love? Love yourself every meal and your friends will want to know what you've been up to, because it will show.