



BREAKING: Is This Simple Bathroom Habit Deadlier Than Cigarettes?!

An anti-aging breakthrough that will change the way you think about taking supplements forever!



by Melissa Hickle

When world-renowned physician and author Dr. Mitchell Ghen was asked to create a revolutionary anti-aging supplement, his agreement had a few conditions.

It had to be spectacular, it had to be like nothing else out there, and it had to be good enough for clinical use without the headache of sorting through countless bottles.

So he opened up his own medicine cabinet and took a look at all the nutrients he was taking every day...and the wheels started turning.

What if he could put all of those anti-aging miracles into one bottle? It was a major undertaking, to be sure—to put every single nutrient you need to fight the ravages of time into one product?

But if anyone was up for the challenge, it was Dr. Ghen. With 27 years of experience under his belt, he knew exactly what the formula needed.

So he identified four essential areas in which he feels the battle against aging is fought—free radicals, inflammation, hyperviscosity, and mitochondrial DNA (don't worry, I'll explain all of these later).

By addressing those four areas (and by throwing in a ton of other nutrients the body needs to keep running smoothly), he ended up creating the first truly serious, head-to-toe, everything-you-need anti-aging powerhouse: RegeneCell.

It packs absolutely everything you need to arm your body against aging—in one scoop a day. And there's just one place you can get it...again, more on that later.

First, let's break down those areas of aging.

Antioxidant superstars “seek and destroy” free radicals

If you've been reading the Members Alert for a while now, free radicals are nothing new to you. The free-radical theory of aging is based on the idea that highly reactive substances (free radicals) damage the body's cells and speed up the aging process.¹

It's been shown that antioxidants can chemically prevent this damage. This may help prevent disease and protect our bodies against the signs of aging.

Dr. Ghen estimates that the average person gets only about 1,200 ORAC units of antioxidants per day, but researchers estimate we need more like 3,000 – 5,000 to really do the job. You'd have to eat at least 10-12 servings of fruits and vegetables to get that. And let's be honest: How many of us are really eating that much fruit?

RegeneCell is chock-full of antioxidants ready to fight those free radicals. Vitamin C, for example, is one of the most potent antioxidants in human blood, and research suggests it plays a major role in protecting against damage caused by oxidative stress.²

It's needed for tissue growth and repair, proper adrenal-gland function, immune function, and collagen formation. When pollution wreaks havoc on your body, vitamin C can help protect you from the effects.³

You've heard time and again that green tea is good for you. Its antioxidant power has been demonstrated in quite a few studies. In one recent study, 30 subjects were exposed to benzene, a chemical that induces the formation of free radicals at the same time it reduces the activity of antioxidant enzymes, leaving the body with less protective power. One group drank six cups of green tea per day for six months—the tea was able to cut most of the toxic effects of benzene. It also increased antioxidant-enzyme activity in red

blood cells.⁴

The antioxidant punch provided by RegeneCell is rounded out by beta-carotene, vitamin E, carnosine, and a handful of other powerful free-radical scavengers.

Keep inflammation in check

Almost everything that can go wrong as we age can be linked to inflammation. Sure, inflammation is a normal and healthy response to damage—it's how you know your body is working to heal itself—but the trick is to keep it from getting out of hand.

Dr. Ghen has packed RegeneCell with the top nutrients for promoting a healthy inflammatory response. Among them is curcumin, which he says is among the best substances known to man for this purpose. If you're a curry fan, you've had your share of curcumin—it's a compound found in turmeric. Turmeric has been traditionally used for ages in Chinese and Ayurvedic medicine as an anti-inflammatory.

Curcumin actually offers greater protection against certain free radicals than vitamins C and E. In addition to its antioxidant activity, curcumin has proven effective in supporting joint health. It also has been shown to help keep blood flowing smoothly and to promote a healthy inflammatory response.⁵

Curcumin is joined by several other substances that can help keep your body's inflammation response healthy and productive. Quercetin, a flavonol derived from plants, has recently been shown to help manage pro-inflammatory signaling in vitro.⁶ Royal jelly, which is secreted by honeybees for the development of the queen bee, has been found to have antioxidant and anti-inflammatory properties.⁷

Feed every system in your body with free-flowing blood

As we age, our blood actually becomes more viscous—this causes sluggish blood flow and means less oxygen gets where it's needed. Our bodies start to make more fibrin, a protein involved in blood clotting, which can make circulation slow.

This hyperviscosity is actually linked to many health concerns our bodies face as we age. Think about it—if all of your body systems need oxygen to survive, what happens when you cut back on that supply? Studies have shown a rise in blood viscosity with age and a decreased blood flow to the brain.⁸

So, if blood flow is so important to our bodies' functions, how do we keep our minds sharp, our hearts pumping, and everything else working in tip-top condition?

Did you really think Dr. Ghen wouldn't include his answer in RegeneCell?

For that answer, he once again turned to something he was taking every day—nattokinase.

It's an enzyme inside natto, a traditional Japanese food made from boiled and fermented soybeans. The Japanese have consumed natto for centuries.

Culinary use aside, nattokinase has drawn much interest in the scientific community for its ability to aid in the breakdown of fibrin. This helps keep blood from getting too viscous.

Nattokinase has actually been reported to have about four times the activity of plasmin, a natural bodily enzyme that plays a role in healthy dissolution of clots.⁹

A clinical trial in China found that nattokinase was able to promote healthy blood flow. This trial was conducted on a very small group—four men—and it's unclear how much nattokinase they consumed, but it does contribute to the growing body of research proclaiming the benefits of nattokinase.¹⁰

Nattokinase's effect on blood viscosity could even have effects on the entire body, including the heart—and RegeneCell packs even more power when it comes to helping keep your heart pumping and your blood flowing.

In addition to vitamin E, magnesium, and flavonoids, RegeneCell contains CoQ10, well-known for its heart-healthy action.

Keep your "cellular power plants" churning out energy

I promised I would explain mitochondrial DNA—and why it's so important to take care of as we age. Mitochondria are in most of the cells of your body, and they are sort of like little power plants. They make energy for cells, in addition to being involved in controlling cell death and growth.

Mitochondria make energy by creating adenosine triphosphate (ATP), which stores and transports chemical energy within cells for metabolism. It's continuously recycled, and a healthy body turns over its own weight in ATP each day.

Keeping the mitochondria healthy could be the key to winning the battle against aging, as mitochondrial DNA can be damaged by oxidative stress.¹¹

A study in mice suggested that mitochondrial DNA mutations can actually lead to premature aging.¹²

The answer to this, Dr. Ghen believes, lies primarily in D-ribose. It's a kind of sugar that's actually a fundamental building block of ATP. Studies have shown that ribose supplementation can help enhance energy levels in the heart and may support the body's

antioxidant defenses.¹³

Other ingredients in RegeneCell support the action of D-ribose. Magnesium is critical to the activity of ATP. And acetyl-L-carnitine is an amino acid that helps transport substances across the membrane of mitochondria—this plays a role in energy production within the brain.¹⁴

From your bones to your brain to your immune system—RegeneCell has it covered

The four areas I just told you about make up the backbone of the RegeneCell formula—but the power doesn't end there. RegeneCell truly contains everything you need to address every system of your body.

It will help your bones stay strong thanks to vitamin D and calcium, both shown in many studies to benefit bone density.^{15,16} Bones will also get a lift from magnesium and zinc.

Want to keep your mind sharp as a tack? Research at the Linus Pauling Micronutrient Research Center at Oregon State University estimates that 10-15% of people over 60 are deficient in vitamin B12. Such a deficiency can lead to decline in brain function.¹⁷

RegeneCell contains B12, as well as boron. People deprived of boron actually showed poorer performance in assessments of attention and short-term memory.¹⁸

Another brain-booster featured in RegeneCell is acetyl-L-carnitine (ALC). This amino acid has been shown to have a positive effect on cognitive and memory function. It's thought that it may help enhance energy metabolism in the brain, benefiting cognitive function.¹⁹

Several trials have demonstrated its positive effect, including one small study in which 30 subjects showed statistically significant improvements in memory and verbal fluency after taking 2 g. of ALC every day for three months.²⁰

Certain aspects of the immune response change as we age. And that's where probiotics come in. They enhance the beneficial bacteria in the gut and have been speculated to help keep your immune system in top condition. Probiotics may enhance gut-barrier function, which promotes a healthy balance of beneficial bacteria.

Vitamin E and selenium also contribute to helping keep your immune system running at the top of its game.

Of course, all of these benefits mean nothing if your body can't access them. And that's why RegeneCell packs nutrients especially geared toward your digestive health.

Improved digestion means you get all you can out of RegeneCell

The digestive support offered by RegeneCell actually helps increase the digestibility of the other nutrients in the formula.

Fibersol-2™ is a digestion-resistant maltodextrin made from corn starch. It consists of 90% dietary fiber. In addition to this fiber, RegeneCell provides digestive enzymes that promote good digestion and enhance the absorption of nutrients. They've been shown to help in the management of occasional bloating, stomachache, and nausea.²¹

Arabinogalactans, from larch-tree extract, are considered prebiotics. These are substances that are fermented in the colon by probiotic organisms. They've been shown to help stimulate the growth of these beneficial bacteria. Because of the way they're structured, arabinogalactans are fermented at a slower rate than other carbohydrates and may actually contribute to a larger increase in probiotic population.

There's so much more I could say about RegeneCell—there is something here to optimize your body's systems and arm every one in the fight against aging. You'd probably have to take 20 pills a day to get close to the benefits of this revolutionary supplement. With RegeneCell, all it takes is a scoop of powder mixed into a glass of water.

Now, I want to warn you—when you see the Member Source Directory for ordering information, you might be hit with a bit of “sticker shock.” RegeneCell is not cheap. But when you consider all that you're getting out of it (and the rows and rows of bottles it will replace), I think you'll find it's a bargain.

The man behind the formula

Dr. Mitchell Ghen has 27 years of experience in anti-aging and holistic and integrative medicine. He is the co-author of three textbooks: *The Advanced Guide to Longevity Medicine*, *The Ghen and Raines Guide to Compounding Pharmaceuticals*, and the *Anti-Aging Physicians' handbook of compounding pharmaceuticals*.

In addition, he has authored dozens of articles in peer-reviewed journals. He has been a host and guest on hundreds of radio and television programs, where he has been featured as an expert in alternative health.

Dr. Ghen, in addition to being a physician, holds a Master's Degree in Biomechanical Trauma and has a Ph.D. in nutrition and psychoneuroimmunology. He is an international lecturer on topics about oral and IV nutrition and stem-cell transplantation.

“Dr. Ghen is among the top 20 anti-aging/regenerative medicine clinicians in the world practicing this new science today,” according to Ron Klatz, M.D. President of the A4M, representing 22,000 physicians and scientists from 100 countries who know aging is no longer inevitable.

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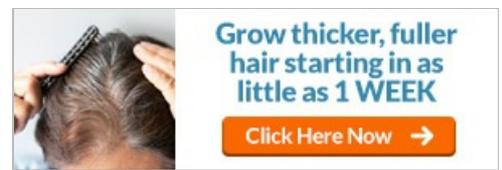
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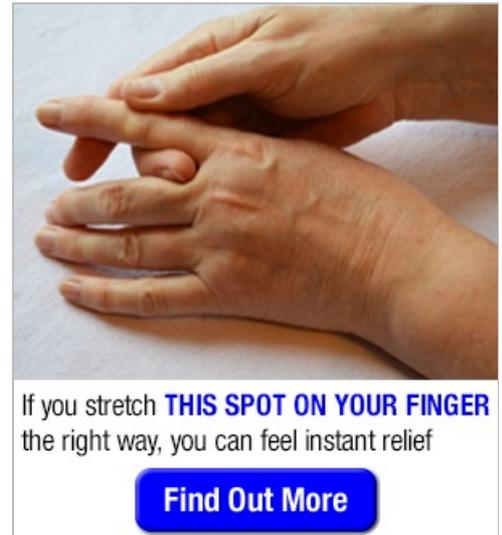
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First, let's break down those areas of aging. Antioxidant superstars "seek and destroy" free radicals. If you've been reading the Members Alert for a while now, free radicals are nothing new to you. Think about it—if all of your body systems need oxygen to survive, what happens when you cut back on that supply? Studies have shown a rise in blood viscosity with age and a decreased blood flow to the brain.⁸ So, if blood flow is so important to our bodies' functions, how do we keep our minds sharp, our hearts pumping, and everything else working in tip-top condition? Certain aspects of the immune response change as we age. And that's where probiotics come in. They enhance the beneficial bacteria in the gut and have been speculated to help keep your immune system in top condition. [5 Anti-Aging Myths We Need to Stop Believing](#). You know that expensive products aren't necessarily better than drugstore finds and that winter weather doesn't mean you can skip sunscreen (right?), but these myths belong in the "busted" category, too. By Emma Haak. [Myth #5—Facial exercises will take off years. The Truth—Contrary to some stories making the rounds on social media, contorting your face this way and that probably won't make a big difference in your appearance. \(One small study in the Journal of Dermatological Treatment found that a twice-a-day-for-8-weeks program of specific facial exercises did improve firmness and elasticity, but the study mentioned nothing about wrinkles.\) The Breakthrough That Will Change the Way You Age.](#)

“You will think you have failed” but that won’t be true unless you give up.” Ray Dalio. Not-so-fun fact: According to a 2017 GoBankingRates survey, 57% of Americans have less than \$1,000 in their savings accounts, and 39% have no savings at all. “A man is literally what he thinks, his character being the complete sum of all his thoughts.” James Allen. “Winners act like winners before they become winners.” “Stop waiting for the perfect day or moment. Take THIS day, THIS moment and lead it to perfection.” Dr. Steve Maraboli. One life. Anti-aging. Biohacking. Brain. Think about this exercise the same way. It’s a process and labor of love, not a quick fry of an egg in a pan. So go ahead: print this article you’re reading right now and plan a day to the beach or the park or your favorite hiking spot where you can just sit for a few hours and write. Trust me. It will be worth it. See, I love getting fit, feeling good about the way my body looks, and fulfilling my deep-seeded drive to live life to the fullest by achieving difficult feats of physical performance. But I was fed up with feeling like crap from all the extreme exercising, strange foods, feeling of constant stress and soreness, and worry about the toll my hectic lifestyle was taking on my body. And you can take supplements that will raise NAD levels in the body. But we only know so far that they work really effectively in animal studies to slow down ageing and give the benefits of exercise and diet without actually having to do that. But we’re right in the middle of clinical trials. SS: I want you to prescribe me what you’re taking because I like the way it’s looking. So it has no side effects so far, or it hasn’t been looked into, or enough time hasn’t passed for us to really understand? DS: Well, every molecule we put in our bodies, even food, has a risk. You know, there are pesticides in food. And if we continue just on that line without any breakthroughs a child born over here in the US today can expect to live to 104 on average. And in Japan, it’s 108, 109. So that’s very exciting.